Relationship Wellbeing

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

Connect at Work
Connect at Work

**Colleague Connections** - Networking and mentoring program for employees. Connect with colleagues to gain information about their career path, current job or career field and/or travel to a colleague’s place of work and shadow them to get a feel for their organization, role, and field.

**Colleague Network Groups** - The university sponsors Colleague Network Groups (CNGs) as a way for traditionally underrepresented minorities and their allies to find support, both at Cornell and beyond.

**Volunteer Opportunities** - Take advantage of the numerous opportunities to socialize, network with, and support the extraordinary people who make up the Cornell community.

**Cornell Retirees Association** - Keep your professional connection to Cornell vibrant once you retire! Offers many activities and networking events - membership is voluntary, and there are no annual dues.

**Employee Celebration Days** - Held twice a year, these popular events feature athletic competitions, a Cornell community meal, and additional family-oriented activities. Open to Cornell staff, faculty, retirees, and their families.

Stay connected with Cornell on [social media](#) and via [e-Lists](#) to stay informed about all the latest campus news and conversations.
Visit the Resources for Parenting & Caregiving During COVID-19 page for additional details and up to date information about programs and services.

**Cornell Work/Life Consultant** - The Consultant is available to help employees navigate a variety of family life needs and concerns. Available in-person, by phone, virtual meetings or email.

**Cornell Parent Newsletter** - This monthly newsletter distributed by Work/Life in Human Resources shares information about family-friendly events, workshops, and activities sponsored by Cornell.

**Cornell Parental Leave** and **Tenure Clock Stop for Academics** - Cornell University is committed to helping faculty and staff members balance work life and family life responsibilities through several leave policies.

**School Closing e-List** - An informational e-list that alerts parents of local school closings.

### Financial Support

Looking for financial support to help offset childcare costs? Cornell offers several programs to assist you:

- Adoption Assistance Program
- Cornell Child Care Grant Program
Dependent Care Spending Account
Faculty Dependent Care Travel Fund

Pregnancy, Breastfeeding, Infancy
Cornell provides a multitude of resources for expecting parents:
- Fertility Health Insurance coverage
- Breastfeeding Support
- Cornell Reproductive Health Program
- Preparing for Baby Series
- Top 10 Tips for Having a Baby at Cornell
- Child Safety Seat Program

Child Care
Find child care options that suit your needs:
- Care@Work
- Cornell Child Care Center
- Emergency Back-up Child Care
- University Cooperative Nursery School (UCNS)
- Locating Informal Child Care
- Parenting Children with Special Needs

Programs for School-Age Children
Check out the assorted programs offered for school-age children, both during school breaks and after school:
- CAU Youth Program
- Cornell Sports School
- Primitive Pursuits
- CUBS Camp
- Cornell Department of Math K-12 Programs

College-Age Children
Planning to finance your child’s college education can be a daunting experience. Cornell provides two programs that can help:
- New York 529 College Savings Program
- Children’s Tuition Scholarship Program

Annual Events
Check out these annual family-friendly events on campus:
- Bring a Child to Work Day
- Insectapalooza
- College of Veterinary Medicine Open House
Caring for Elders and Adults

Cornell Work/Life Consultant - The Work/Life Consultant is available to help employees navigate a variety of family life needs and concerns. Available in-person, by phone, virtual meetings or email.

Workshops and Support Group Meetings - Caregivers come together to share the challenges, joys, and resources as well as listen to occasional speakers presenting on topics of interest geared specifically to caregivers.

Care@Work Membership - Find care for loved ones using a Cornell-sponsored Care.com membership account.

New York State Paid Family Leave - Paid leave for eligible non-academic staff members to care for a family member with a serious health condition.

Cornell Elder/Adult Care Newsletter - Learn about on and off-campus activities, events, services and articles of interest to Cornell faculty, staff, students, and retirees regarding elder/adult care and caregiving.

Dependent Care Spending Account - Expenses incurred for dependent care services that allow you and your spouse to work are eligible for reimbursement under the Dependent Care Reimbursement Account.

Faculty Dependent Care Travel Fund - This fund helps alleviate the financial burden of dependent care incurred by single
caretakers or dual-career couples who often incur dependent care costs above and beyond daily expenses.

**Long Term Care Insurance** - Long-term care insurance covers the costs associated with extended long-term care due to a chronic disease or long-lasting disability.

**Healthy Living Program** - Cornell Wellness offers opportunities for physical fitness and social experiences that are appropriate for every size, shape, age, and ability.

### 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** - A variety of articles, brochures, and videos online for anyone concerned with cat health and
behavior.
- **Cornell Companions** is a volunteer pet visitation program sponsored by the College of Veterinary Medicine.

**Mercer Voluntary Benefits** - Set up pet insurance through Nationwide - insurance covers dogs, cats, birds, and exotic pets and works through the reimbursement of expenses.

**Care@Work** - Use your Cornell Membership to find pet sitters and dog walkers.

What is Cornell's policy regarding pets on campus? [Find out here.]

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**Relationship Resources**

**Faculty and Staff Assistance Program** - Free, confidential counseling for spouses/partners of benefits-eligible employees.
Cornell Domestic Violence & Sexual Assault Resources & Support - Cornell University is committed to providing resources to employees who are victims of domestic violence. Find them here.

Volunteer - Employees can find ways to volunteer that fit their life, interests, and connections to Cornell.

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.