Graduate Students

The Office of Work/Life affirms the University's commitment to creating an environment that is family-supportive and fosters the well-being of the Columbia community and its people in their pursuit of meaningful and productive academic, personal and work lives.

The office has three primary goals:

- To promote awareness and utilization of Columbia's existing work/life initiatives.
- To improve work/life policies, benefits, services, programs, practices, and culture.
- To enhance the experience of Columbia University as a family-supportive institution.

**Parenting, Child Care, Schooling**

- Doctoral students who become parents may have access to a suspension of responsibilities accommodation period and/or extension of time to degree completion. Check with each school for their policies.
- The Columbia University Affiliated Child Care Centers are independent centers conveniently located on or near Columbia campuses and/or University housing.
- The Breastfeeding Support Program includes private Lactation Rooms equipped with hospital-grade breast pumps for nursing mothers to express milk while they are on a Columbia campus. The program also provides educational resources and sells breast pump attachments at cost.
- The School & Child Care Search Service provides information and individual guidance to parents exploring all types of child care, as well as educational opportunities within public, parochial, independent and special needs schools, including after-school and summer programs.
- Parents who are fully funded Ph.D. or D.M.A. candidates in a program in the Graduate School of Arts and Sciences are eligible to receive a $1,000 child care subsidy for each child who qualifies by being under the age of five and not yet attending kindergarten.
- There are several Columbia-affiliated Summer Programs offered for school-age children.
- The Backup Care Program is a nationwide program that provides affordable care for children, adults and elders when normal care arrangements are interrupted. (Doctoral students only)

**Housing & Relocation**

- The Housing Information and Referral Service provides individual consultation for renting or purchasing apartments or homes in the New York Metropolitan Area.
- Columbia is a member of the Higher Education Recruitment Consortium (HERC), a valuable resource for academic and non-academic careers in the greater New York Metropolitan Area and Southern Connecticut.

**Additional Programs & Benefits**

- The Bulletin Board on the Work/Life website provides a forum for people at Columbia to exchange information on topics such as child care, carpooling, housing, and buying and selling household items.
- The Walk to Wellness program is a seasonal program that includes a walking toolkit, membership on the Walk to Wellness email list, and group walks.
- Weight Watchers at Work groups meet at various campus locations, provided the minimum requirement for the number of participants is met. Members may join these groups anytime.
- The Office of Work/Life offers informational workshops each semester on a variety of topics.
- The Columbia University Family Support Network (CUFSN) is a student-run organization focused on developing a support network for undergraduate and graduate students. More information: www.cufsn.com

To access the Office of Work/Life’s services:

Website: www.worklife.columbia.edu
Email: worklife@columbia.edu
Phone: 212-854-8019; Fax: 212-854-6323