



Family Life Support

Services that benefit yourself and those you care about.



Self Care

Resources to help you get connected and support wellbeing, including information about domestic violence resources, navigating health challenges, and navigating personal finances and debt.



Parenting

Cornell offers support including pregnancy and parenting workshops, and resources to help with adoption, child care, breastfeeding, and more.



Elder & Adult Care

Find support to assist caring for loved ones, such as workshops, Cornell's Work/Life Consultant, and community resources.



Pets

Information about the employee discount for veterinary care at the Cornell University Hospital for Animals, plus pet sitting, pet insurance, and community resources.



Flexible Work

Cornell integrates the use of workplace flexibility to support the wellbeing of our employees and achieve our workplace goals.



Care@Work

Cornell provides free unlimited Care.com membership to help you arrange care and help for your home, children, elders, pets, and more.