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.

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