Relationship Wellbeing

Resources to help you cultivate relationships and care for adults, children, and animals in your family, at work, and in the community.

[tabs]

Connect at Work

CONNECT AT WORK

- **Colleague Connections**
  networking and mentoring program for employees

- **Colleague Network Groups**
  for LGBTQ, Veterans, Men of Color, Women of Color, Persons with Disabilities, and Young Professionals

- **Volunteer opportunities**
  offer an array of ways to get involved and meet Cornellians

- **Cornell Retirees Association**
  keeps your professional connection to Cornell vibrant and offers many activities and events

- **Healthy Living Program social events**
  sponsored by Cornell Wellness

- **Employee Celebration Days**

- Stay connected with Cornell on [social media](#) and via [e-Lists](#) to stay informed

Children

CARING FOR CHILDREN

- Need help or have a question? [Contact the Cornell Work/Life Consultant](#).
- [Cornell Parental Leave](#) and [Tenure Clock Stop for Academics](#)
- [Adoption Assistance Program](#)
- [Child Safety Seat Program](#)
• Pregnancy & Breastfeeding:
  ◦ Health Insurance for Infertility Challenges is available through both Endowed and Contract College plans – contact health vendor for more information
  ◦ Cornell Reproductive Health Program
  ◦ Preparing for Baby Series
  ◦ Top 10 Tips for Having a Baby at Cornell
  ◦ Breastfeeding Support – lactation rooms, time away from work, pumps

• Finding & Affording Child Care:
  ◦ Care@Work Membership to find child care professionals
  ◦ Cornell Child Care Center
  ◦ Emergency Back-up Child Care
  ◦ Locating Informal Child Care
  ◦ Cornell Child Care Grant Program
  ◦ Dependent Care Spending Account
  ◦ Faculty Dependent Care Travel Fund

• Programs for school age children:
  ◦ School Closing e-List
  ◦ CAU Youth Program
  ◦ Cornell Sports School

• Parenting Children with Special Needs

• College-age children:
  ◦ New York 529 College Savings Program
  ◦ Children’s Tuition Scholarship Program

• Annual Events:
  ◦ Bring a Child to Work Day
  ◦ Insectapalooza
  ◦ College of Veterinary Medicine Open House

• Stay informed! Cornell Parent Newsletter

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**Elders and Adults**

**CARING FOR ELDERS / ADULTS**

• Need help or have a question? Contact the Cornell Work/Life Consultant.
  ◦ Workshops and Support Group Meetings
  ◦ Care@Work Membership to find elder/adult care professionals
  ◦ New York State Paid Family Leave
  ◦ Cornell Elder/Adult Care Newsletter
  ◦ Dependent Care Spending Account
  ◦ Faculty Dependent Care Travel Fund
  ◦ Long Term Care Insurance
  ◦ Healthy Living Program for active adults

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**Pets**

**CARING FOR PETS**

• The Cornell College of Veterinary Medicine offers many services, educational resources, and events to animal lovers, including:
  ◦ Cornell Hospital for Animals offers a discount on veterinary medical care conveniently provided on campus (present Cornell ID card for the discount at appointment). Ambulatory visits, pharmacy, diagnostic laboratory, and clinical pathology charges are not eligible for the discount.
  ◦ Pet CPR classes offered online
  ◦ Feline Health Resources
  ◦ Cornell Companions volunteer program
• Pet Insurance available through Mercer Voluntary Benefits
• Care@Work Membership to find pet sitters and dog walkers
• What is Cornell’s policy regarding pets on campus? Find out here

And More...

AND MORE...

• Free, confidential counseling for spouses/partners of benefits-eligible employees at the Faculty and Staff Assistance Program
• Cornell Domestic Violence & Sexual Assault Resources & Support
• Volunteer at Cornell and in the community to meet others
• Cornell Campus Club for Women offers an array of special interest groups for hobbies and networking as well as annual events

See Occupational Wellbeing and Cultural Wellbeing for more resources to cultivate networks and professional relationships.