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Welcome

Dear Student,

We are delighted that you and your family have joined the Graduate School of Arts and Sciences (GSAS) community. We at GSAS celebrate that students live rich personal lives while pursuing graduate studies, and we want to provide you with the information you need to be happy, healthy, and successful in your many roles. Resources for GSAS Families details the Harvard and local community resources available for spouses, children, and elder members of your family, including library privileges, the Parental Accommodation and Financial Support (PAFS) program, child care centers, and health services. If applicable, I encourage you to:

• Sign up for the GSAS Student-Parents Organization (see page 11)
• Apply for Harvard Library privileges for a spouse/partner (see page 7)
• Learn about healthcare options for your spouse/partner (see page 24)
• Register for child care/schools (see page 14)
• Register for Care.com (see page 9)

While numerous resources exist to help guide you and your family during your graduate student journey, the good news is that you don’t need to memorize each one—you simply need to know about the Office of Student Services, the first place to go when you have questions or concerns. The Office can assist you in identifying, locating, preparing, and connecting with the resources that will best support your unique circumstances. You can think of Student Services as a GPS that can chart out your route, clue you in to potential traffic, and keep you on track to your ultimate destination.

We wish you success in your studies and life and are here to support you throughout your time at Harvard.

Sincerely,

Garth McCavana, PhD ’90
Dean for Student Affairs, GSAS
GSAS Resources for Students

Office of Student Services
B-2, GSAS Student Center/Lehman Hall, 1 Harvard Yard,
Cambridge 617-495-5005
gsas.harvard.edu/student-services
stuserv@fas.harvard.edu
Jacqueline Yun, Director of Student Services
Danielle Farrell, Acting Director of Student Services (Fall 2019)
The Office of Student Services is the go-to place for GSAS students. The Office assists students who are having academic or personal difficulty and helps them navigate and connect with GSAS, Harvard, and community resources. The director and acting director serve in an advisory role, provide ongoing support, and make referrals to other sources of assistance as necessary. In emergency situations, they receive notifications and reach out to offer support and assistance to students. The Office is also responsible for various aspects of GSAS Orientation, International Student Orientation, and other community events, such as the GSAS Families Brunch. Whatever the issue, the Office of Student Services is a great place to start.

Office of Student Affairs
Richard A. and Susan F. Smith Campus Center, Suite 350,
1350 Massachusetts Avenue, Cambridge
617-495-1816
gsas.harvard.edu/student-life/harvard-resources/office-student-affairs
The Office of Student Affairs is responsible for the welfare of graduate students and monitors their academic status, progress, and discipline. The office also administers leave/travel applications and readmission applications. The assistant director of student affairs also serves as a Title IX coordinator for GSAS and is available to anyone who might have questions or concerns regarding gender-based discrimination or sexual harassment.
Office of Financial Aid
Richard A. and Susan F. Smith Campus Center, Suite 350, 1350 Massachusetts Avenue, Cambridge
617-495-5396
gsas.harvard.edu/financial-support, gsasfinaid@fas.harvard.edu

Mohan Boodram, Dean for Admissions and Financial Aid
Betsy Scola, Associate Director of Financial Aid

Financial Aid Officers:
Humanities: Lisa Simpson, Matt Wallace
Natural Sciences: Judith Mehrmann, Tracey Newman
Social Sciences: Emily Burns, Alison VanVolkenburgh

The Office of Financial Aid works closely with students to address any financial barriers they may encounter in their pursuit of graduate education. GSAS offers a comprehensive program of financial support, including grants and fellowships from internal and external sources, traineeships, teaching fellowships, research assistantships, other academic employment opportunities, and several types of loans. In addition to providing assistance in meeting typical student costs, the financial aid staff is a valuable resource when unexpected expenses arise, and they can help with personal financial management and identify potential sources of additional support.
Resources for Student Spouses and Partners

Harvard Students’ Spouses and Partners Association
Richard A. and Susan F Smith Campus Center, Room 860, 1350 Massachusetts Avenue, Cambridge
hsspa.harvard.edu, www.facebook.com/groups/HSSPA
info@hsspa.harvard.edu

The Harvard Students’ Spouses and Partners Association (HSSPA) is a volunteer-run organization open to the spouses and partners of Harvard students, postdocs, visiting fellows, and other affiliates, regardless of their gender, race, age, nationality, or sexual orientation. HSSPA has created a diverse group of spouses and partners that includes hundreds of people from all over the world. Joining is a great way to make friends, find intellectual stimulation, and become a part of the Harvard community. Email HSSPA to join and receive a weekly announcement about meetings. See page 11 for information about HSSPA playgroups.

Harvard International Office
Richard A. and Susan F. Smith Campus Center, Room 864, 1350 Massachusetts Avenue, Cambridge
617-495-2789
hio.harvard.edu/harvard-spouse-resources

The Harvard International Office (HIO) offers services to international students and scholars at Harvard, including those enrolled at GSAS, and provides information relevant to the spouses, partners, and children that may accompany them. On the HIO website, you can access information about available Harvard resources, spouse groups to join, and child care and schooling options.

Family Visas
hio.harvard.edu/family-visas

Spouses and the unmarried children under 21 of Harvard students or scholars are eligible for dependent visa status. For more information, visit the Family Visa section of the HIO website.
Taking English Classes

The Harvard International Office (HIO) has compiled a partial list of Boston-area English as a Second Language (ESL) programs that can help families make educated decisions about choosing a program that best suits their needs. Classes are offered at local colleges and universities, at adult education centers, and through private tutoring programs.

GSAS Student Center

Lehman Hall
1 Harvard Yard, Cambridge
617-495-2255
gsas.harvard.edu/student-life/gsas-student-center
engage.gsas.harvard.edu
stucenter@fas.harvard.edu

The GSAS Student Center offers intellectual, social, and recreational opportunities planned by the GSAS Student Center Fellows (GSAS student leaders) for all GSAS students, GSAS residents, and spouses and partners. The fellows also hold family-friendly programming throughout the year.

Adult Education

Harvard Extension School
51 Brattle Street, Cambridge
617-495-4024
extension.harvard.edu

Harvard Extension School is one of the 12 degree-granting schools at Harvard University. It is part of the Division of Continuing Education in the Faculty of Arts and Sciences, offering over 900 courses, 20-plus degree fields, and nearly 40 certificates for both undergraduate and graduate students. Courses are taught by Harvard faculty, university scholars, and experienced industry professionals.

The flexible, part-time courses are held in the evenings, featuring video lectures or live web conferences. On average, tuition ranges from $1,840 to $2,840 for 4-credit courses, and degree-seeking students may apply for financial aid.
Harvard Summer School
51 Brattle Street, Cambridge
617-495-4024
summer.harvard.edu

Harvard Summer School, also part of the Division of Continuing Education, provides an exciting and enlightening environment for summer students, including adults, college students, and high school students. It offers over 400 courses in over 60 subjects, many of which are awarded Harvard College credit. Courses are taught by Harvard professors and visiting scholars on campus in Cambridge and abroad as part of the Study Abroad programs during the day, evening, and online. Tuition for a 4-credit course is $3,340.

Auditing or “Sitting in” on Courses at Harvard

At the discretion of the instructor, spouses or partners of Harvard affiliates may audit regular lecture courses at Harvard, i.e. attend lectures not as part of a degree course without receiving academic credit. This privilege applies only if the course is available for noncredit and does not apply to small seminars or language courses. Please note that, unlike at other Harvard Schools, auditing courses at Harvard Extension School or Harvard Summer School comes with a fee.

Arrangements for auditing are very informal. Choose the course by first consulting the Harvard University course catalog at courses.harvard.edu and attending the first lecture. After the class is over, introduce yourself to the instructor, explain your status at Harvard, and ask that you be allowed to audit the course.

Cambridge Center for Adult Education
42 Brattle Street, Cambridge
617-547-6789
ccae.org

The Cambridge Center for Adult Education (CCAE) is a non-profit organization providing community members with the opportunity to explore their passions and interests in small groups with other adults from all walks of life. CCAE offers a broad variety of courses and workshops—from languages to dance and cooking to computers—in an affordable, social setting with a non-competitive atmosphere.

Harvard Library Privileges Office
Widener Library, Room 130, Cambridge
617-495-4166
library_privileges@harvard.edu

Partners and spouses of Harvard University ID card holders may apply for a Harvard Library (HL) special borrowers card valid for up to a year. The HL special bor-
rowers card allows borrowing, stacks browsing, and reading room privileges at select libraries. To apply, the spouse or partner must provide a photo ID and a photocopy of the Harvard affiliate’s ID card. If the spouse or partner and Harvard affiliate have different last names, proof of marriage or shared residence (i.e. a marriage certificate, lease with both names, etc.) must be provided.

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**Athletic Facilities**

Malkin Athletic Center, 39 Holyoke Street, Cambridge  
617-496-1585  
recreation.gocrimson.com/recreation/membership/graduate

GSAS students can purchase family memberships to Harvard athletics facilities for spouses, qualified domestic partners, and children by visiting the Membership Office, located on the first floor of the Malkin Athletic Center (MAC). Memberships are available for the full year (June 1–May 31), academic year (September 1–May 31), summer (June 1–August 31), fall semester (September 1–January 15), and spring semester (January 16–May 31). See website for pricing.

This pass includes unlimited access to the MAC, Blodgett Pool, Hemenway Gymnasium, Quadrangle Recreational Athletic Center (QRAC), and the Murr Center Fitness Room. Extra fees apply for the use of squash and tennis courts, group exercise classes, towel service, and Blodgett/MAC locker rental. Guest passes can be purchased at the front desk of each recreation facility, prices may vary by location.

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**Transportation—Shuttle Buses**

transportation.harvard.edu

Harvard shuttle buses serve the Cambridge and Allston campuses. Students can view the Shuttle Tracker at m.harvard.edu/transit or harvard.transloc.com or through the free Harvard Mobile App. For schedules as well as information about the daytime and evening van services, visit transportation.harvard.edu/shuttle-van-services.

The M2 Longwood Medical Shuttle travels between Cambridge and the Longwood Medical Area; a Harvard University ID is required. Details are at masco.org/lma-shuttles/m2-cambridge-hms, it can also be tracked on shuttle.harvard.edu.
Resources for Students with Children

Parental Accommodation and Financial Support

Students enrolled in PhD programs at GSAS are eligible for Parental Accommodation and Financial Support (PAFS) following the birth or adoption of a child. Those interested in learning more about the program should contact Lisa Simpson, assistant director of financial aid, at GSASFamily@fas.harvard.edu at least four months in advance of the anticipated birth or adoption event.

• Students are expected to notify advisors and directors of graduate studies at least four months in advance of the anticipated birth or adoption of a child, so that arrangements can be made to cover teaching or research responsibilities.

• Eligible students receive from GSAS a one-time payment equal to two-fifths teaching for 12 weeks. This funding is intended to help with the additional expenses associated with the arrival of a new child.

• During the accommodation period, students may request time off from their duties up to 12 weeks. Students remain enrolled full-time during this period: loan repayment schedules, eligibility for University housing, and student visa status, if applicable, remain unchanged.

• Students receive academic accommodation during this period, including relief from academic requirements, such as postponement of exams and course requirements.

• Students funded by government grants or other external sources are entitled to benefits as determined by the funding agency. Students should contact their funding agency for more details.

• Students who take advantage of the PAFS Program are eligible for a departmental G-year adjustment of one year.

Care.com
care.com
gsas.harvard.edu/student-life/harvard-resources/carecom

Care.com allows families to search for, vet, connect with, and ultimately select caregivers in a low-cost, reliable and easy way. The site helps parents identify babysitters, nannies, child care centers, family day care, camps, tutors, and special needs providers. GSAS provides PhD students with free access to a Care.com membership, sub-
sidized in-home child care, and subsidized backup care at child care centers. GSAS students enrolled in this benefit pay $5/hour co-pay by credit card for in-home child care, $10 per child per day at child care centers.

Adoption Resources

Massachusetts Adoption Resource Exchange
800-882-1176 or 617-964-MARE (6273)
mareinc.org

MARE can provide information and support for students interested in growing their families through adoption.

Family Housing Options at Harvard

Richard A. and Susan F Smith Campus Center, Room 807, 1350 Massachusetts Avenue, Cambridge
617-496-7827
huhousing.harvard.edu
huhousing@harvard.edu

Harvard University Housing (HUH) offers a broad range of housing and real estate services to the University’s graduate students, faculty, and employees. Applicants with one or more children who submit an HUH application between March 1 and May 1 will receive preference in the HUH leasing self-service “View & Select” online leasing process. Applicants who apply between May 2 and February 28 can select available apartments from the currently available section. For more information on applying, please visit huhousing.harvard.edu/apply.

Graduate Commons, a Harvard University Housing Program
617-496-5993
www.huhousing.harvard.edu/residents/graduate-commons-program
graduatecommons@harvard.edu

For those living in Harvard University Housing residences, Graduate Commons provides year-round, family-friendly events for residents with children. These events range from story hours and sports clinics to apple picking trips, cultural celebrations, and holiday parties. The majority of these events are free of charge. To find out more about family events offered by Graduate Commons, please visit their website or email graduatecommons@harvard.edu.
Parent Resources and Playgroups

Harvard GSAS Student-Parents Organization

gsas.harvard.edu/student-life/harvard-resources/harvard-gsas-student-parents-organization

www.facebook.com/groups/harvardstudentparents

student_parents@fas.harvard.edu

Co-Chairs: David Romney, dromney@fas.harvard.edu
Blakely O’Connor, blakely@seas.harvard.edu

The Harvard GSAS Student-Parents Organization aims to enrich the academic experience and provide visibility and support for graduate student and postdoctoral fellow parents at GSAS. A robust support system for parents helps create a caring and nurturing environment for the entire Harvard community, encourages and makes possible a healthy work-life balance for student parents, and attracts a diverse, well-rounded, accomplished, and mature pool of graduate students. The group advocates for increased institutional and financial support for parents, provides a community for Harvard graduate parents, and organizes child-friendly, on-campus events. The group also maintains a listserv that facilitates communication and organization among Harvard graduate student parents. Listserv members post helpful information, relevant questions, recommendations, items for sale, etc. Please visit lists.hcs.harvard.edu/mailman/listinfo/parentsgroup-list to subscribe.

Harvard Students’ Spouses & Partners Association Playgroup

hsspa.harvard.edu/playgroup

ptplaygroup@gmail.com

Harvard Students’ Spouses & Partners Association (HSSPA) Playgroup is a place for parents to chat, share experiences, and make friends while the children play and have fun. The group is open to parents with children 0-4 years old. Children must be accompanied by a parent or a guardian. The group meets at 29 Garden Street Common Room on Tuesdays and Peabody Terrace Common Room on Fridays from 10:00 a.m. to 11:30 a.m. Open to Harvard Affiliates. Annual fee is $15/ family.

Harvard COOP for Kids Story & Crafts (ages 7 & under)

Harvard Square Book Building, Lower Level
617-499-2000
store.thecoop.com/coop-kids/

The Harvard COOP for Kids holds two weekly story times that are free and open to the public. On Tuesdays at 11:00 a.m., preschoolers are invited to hear a selection of engaging stories often tied to seasonal themes. New parents are encouraged to bring
their babies to join in the fun: It’s a great spot to meet other parents and make new friends. On Saturdays at 11:00 a.m., children under 7 can participate in the story and craft hour. Stories and crafts. Refreshments (cookies and juice) are provided.

**Baby University (ages 3 & under)**
51 Inman Street, Cambridge  
617-349-7706  
cambridgema.gov/DHSP/programsforfamilies/babyuniversity

Baby University is an innovative program designed for parents with children pre-natal to age 3. This program aims to: increase parents’ knowledge of child-rearing topics; strengthen parent-child relationships; break parental isolation; and connect parents to beneficial community resources. This 16-week program offers 10 weeks of workshops followed by 5 weeks of playgroups. Parents are supported with 6-8 home visits. Key parenting messages are reinforced throughout the program.

**Cambridge Center for Families**
70 Rindge Avenue, c/o Peabody School, Cambridge  
617-349-6385  
cambridgema.gov/DHSP/programsforfamilies/centerforfamilies

Cambridge Center for Families offers families with children from birth to 8-years-old parenting education, support programs, and fun family events.

**Cambridge Public Libraries**
Main Branch: 449 Broadway, Cambridge  
617-349-4040  
https://www.cambridgema.gov/cpl/Kids

Cambridge public libraries provide access to vast resources and services, offering children’s programs, such as baby lapsits, story times, sing-alongs (in English, Spanish, and Portuguese), film viewings, after school crafts, and LEGO® playtimes.

**Early Childhood Resource Center**
449 Broadway, Cambridge  
617-349-4038  
cambridgema.gov/cpl/Services/earlychildhoodresourcecenter1

The Early Childhood Resource Center (ECRC) is designed especially for parents, child care providers, and anyone who works with young children. Resource books, activity guides, DVDs, children’s books, and Kids on the Block puppets are available for borrowing at no charge. The ECRC is brought to you by the Cambridge Public Library and the Massachusetts Department of Early Education and Care.
Early Intervention Parent Leadership Project
877-353-4757
eiplp.org
eiplo@yahoo.com

The Early Intervention Parent Leadership Project (EIPLP) works to ensure that all families have access to information and opportunities they need to navigate through early intervention and beyond. The EIPLP supports families to develop their leadership skills. This is achieved through family engagement, sharing information and fostering connections throughout the Massachusetts Early Intervention System.

Lactation Support and Accessibility
hr.harvard.edu/parental-lactation-support (for room locations)

Harvard recognizes the importance and benefits of breastfeeding for parents and their infants and maintains more than 40 lactation rooms throughout campus. Harvard-affiliated nursing parents (faculty, staff, student, breastfeeding spouse or partner) may register to use University-sponsored lactation rooms across campus in accordance with their needs. Nursing parents will need to purchase an accessory kit to use the in-room, hospital grade pump or they may travel with their own pump.

Places to change a diaper in Cambridge/Harvard Square
• Gender neutral restroom in basement of GSAS Student Center/Lehman Hall
• Family, women’s, and men’s restrooms in the Richard A. and Susan F. Smith Campus Center, 1st floor
• Women’s restroom in basement of Boylston Hall
• Women’s restroom in basement of the Memorial Church
• Women’s restroom in Harkness Commons (Harvard Law School cafeteria)
• Women’s (2nd floor) and men’s (3rd floor) restrooms in Longfellow Hall, Harvard Graduate School of Education
• Restrooms in Harvard University Health Services, 75 Mount Auburn Street
• Cambridge Public Library branches have changing tables in their children’s sections (visit the 3rd floor of the main library’s 449 Broadway location)
• Restroom in basement of Harvard COOP (ask clerk for key)
Child Care

As a parent or guardian, finding quality child care is an important undertaking. Harvard University is committed to providing students and other affiliates with access to a wide array of child care options. Many organizations in the Cambridge-Boston area also exist to provide child care support. Below is a selection of resources designed to help you make an informed decision that is best for your family.

GENERAL RESOURCES

Office of Work/Life
hr.harvard.edu/worklife
The Office of Work/Life includes Harvard community resources and information about child care, summer camps, after-school programs, and elementary schools.

CHILD CARE CENTERS—ON CAMPUS

hr.harvard.edu/finding-child-care
hr.harvard.edu/files/humanresources/files/ratecard.pdf
Map: hr.harvard.edu/files/humanresources/files/mapofcenters.pdf

Six nonprofit, independent child care centers are located on the Harvard campus. If you are interested in enrolling a child at a center, be sure to visit and apply as soon as possible, as places are limited. Contracts generally run from September through July, although mid-year slots open occasionally.

Botanic Gardens Children’s Center
26 Robinson Street, Cambridge
617-496-0595
botanic-gardens.org
bgccd@botanic-gardens.org
Director: Maura Sullivan

Harvard Yard Child Care Center
25 Francis Avenue, Cambridge
617-547-3432
hyccc.org
hyccdir@harvard.edu
Director: Paula Jarausch
Oxford Street Daycare Cooperative
25 Francis Avenue, Cambridge
617-547-3175
oxfordstcoop.org
directors@oxfordstcoop.org
Director: Kate Campbell

Peabody Terrace Children's Center
900 Memorial Drive, Cambridge
617-496-9160
childhood-ptcc.org
ptcc@fas.harvard.edu
Director: Debbie Tomsho

Radcliffe Child Care Centers, Inc.
10 DeWolfe Street, Cambridge
617-495-3504
radcliffechildcarecenters.org
rccc@fas.harvard.edu

Soldiers Field Park Children's Center
1 Soldiers Field Park, Box 101, Boston
617-495-2680
sfpchildrenscenter.org
sfpcc@fas.harvard.edu
Director: Melissa Chieppo
Assistant Director: Debra Foster

CHILD CARE CENTERS—OFF CAMPUS
Many child care centers are located throughout the Cambridge-Boston area. The resources below can help you search for care that best suits your family’s needs.

Massachusetts Early Education & Child Care Programs
OCCASIONAL AND RECURRING CHILD CARE

For parents or guardians looking for other forms of child care, including babysitters and nannies, soliciting referrals from colleagues and friends can help identify qualified caregivers. You can also join WATCH (page 16), where you can obtain referrals from other parents. The Harvard International Office (page 5) and other campus offices post ads from babysitters on their bulletin boards, and you can join cooperative babysitting pools if you are living in a student housing area. Several online resources also exist to help you access quality child care opportunities.

Care.com

Care.com allows families to search for, vet, connect with, and ultimately select caregivers in a low-cost, reliable and easy way. The site helps parents identify babysitters, nannies, child care centers, family day care, camps, tutors, and special needs providers. GSAS provides PhD students with free access to a Care.com membership, subsidized in-home child care and backup adult care, and subsidized backup care at child care centers.

Harvard Student Employment Office

86 Brattle Street, Cambridge 617-495-2585
seo.harvard.edu
seoweb@fas.harvard.edu

Harvard’s Student Employment Office maintains a list of students interested in babysitting.

WATCH (Web Access to Care at Harvard)

watch.harvard.edu

The WATCH portal connects student parents with providers of long- and short-term child care, including occasional babysitting.

Career Resource Center at Lesley University

Doble Hall, 30 Mellen Street, 4th Floor, Cambridge 617-349-8550
lesley.edu/students/internships-careers/guide-for-off-campus-employers
crcjobs@lesley.edu

The Career Resource Center at Lesley University posts information on students interested in babysitting. Families register as employers and provide information such as name, address, and description. It is helpful to include home location distance to Lesley, whether your home is accessible to the public transportation system (the “T”), if your child has needs, if the caregiver will need a car, and any other details specific to your family.
Education

[link: hio.harvard.edu/childcare-schooling]

The Harvard International Office (HIO) has collected enrollment information for children in nursery, public, and private schools that is relevant to all GSAS students, regardless of country of origin.

Day Care and Preschool Programs

[link: hio.harvard.edu/childcare-schooling]

Nursery schools, also called preschools, provide early education for children aged two years and nine months to five-years-old. While some programs run for three hours each morning, variations exist among individual schools. Some include younger children, others provide two, three, or five-day enrollment options, and may offer extended afternoon schedules. Fees vary. Cooperative options may involve parents in day-to-day operations. All schools are licensed by the Commonwealth of Massachusetts and must meet building and health codes in the area where they are located. Nursery schools are often part of child care centers. See pages 14-15 for details on Harvard-affiliated centers and resources to find local programs.

Elementary and Secondary Schools

[link: hio.harvard.edu/childcare-schooling]

All cities and towns in Massachusetts are required to provide public education starting with kindergarten, and each city and town has its own public school system for children aged 4 or 5 to 18. By law, these schools are free for those who live in the community and that city or town is obliged to enroll your child in its school system, regardless of your nationality, the timing of your arrival, or the length of your stay. Depending on the city or town, the school year begins in late August or early September and continues through June. You must contact the local school department to inquire about the enrollment procedure. To register a child in school, parents will likely need proof of the child’s age (either a birth certificate or passport), current immunization records, and proof of local residency.

Massachusetts Department of Elementary & Secondary Education

75 Pleasant Street, Malden
781-338-3000
www.doe.mass.edu

The Massachusetts Department of Elementary & Secondary Education helps families explore different school options and individual districts, learn more about supports for English language learners and students with disabilities, become familiar with statewide testing and graduation requirements, and find resources to help
students in elementary, middle, high school, and beyond. On their website, you can search for local public and charter schools, as well as learn about the Massachusetts School Choice Program.

PRIVATE SCHOOLS

Many private primary and secondary schools are located in the Cambridge/Boston area. These schools develop their own missions and curriculums.

Applications are usually submitted in the winter preceding fall enrollment, but space may be available at any given time. Tuition may range from $5,000 to $15,000 per year, and financial aid is often available.

Association of Independent Schools of New England
2 Granite Avenue, Suite 450, Milton
781-843-8440
aisne.org
info@aisne.org

RELIGIOUSLY-AFFILIATED PRIVATE SCHOOLS
privateschoolreview.com/state_religious_affiliation/stateid/MA

Over 300 religiously-affiliated private schools operate in Massachusetts, with several located near Harvard. The Private School Review provides tools that enable you to search by religious affiliation, providing further instructions on how to evaluate these educational institutions.

Outside of School Programs

AFTER-SCHOOL PROGRAMS

Many public schools and community organizations offer after-school programs. If you would like your child to attend a program based at their school, be sure to request information about this option at enrollment as spaces can be limited.

FIND EARLY EDUCATION AND CHILD CARE PROGRAMS

eeclead.force.com/EEC_ChildCareSearch

The Commonwealth of Massachusetts Executive Office of Education maintains a database of early education and care programs. Visit their website for tips on selecting a quality program or search their database for licensed child care programs.
SCHOOL VACATION PROGRAMS
Several options exist to help you find child care during school vacation weeks and the summer months. Harvard and other institutions also offer week-long and longer summer camp opportunities.

GENERAL CAMP INFORMATION
Cambridge Summer Resource Guide
cambridgema.gov/DHSP/programsforkidsandyouth/copyofsummercamps
The City of Cambridge Department of Human Service Programs offers summer camps and programs at various community schools and youth centers throughout the city, designed to provide children with new social opportunities, creative projects, educational and recreational field trips, and sporting activities in a safe, nurturing environment. The DHSP Summer Program Guide and other program details can be found at cambridgema.gov/-/media/Files/DHSP/Documents/SummerRG.pdf.

Boston Navigator
bostonnavigator.org
Boston Navigator is a searchable database of over 1,500 opportunities and programs for young people in Boston outside of school hours. Browse programs, locate opportunities near you, and rate their quality through their website.

SELECTED OPPORTUNITIES AT HARVARD
Harvard Museum of Natural History
26 Oxford Street, Cambridge
617-495-2341
hmnh.harvard.edu
hmnh.harvard.edu/calendar/upcoming/programs-audience/summer-science-weeks
The Harvard Museum of Natural History offers half-day science programs in the summer and select public school vacation weeks. Saturday classes are offered year-round for children and families. These hands-on learning opportunities for elementary and middle school aged children are taught by the museum’s professional educators. Online preregistration is required.

Harvard Athletics Facilities
gocrimson.com/information/camps/index
Harvard coaches and their associates operate several privately-owned youth camps and clinics on the Harvard campus. Programs in nearly every sport are offered.
Health and Wellness

Caring for Yourself

Being a parent or guardian can be an intense experience, with everyday family tasks often taking time away from basic individual needs. In order to have the energy to care for your family, you need to make sure that you are also taking care of yourself. GSAS offices are here to help connect you to the best resources, no matter what the issue.

Center for Wellness and Health Promotion
75 Mount Auburn Street, 2nd Floor
Richard A. and Susan F. Smith Campus Center, Cambridge
617-495-9629
wellness.huhs.harvard.edu
cw@huhs.harvard.edu

Center for Wellness and Health Promotion (CWHP) works to cultivate a happy, healthy, and engaged Harvard community through education and the promotion of holistic health. Students can participate in a wide range of activities, including workshops that highlight activities to enhance well-being, massage and acupuncture services, yoga, meditation, pilates, and other exercise group classes. CWHP can also help connect students to the many resources and people at Harvard who can help students make healthy lifestyle choices in order to thrive while at Harvard and beyond.

GSAS Student Center Programs
gsas.harvard.edu/student-life/gsas-student-center

The GSAS Student Center public service fellows organize wellness events for GSAS students, including mindfulness classes and meditation sessions. Visit the GSAS Student Center website for more information.

Caring for Elders

Many students are responsible for aging family members, who sometimes have chronic illnesses and need specialized support and services. Balancing a graduate career while navigating resources associated with elder care can be challenging. Below are services and resources that can support your efforts to ensure that your family members are safe.
Care.com

care.com
gsas.harvard.edu/student-life/harvard-resources/carecom

Care.com allows families to search for, vet, connect with, and ultimately select caregivers in a low-cost, reliable and easy way. The site helps identify specialized help for adult and senior care, including companion care, personal care, and dementia and Alzheimer’s care. If you are looking for adult backup care, an assessment of care needs may need to be completed in advance. GSAS provides PhD students with free access to a Care.com membership and subsidized backup adult care.

Massachusetts Executive Office of Elder Affairs
mass.gov/elders

The Executive Office of Elder Affairs provides information designed to assist elders and their families with answers to questions about services and opportunities available to seniors and their caregivers in Massachusetts.

Through their website, you can access lists of services for the elderly, emergency information and resources, Massachusetts nursing home information, and other information designed to help elders and their families.

Health Care and Insurance

HEALTH CARE OVERVIEW

Medical Emergencies
If you experience a life-threatening emergency, call 911.

Harvard University Health Services (HUHS)
Richard A. and Susan F. Smith Campus Center,
75 Mount Auburn Street, Cambridge
617-495-5711
huhs.harvard.edu

HUHS provides comprehensive primary and specialty care for the Harvard community—students, faculty, staff, retirees, and their dependents. Primary care and mental health services are also available at the satellite clinics located on the Harvard Law School and Longwood Medical Medical Area campuses.
Clinic Locations

huhs.harvard.edu/locations-hours

Harvard Square Clinic (main location)
Smith Campus Center, 75 Mount Auburn Street
617-495-5711

Longwood Medical Area Clinic
Vanderbilt Hall, 275 Longwood Avenue
617-432-1370

Harvard Dental Service
114 Mount Auburn Street, 7th Floor
617-495-2063

Urgent Care
huhs.harvard.edu/urgentcare
617-495-5711

In-person urgent care services are available 365 days a year from 8 a.m. to 10 p.m. at Smith Campus Center. Between the hours of 10 p.m. and 8 a.m., students who need care for a medical or mental health issue can call the HUHS urgent care phone number at 617-495-5711. Callers will have immediate phone access to skilled clinicians during overnight hours who will provide them with instantaneous education on their health, home treatment options, and available resources. If immediate care is required, patients will be directed to an emergency room.

Students can also schedule same-day, non-routine medical appointments and initial phone assessments for Counseling and Mental Health Services online through the Patient Portal at huhs.harvard.edu/patient-portal. Whenever possible, we encourage you to call first to obtain advice from your health care team or mental health provider.

Primary Care/Internal Medicine
617-495-8414/617-495-2001
huhs.harvard.edu/services/primary-care-internal-medicine

Patient Advocate
75 Mount Auburn Street, 1st Floor, Cambridge
Mallory Finne, 617-495-7583
huhs.harvard.edu/about-us/patient-advocate
patadvoc@huhs.harvard.edu

The HUHS Patient Advocate is available to help you navigate the health care system and explore choices for your medical care, as well as:
• Resolve or mediate problems
• Discuss financial assistance options
• Coordinate special needs arrangements

All feedback is confidential and may be submitted to the suggestion boxes in the clinic. Please provide contact information if you would like a response. We welcome positive comments and recommendations for improvements.

**HUHS Care Coordination**
617-495-3271
*huhs.harvard.edu/services/primary-care-internal-medicine*
*carecoordination@huhs.harvard.edu*
**Alyssa Hajjar-Betters,** LICSW, 617-496-5472
**Christine Magatao,** RN, 617-495-5938
**Cheri Smith,** LICSW, 617-495-7872

HUHS case managers are available to help you coordinate medical, social, emotional, insurance, and vocational issues related to injury or illness. They can support you in making informed decisions about your treatment and rehabilitation. They do not make decisions for you, but rather help give you the tools you need to do so. Their goal is to assist you in getting the care you need.

**Pharmacy**
617-496-6661
*huhs.harvard.edu/pharmacy*

Conveniently located at HUHS in the Smith Campus Center, the pharmacy fills prescriptions written by HUHS clinicians and accepts a variety of prescription insurance plans. Services include term billing (students), payroll deduction, prescript app, text and email alerts, and free deliveries to Longwood Medical Area and Harvard Law School. All members of the Harvard community can visit the pharmacy to purchase discounted over-the-counter products. Prescription refills and discounted over-the-counter products may be picked up 24 hours a day/7 days a week at the ScriptCenter kiosk located in the HUHS 1st floor lobby.

**Harvard Dental Service**
617-495-2063
*huhs.harvard.edu/dental*

The Harvard Dental Service offers a full range of dental services for the entire Harvard community, including family members. Harvard Dental Service accepts Delta Dental and Blue Cross Blue Shield Dental insurance plans.
Counseling and Mental Health Services
617-495-2042
huhs.harvard.edu/camhs

Counseling and Mental Health Services (CAMHS) works collaboratively with students and the University to support individuals experiencing some measure of distress in their lives, including:

- Bereavement
- Transitional issues and adjustment difficulties
- Depression, anxiety, or stress
- Concerns interfering with work or relationships
- Sexual concerns
- High-risk behaviors around food, alcohol, and/or other substances

Treatment options include individual counseling, medication management, group therapy, peer counseling, and workshops. All visits are confidential and mental health records are held separately from the rest of the medical record, except for information on medications and hospitalizations. Counseling and mental health services are also offered at satellite health clinics on the Harvard Law School and Longwood Medical Area campuses.

HEALTH INSURANCE OVERVIEW

Harvard University Student Health Program
HUHS in the Smith Campus Center, 1st Floor
75 Mount Auburn Street, Cambridge
617-495-2008
hushp.harvard.edu

All students are automatically enrolled in the Harvard Student Health Program (HUSHP). Students enrolled in a comparable health insurance plan may be eligible to waive the Student Health Insurance Plan. Waivers must be completed by the appropriate deadline or the charges will remain on the student bill. Waiver applications and deadlines are available at hushp.harvard.edu/.

HUSHP for Student Dependents
hushp.harvard.edu

Dependents are eligible for enrollment in HUSHP when the student is participating in the program. Dependent enrollment and renewal are not automatic.
Student Dependent Open Enrollment Periods/Deadlines
Dependents (other than those with a life-changing event) must be enrolled by the following deadlines or penalty fees will apply:

• August 31 for fall term or full academic year (applications accepted starting June 1)
• February 29 for spring term (applications accepted starting December 1)

Insurance is sold in fixed terms of six months of coverage (August 1 to January 31 and February 1 to July 31), unless there is a life-changing event.

Life-Changing Events
Dependents may be added outside of the open enrollment period due to a life-changing event. Once approved, the coverage and cost will be pro-rated to the day of the event. Documentation must be submitted to HUSHP confirming one of the events listed below:

• A dependent’s entry into the country
• Ending other health insurance coverage
• Marriage
• Birth of a child*, legal adoption, or legal guardianship

In cases of life-changing events, the student has a limited number of days from the day of the event to enroll the dependent or penalty fees will apply. Visit hushp.harvard.edu to learn more.

*If you are enrolling a newborn, we recommend that the effective date of coverage be the child’s date of birth to avoid costly medical bills. This plan does not cover services rendered prior to the beginning date of the health insurance coverage.

Payment is made through the student bill only.

Massachusetts State Health Insurance
The state of Massachusetts also has health insurance resources for students who are state residents.

Massachusetts Health Connector
1-877-MA-ENROLL (1-877-623-6765)
mahealthconnector.optum.com/individual

The Massachusetts Health Connector is a state-based health insurance marketplace that makes shopping for affordable health and dental coverage easier for Massachusetts individuals, families, and small businesses. It offers plans from the state’s leading insurers that have been awarded the state’s seal of approval, so you can be sure the plan you choose meets both state and national coverage standards.
MassHealth, Children’s Health Insurance Program
1-877 MA ENROLL (1-877-623-6765)
www.mass.gov/topics/masshealth

In Massachusetts, Medicaid and the Children’s Health Insurance Program (CHIP) are combined into one program called MassHealth. MassHealth members may be able to get doctor’s visits, prescription drugs, hospital stays, and many other important services. CHIP provides no-cost or low-cost health coverage for eligible children in Massachusetts. The program provides health coverage for children so that they can get routine check-ups, immunizations, and dental care to keep them healthy.