

## The Harvard Medical Center Office of Work and Family

A wealth of family resources and information is available to you

Child Care - Help in determining child care needs is available to parents.

Information regarding:

- child care centers
- family child care homes
- in-home child care agencies (for nannies and au pairs)
- Back to Work and Continuing to Breastfeed
- preschools
- after school care programs
- public and private schools
- summer camps
- back-up care programs
- emergency child care
- school vacation programs
- finding a babysitter
- child care tuition assistance

## Family Education and Support

- Buying Your First Home Seminars
- Selling Your Home Workshops
- Will Writing Workshops
- Saving for Your Child's Education
- Time Management for Busy Families
- Helping Your Child through the College Application Process

Elder Care - Help in identifying community resources and services is available to employees caring for their elderly relatives.

Information regarding:

- adult day health care
- home health care services
- hospice care
- legal issues
- housing options
- Medicare and Medicaid information
- respite care
- support groups
- transportation
- visiting nurses

Lunchtime Programs and Seminars - Experts address issues of concern to employees who are attempting to balance work and family life. Programs are offered for parents with children of all ages, as well as those caring for aging relatives. A schedule is available by calling 617 432-1615 or by contacting the Office of Work and Family.

The Harvard Medical Center Office of Work and Family is located at  
164 Longwood Avenue, Room 106, Boston, MA 02115  
Phone: 617 432-1615 Fax: 617 432-4259  
Email: [Barbara\\_Wolf@hms.harvard.edu](mailto:Barbara_Wolf@hms.harvard.edu)

Website: <http://hr.hms.harvard.edu/workandfamily/>

### Pregnant or Breastfeeding?

The Longwood Campus Mothers' Rooms are private, comfortable spaces available to all Harvard Longwood Area women to use for breastfeeding or expressing breast milk.

The rooms are equipped with Medela "Lactina Select" pumps. We also provide information about using the pumps, where to purchase your necessary personal accessories, books and pamphlets about breastfeeding, and contact numbers for professional lactation consultants who can provide problem solving and education.

### Mothers' Rooms\* locations:

- Room 147b, Tosteson MEC, 260 Longwood Avenue, HMS
- Room 1C4, Harvard Institutes of Medicine (HIM)
- 4 Blackfan Circle (accessible from the NRB, 77 Avenue Louis Pasteur in the Women's Room near the doors to HIM from Elements Café)
- Room 229, Department of Genetics, New Research Building (NRB)  
77 Avenue Louis Pasteur. (Until 9/1/09 the pump will be located in Room 260b in the same department.)
- Room 104, Department of Global Health and Social Medicine, 641 Huntington Ave. HMS  
(available after 9/8/09)
- Room 005 (lower level), 188 Longwood Avenue, HSDM
- Room G11A, Ground Level Kresge Building, 677 Huntington, HSPH
- Room 043A, 3rd Floor East, Landmark Center, 401 Park Drive, HSPH
- Room G01, FXB Building, 651 Huntington Avenue, HSPH

The rooms are maintained by The Office of Work and Family - 617 432-1615

\*Locations may change due to space availability.

To find out how to access the rooms, contact The Office of Work and Family at 617 432-1615.