The MIT Center for WorkLife and WellBeing has compiled the following benefits and resources – available at no cost to current benefits-eligible MIT employees and postdocs – to support individuals and families during these challenging and uncertain times.

**Caring for Children and Teens**

- **NEW** MIT Full STEAM Ahead Program: Eight-week virtual program led by MIT students for teens in grades 9 through 12; combines hands-on exploration, project design, and skill building in STEM subjects. Each week will involve approximately four hours of activities, mentoring, and project development time. Participants must be available Tuesdays between 5:00–6:00 p.m. or 6:00–7:00 p.m., and Thursdays from 5:00–6:30 p.m. Program begins on October 1, 2020. Interested families should complete the [Student Interest Form](#) as soon as possible.

- **NEW** MIT Afterschool-tastic Program: Mentors lead small group activities online for children ages 10–14 to spark curiosity, explore extracurricular interests, and build a fun "afterschool" community. Two or three one-hour sessions are held each week. Program begins on October 13, 2020. Interested families should complete the [enrollment form](#). Contact Emily Martin with any questions.

- **NEW** MIT Tech Tutors Program: MIT students ("Tech Tutors") work virtually with small groups of children in grades 3–8, providing creative STEAM activities and general support for digital learning. Interested families should complete the [Student Survey](#). Contact Sarah J. Hoffmann with any questions.

- EdNavigator: Connect with an expert educational advisor (a “Navigator”) to develop a plan that will help your children thrive in traditional, remote, and hybrid learning environments. Access EdNavigator's [at-home learning resources guide](#) for children ages 0–18.

- Parent Coaching: Schedule a one-on-one consultation with a Peace at Home Parenting coach to discuss your parenting questions or concerns.

- MIT Campus and Lincoln Laboratory Childcare Centers: Infant and toddler spaces are available now. MIT offers [scholarships](#) for eligible employees, including postdoc associates and postdoc fellows, who have a child or children enrolled in one of MIT’s Childcare Centers.

- Backup Child Care*: Screened and trained caregivers are available to care for your children during the day or evening, seven days per week.
  *Available at a subsidized rate of $8.00 per hour.

- MIT Center for WorkLife and WellBeing Parenting Webinars: Attend a live webinar and learn how to best support your early learner, elementary school student, or tween/teen.

- MIT MyLife Services: Consult confidentially with a Master’s- or PhD-level counselor – by telephone, video, and message-based platforms (including text) – around how to support your children’s emotional needs during a crisis.

- Bright Horizons Family Resources for Life at Home: Tips for parents and caregivers, designed to help you stay healthy; strike the right balance with work, school, and caregiving; and keep your child engaged in learning at home.
• **Bright Horizons World at Home**: Guided learning opportunities that follow a typical daily classroom schedule. Explore a library of enriching activities to enhance your child’s learning and engagement.

**Caring for Yourself**

• **MIT MyLife Services**: Consult confidentially with a Master’s- and PhD-level counselor – by telephone, video, and message-based platforms (including text) – around how to manage stress and loneliness, and remain engaged in daily life during a crisis.


• **MIT Staff Emergency Hardship Fund**: Provides financial assistance for MIT benefits-eligible staff and postdoctoral associates and fellows who are experiencing an immediate and temporary financial hardship due to a sudden or non-recurring emergency (e.g., loss of family income, death of a family member, serious illness or injury, natural disaster).

• **MIT Center for WorkLife and WellBeing Webinars**: Attend a live webinar on a variety of work-life and wellbeing topics, including personal wellbeing and financial wellbeing.

• **MIT MyLife Services Daily Break (LIVE VIDEO)**: 15-minute stretch and meditation sessions, held each weekday

• **MIT MyLife Services Managing Anxiety in the Age of Coronavirus (VIDEO)**

• **MyStressTools**: An online suite of stress-management and resilience-building resources.

**Caring for Adults and Seniors**

• **Backup Adult and Senior Care**: Screened and trained caregivers are available to care for your aging loved ones during the day or evening, seven days per week, across the U.S.
  *Available at a subsidized rate of $8.00 per hour.

• **Adult and Senior Care Advising**: Consult confidentially with a Master’s-level Social Worker around how to support your aging loved ones during a crisis.

• **MIT Center for WorkLife and WellBeing Adult and Senior Care Webinars**: Attend a live webinar on caring for aging loved ones.

• **Wellthy Tips (PDFs)**: [Keeping Your Loved One Safe](#) and [Keeping Your Loved One Connected](#)

**Caring for Your Employees**

• **MIT MyLife Services**: Consult confidentially with a Master’s- and PhD-level counselor – by telephone, video, and message-based platforms (including text) – around how to help your employees and teams navigate personal and work responsibilities during a crisis.

• **MIT MyLife Services Tips for Managing Remotely (PDF)**: Strategies for keeping teams aligned and productive while working remotely.