MIT Resources Available to Graduate Student Families

Division of Student Life

- **Eastgate Apartments**: 201 unfurnished 1 & 2 bedroom units; family resources within the residence: [http://eastgate.mit.edu/](http://eastgate.mit.edu/);
- **Westgate Apartments**: 208 unfurnished efficiency, 1 & 2 bedroom units; family resources within the residence: [http://housing.mit.edu/housing/graduate/westgate_apartments](http://housing.mit.edu/housing/graduate/westgate_apartments)
- **Family-oriented programming** is also offered within the graduate family residences
- Students with families who are experiencing food insecurity may apply for a **family food grant**: [https://goo.gl/forms/YcccqdFOZwtGTWcC2](https://goo.gl/forms/YcccqdFOZwtGTWcC2)

MIT Technology Childcare Centers (TCC) [http://hrweb.mit.edu/mitchildcare/centers/eastgate/](http://hrweb.mit.edu/mitchildcare/centers/eastgate/)

TCC includes four child care centers in Cambridge and one in Lexington. Full-time and part-time infant, toddler, and preschool care is available, with a limited number of slots for graduate student families.

MIT Work-Life Center [http://hrweb.mit.edu/worklife/welcome](http://hrweb.mit.edu/worklife/welcome)
Room NE49-5000, Phone 617-253-1592, E-mail worklife@mit.edu

- **By phone**: “MIT GAIN: The Graduate Assistance and Information Network”: Call toll-free phone number **1-844-MIT-GAIN**. Service offered free of charge to admitted MIT graduate students. Consultants can provide information about off-campus childcare and Boston/Cambridge area schools, elder/adult care, schools, legal/financial concerns, relocation and daily living.
- **In person**: Services such as individual consultations and referrals on child care and parenting, elder care, balancing work and personal life, are available at no cost to MIT students, staff, and faculty, as well as to their partners and families. Also houses a lending library with more than 1,000 books for adults and children on a wide variety of work-life topics.
- **Seminar Series and Support Groups**: Knowledgeable speakers address topics including sessions relevant to work-life issues, parenting, managing stress, and caring for aging relatives.
- **Subsidized Backup Child Care** [http://hrweb.mit.edu/worklife/backup-child-care-students](http://hrweb.mit.edu/worklife/backup-child-care-students)
Backup care provided by Care.com at a subsidized hourly rate in your home or at a licensed childcare center near your home or work. Screened and trained caregivers are available on short notice to provide childcare, day or evening, 7 days a week. MIT students can request up to 10 childcare referrals per academic year.

**Social networks:**

- **MIT Spouses & Partners Connect** and **MIT Mama’s Meet on Facebook** to connect with other parents
- **Grad Moms** [http://mailman.mit.edu/mailman/listinfo/gradmoms](http://mailman.mit.edu/mailman/listinfo/gradmoms)
Group for graduate students and postdocs who are mothers. Monthly lunches.
Office of the Dean for Graduate Education (ODGE)
http://odge.mit.edu/
Room 3-138, Phone 617-253-4860, E-mail odge@mit.edu

The ODGE comprises the Office of the Dean for Graduate Education, the International Students Office, and the Graduate Student Council; together, they foster academic excellence and quality of life for MIT's community of graduate students. Some of the ODGE's support for graduate student families includes:

- **Childbirth Accommodation** (Paid Maternity Leave)
  http://odge.mit.edu/gpp/registration/changes/childbirth-accommodation-maternity-leave/
  A female student anticipating childbirth is eligible for Childbirth Accommodation approved by the ODGE, and may choose a period of one to two months.

- **Graduate Student Life Grants (GSLG) for family-focused initiatives**
  http://odge.mit.edu/community/gslg/
  Past grants have included funding for family-friendly gatherings and for group childcare for social activities for parents. Contact the Grants program with questions at gslg@mit.edu.

- **Out-of-cycle funding for community-building activities and events**

- **Graduate Student Council (GSC)**
  http://gsc.mit.edu/
  Family activities are supported through the GSC Funding Board: http://gsc.mit.edu/committees/fb/
  Past activities have included Eastgate Fall Orientation BBQ, Westgate Christmas Party, Families 101.

- **GSC Housing and Community Affairs (HCA) Families Subcommittee**
  http://gsc.mit.edu/committees/hca/family/
  The HCA has worked on increasing family housing options, advocating for more affordable on- and off-campus childcare options, maintaining high-quality and affordable health care, and improving campus safety for families.

- **iGrad**
  http://www.igrad.com/schools/MIT
  Facilitates grad students' financial knowledge and informed decision-making; includes budget support, fellowship listings, informational articles and much more.

**Employment Opportunities at MIT for Spouses**
http://careers.mit.edu/

**MIT Medical**
http://medweb.mit.edu/

- **Pediatrics** http://medweb.mit.edu/directory/services/pediatrics.html
- **Community Wellness, Family Support** http://medweb.mit.edu/wellness/programs/family.html
- **Mental Health and Counseling** http://medweb.mit.edu/directory/services/mental_health.html
- **Student Health Plans** http://medweb.mit.edu/healthplans/student/Insurance
MIT Spouses & Partners Connect
A dedicated network for the significant others of MIT students, postdocs, staff and faculty who have relocated to the Boston area. We organize activities that help you meet people, discover work and career opportunities, improve your English, share experiences and passions, and get information about living and parenting in Boston. Activities for parents include:

**New parents and parents-to-be:** A peer-led group for expectant parents or new parents of newborns up to one year old.

**Toddler PlayGroup:** A playgroup where MIT parents and children can find a space to play, sing and read stories together. Children from infancy to toddlerhood are welcome.

**Kids Clothing Exchange:** Held in October and April, this biannual exchange includes kids clothing, outerwear, shoes, toys and books for children ages 0-5.

**New to MIT:** Some useful resources to help you adjust to your new life. Here you’ll find information about childcare and parenting, education and English studies, work and volunteering options, and other ways to get involved with MIT and in the local community.


Graduate Student Dental Plan

MIT Council on Family and Work

The Council on Family and Work monitors the quality of life at MIT and shares its impressions with senior administrators, key committees, and the larger community.

**Personal Support & Counseling**

- **MIT Ombuds Office** [http://web.mit.edu/ombud/](http://web.mit.edu/ombud/)
- **Community Wellness, Family Support** [http://medweb.mit.edu/wellness/programs/family.html](http://medweb.mit.edu/wellness/programs/family.html)