

# **Parenting Panel**

# **General Info**

Links - Accessed from the Pitt home page. To access, hover over "Academics" and click "Grad/Professional" then "Student Life" and scroll to the parenting section. http://www.gradstudents.pitt.edu/

# **Relative Policies & Guidelines**

#### **Graduate Policies**

https://www.provost.pitt.edu/students/graduate-studies/additional-graduate-resources

#### **Graduate Student Parental Accommodation Guidelines**

https://www.provost.pitt.edu/sites/default/files/Grad\_Parental\_Accommodation\_Guidlelines.pdf

### Post Doctoral Parental and Medical/Maternity/Family Leaves

http://www.provost.pitt.edu/sites/default/files/GuidelinesForPostdoctoralAssociatesAndPostdoctoralScholars2018.pdf

# **Childcare Opportunities & Tips**

### **University Child Development Center**

http://www.ucdc.pitt.edu/

The Children's Center of Pittsburgh Get Well Room - opened January 17, 2012 The child care center at Magee-Womens Hospital of UPMC, operates the Get Well Room, a separate area within the center that provides a warm, caring, and healing atmosphere for children who are experiencing mild illnesses, such as colds, bronchitis, upset stomach, or pain and fever from vaccinations.

The Get Well Room is open to all area children age 6 months to 12 years. The procedure for bringing a child to the facility is outlined in an information sheet available from the Children's Center of Pittsburgh (TCCP) upon request. Children need not be enrolled at TCCP. However, in order to use the Get Well Room, children must be preregistered and have a physician health appraisal form on file at the facility at a cost of \$20. The room is \$75/day for children under age 3, \$55/day for children ages 3 to 12.

The service is available from 8 a.m. to 5 p.m. at TCCP, 327 Craft Ave., in Oakland. Calls are taken after 7 a.m. For more information, contact TCCP at 412-641-1990.

### YWCA - Early Learning Resource Center

https://www.ywcapgh.org/programs/child-care-information-services

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# **University Resources & Ways to Get Involved**

**Lactation Room Locations** on Oakland Campus https://www.diversity.pitt.edu/resources/lactation-rooms

University Counseling Center
<a href="https://www.studentaffairs.pitt.edu/cc/">https://www.studentaffairs.pitt.edu/cc/</a>
Individual and Couples Therapy
Group Therapy
Workshops

**Provost's Advisory Committee on Women's Concerns** 

http://www.provost.pitt.edu/pacwc/

# **Contacts**

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<u>Graduate/Professional Student and Postdoc Office Hours</u>
Wednesday, January 30, 2019, 9 a.m. – 10 a.m.
801 Cathedral of Learning

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