

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 MyLife Services COVID-19 Resource Page](#): Provides work-life and wellbeing information related to COVID-19.
- [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.