



# Resources and support so you can be your best at work or school

Resources for currently-affiliated U-M faculty, staff, and students include:

# **U-M CHILDREN'S CENTERS**

On-campus weekday programs for young children in Ann Arbor, Dearborn, and Flint

#### **CHILD CARE RESOURCES**

Online child care listings, financial assistance, and other information

### **CAMPUS CHILD CARE HOMES**

Licensed, independent Ann Arbor-area home child care providers who serve U-M families

# **BACKUP CHILD AND ADULT CARE**

U-M subsidized backup care for kids, elders and other adults, and self-care

#### **FAMILY HELPERS POSTING BOARD**

Online profiles of U-M students and retirees who offer child care and other family support

# LACTATION AND PARENTING RESOURCES

Information including U-M lactation room locations and set-up guide, and parenting resources

#### **ELDER CARE RESOURCES**

Information about national, local, and U-M resources including backup care support

#### **ANNUAL CONFERENCE**

"Connecting the Dots" is a yearly virtual conference for the U-M community



For more information, visit: myumi.ch/uhr-cfc

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