LOOKING FOR WAYS TO BALANCE YOUR CAREER & PERSONAL LIFE?

The Work-Life Resource Center can help you balance the obligations of work & home.

CHILD CARE RESOURCES
Information, links, and online child care listings.
hr.umich.edu/find-child-care

U-M CHILDREN’S CENTERS
On-campus weekday programs in Ann Arbor, Dearborn, and Flint.
hr.umich.edu/childrens-centers

CAMPUS CHILD CARE HOMES NETWORK
Licensed, independent Ann Arbor-area home child care providers who serve U-M families.
hr.umich.edu/campus-child-care-homes-network

KIDS KARE AT HOME
Occasional, sick child/back-up child care.
hr.umich.edu/kids-kare

LACTATION SUPPORT
Information including U-M lactation room locations and set-up guide, and parenting resources.
hr.umich.edu/lactation-resources

U-M FAMILY HELPERS
Online listing of U-M students and retirees who offer occasional/part-time/short-term child care, elder care, pet sitting, house cleaning, etc.
hr.umich.edu/familyHelpers

FLEXIBLE WORK OPTIONS
Information on flexible work arrangements, sample templates, and U-M policies/federal laws affecting workflex.
hr.umich.edu/flexible-work-options

ELDER CARE RESOURCES
Information and local/nationwide resources.
hr.umich.edu/elder-care

EDUCATIONAL RESOURCES
Annual Work-Life "Connecting the Dots" conference for U-M staff, presentations and information on work-life integration.
hr.umich.edu/connecting-the-dots and
hr.umich.edu/work-life-brown-bags

For more information, visit: hr.umich.edu/worklife

Questions? E-mail worklife@umich.edu or call 734-936-8677