

Did you know UC San Diego is a leader in family-friendly and work/life programs and resources available to **faculty**?



| What: | Where: | Benefit Provided | Contact Info |
|---|--|---|--|
| On Campus Childcare Programs | On Campus | Full-time care available at the Early Childhood Education Center (ECEC) for children 3 mo. to 6 yrs. old. Full- and part-time care at Mesa Child Development Center (MCDC) for children 3 mo. to 5 yrs. See website for fee structure. | ECEC and MCDC offer 30-minute tours on Wed. between 9-10:30 a.m. and 3-4 p.m. To schedule a tour, call (858) 246-0900 |
| UC-Provided Child and Eldercare Referral Program | Online | Bright Horizons Care Advantage offers a comprehensive childcare and eldercare solution with online access to local caregivers' profiles, as well as a database for finding pet sitters. For school-age children, additional programs are offered with discounted tutoring for help with SAT, ACT, PSAT and AP exams. | Visit the UC-Specific Bright Care Advantage Site for information about programs available: https://www.sittercity.com/universityofcalifornia —or call (888) 748-2489 |
| Summer Camps, Recreation, and Enrichment Programs | On Campus and Nearby | Summer camps and youth classes are held both on campus and nearby in fun categories for kids. Sports, theatre, tech, college credit—Check out the schedules. | http://blink.ucsd.edu/HR/services/support/family/child/summer.html |
| Lactation Accommodations | On Campus, Multiple Locations | UC San Diego provides Lactation Accommodations , offering nursing mothers space near their work areas to express breastmilk privately. | For registration-related questions, comments and concerns, email work-life@ucsd.edu or phone (858) 534-9659 |
| Dependent Care Flexible Spending Account | Online | The Dependent Care Flexible Spending Account is a program that lets eligible employees with full, mid-level, and core benefits pay for medical or dependent care expenses not covered by insurance with pre-tax funds. It's available when a new qualified family status change occurs and each year at open enrollment. For details, read the Summary Plan Description . | To estimate savings, use the Dependent FSA calculator . For more information about eligible expenses, submitting claims, and plan rules, call Conexis at 1(800) 482-4120. |
| UC Center for Mindfulness | Three locations: University City, Rady School of Management, and the UC San Diego Women's Center | The UC San Diego Center for Mindfulness , housed by the UC San Diego Center for Integrative Medicine and Department of Psychiatry, is a multi-faceted program of clinical care, professional training, education, research and outreach. Whether your mindfulness interest is personal or professional, on behalf of a young family member or your workplace, you are invited to explore the center's offerings and register for classes. | For a schedule of classes, visit https://health.ucsd.edu/specialties/mindfulness/schedule/Pages/default.aspx for more information, call (858) 334-4636, or email mindfulness@ucsd.edu |
| Center for Faculty Diversity and Inclusion | Various | The UC San Diego Center for Faculty Diversity and Inclusion , a unit of EDI offers many work/life resources for faculty, including a Faculty of Color Network , a Women's Faculty Network , and a First Generation Faculty Network . UC San Diego faculty can also access UC San Diego sponsored membership to the National Center for Faculty Development and Diversity an independent resource for professional development, work-life balance, and productivity. | For more information about the center's resources, contact MarDestinee Perez at (858) 246-1923 or vcedi-faculty@ucsd.edu To claim a membership to the National Center for Development and Diversity, visit: https://www.facultydiversity.org/institutions/ucsd |
| Dependent Care Travel Grants for Senate Faculty | Online Applications | Dependent Care Travel Grants are available to offset costs for Academic Senate faculty who incur dependent care expenses related to traveling to perform research. Eligible faculty members can apply year-round and may receive up to one dependent care travel grant per fiscal year, as funding allows | For further information, contact Heather Fowler Zion (hzion@ucsd.edu , (858) 534-0500). |

