



Relationship Wellbeing



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

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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](#)

Stay informed! [Cornell Parent Newsletter](#)

[Cornell Parental Leave](#) and [Tenure Clock Stop for Academics](#)

Financial Support

- [Adoption Assistance Program](#)
- [Cornell Child Care Grant Program](#)
- [Dependent Care Spending Account](#)
- [Faculty Dependent Care Travel Fund](#)

Pregnancy, Breastfeeding, Infancy:

- 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

- [Child Safety Seat Program](#)

Child Care:

- [Care@Work Membership](#) to find child care professionals
- [Cornell Child Care Center](#)
- [Emergency Back-up Child Care](#)
- [Locating Informal Child Care](#)
- [Parenting Children with Special Needs](#)

Programs for school age children:

- [School Closing e-List](#)
- [CAU Youth Program](#)
- [Cornell Sports School](#)

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](#)

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

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](#)

Relationship Resources



RELATIONSHIP RESOURCES

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

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See [Occupational Wellbeing](#) and [Cultural Wellbeing](#) for more resources to cultivate networks and professional relationships.