

GUIDE FOR GRADUATE STUDENTS WITH FAMILY RESPONSIBILITIES

“In striving to become an equitable community, we will work to eliminate, reduce, or mitigate the adverse effects of any barriers to full participation in University life... an equitable and inclusive learning and work environment creates the conditions for our diverse faculty, staff and student body to maximize their creativity and their contributions.”

Statement of Equity, Diversity, and Excellence, 2006

Many graduate students successfully complete their program of study while balancing a variety of family responsibilities.

This publication highlights the resources and policies available to help graduate students balance their academic and family responsibilities.



CHILD CARE AT U OF T

The child care services on all three campuses are staffed by professionally qualified early childhood educators. All of the centres give priority to U of T families. To apply, contact each centre directly. Parents are advised to apply early.

University of Toronto St. George

- **Campus Community Cooperative Day Care**
campus.daycare@utoronto.ca
- **U of T Child Care on Charles St. | 416.415.2604**
- **U of T Early Learning Centre (2 locations)**
early.learning.centre@utoronto.ca

University of Toronto Mississauga

- **U of T Early Learning Centre | 905.569.4422**

University of Toronto Scarborough

- **N'sheemaehn Child Care**
childcare@utsc.utoronto.ca

Financial Aid

Child care subsidies are available through your local municipal Children's Services Division. To apply, contact the office in your area.

Off Campus

Kids and Company is a corporate child care service provider for faculty, staff and graduate students.

www.kidsandcompany.com

For up-to-date information on child care options and fees, contact the **Family Care Office | 416.978.0951**

GENERAL INFORMATION AND SERVICES

Family Care Office

214 College St., main floor | **416.978.0951**

www.familycare.utoronto.ca

Promotes educational and employment equity while providing guidance, resources, referrals, programming and advocacy for individuals who are navigating the challenges of balancing school and work demands with those of a family, whether it's planning for a child, child care or elder care.



RESOURCES AND SUPPORT

Family Resource Centre

7 Glen Morris St. | **416.946.0228**
elc.utoronto.ca/frc

A family friendly environment where parents, caregivers or relatives can spend time with their children and interact with other families from the University of Toronto community.

Faculty of Kinesiology & Physical Education

55 Harbord St. | **416.978.3436**
uoft.me/kidsprograms

Enjoy some time with your children during family gym times! Additionally, receive a 15% discount on athletics programs for your kids!

Hart House – Family Sundays

7 Hart House Circle
harthouse.ca/family-sundays

Bring your family to Hart House one Sunday a month for fun, interactive and educational family events that explore cultural diversity through storytelling, music, food, arts and crafts.

HOUSING

Student Family Housing (St. George)

30 & 35 Charles St. | **416.978.8049**
studentfamilyhousing.utoronto.ca

A supportive and welcoming place in which to live with spouses/partners and families. It is recommended to apply early.

Student Housing & Residence Life (UTM)

Oscar Peterson Hall, Suite 120 | **905.828.5286**
uoft.me/utmhousing

With over 1500 student residence spaces, UTM offers a diverse range of housing options for graduate students, and for students with families within the U of T system.

HEALTH COVERAGE

Graduate Students' Union – Health/Dental

The plan is designed to cover expenses not covered by a basic health-care plan (i.e. OHIP), or the equivalent (UHIP for international students), such as prescription drugs, health practitioners, medical equipment, travel health coverage, and more. Family Coverage is available.
www.utgsu.ca/insurance

UHIP for International Student Families

The University Health Insurance Plan (UHIP) is a mandatory health insurance plan for all international students enrolled in an Ontario university. The plan is intended to ensure that you have basic health care coverage while studying in the province. UHIP coverage may also be extended to your eligible dependent family member(s).
www.cie.utoronto.ca



NETWORKS

Peer Mentorship Program

Peer mentors are available through the Family Care Office. They are fellow students with family responsibilities who can talk to you about your experience attending school and balancing family life.

Life Management Series

Interactive workshops offered by the Family Care Office that teach students with family responsibilities life management skills, such as: goal setting, stress & time management, advocacy & communicating effectively, personal wellness and more. These workshops may be Co-Curricular Record (CCR) and Graduate Professional Skills (GPS) eligible. uoft.me/ccr and uoft.me/gps

Parents' Group at U of T Student Family Housing (for residents only)

A self-directed group for expectant and new parents who live in Student Family Housing. Participants meet every Thursday from 3:30 – 5:00 pm in the 3rd Floor Drop-In Centre at 30 Charles St. Participants have an opportunity to meet other parents, make connections and share experiences.

LEAVE OF ABSENCE POLICY

Graduate students may apply to their Graduate Coordinator for a one-session to three-session leave during their program of study for parental leave by either parent at the time of pregnancy, birth or adoption, and/or to provide full-time care during the child's first year. Parental leave must be completed within 12 months of the date of birth or custody. Where both parents are graduate students taking leave, the combined total number of sessions may not exceed four. www.sgs.utoronto.ca/facultyandstaff/Pages/Leave-of-Absence-Policy.aspx

FINANCIAL AID & COUNSELLING

Financial counselling can help relieve your stress, resolve your immediate financial problems and help you plan for the future. The School of Graduate Studies Financial Counsellor can provide information and direction on various financial aid programs such as student loans, grants, and other resources available to graduate students. Assistance is also available to help with various aspects of financial management including planning a budget and debt load management. Financial counselling sessions are confidential and are available in person or by phone. www.sgs.utoronto.ca/currentstudents/Pages/Financial-Aid-and-Counselling.aspx

CONTACT US

SCHOOL OF GRADUATE STUDIES (SGS)

Student Services

63 St. George Street | **416.978.6614**
graduate.information@utoronto.ca
www.sgs.utoronto.ca

SGS Student Services hours: Monday to Friday
from 9:30 a.m. to 4:30 p.m.

FAMILY CARE OFFICE (FCO)

214 College St., Main floor | **416.978.0951**
family.care@utoronto.ca
www.familycare.utoronto.ca

FCO hours: Monday to Friday from 9:00 a.m. to
5:00 p.m. except for Tuesdays until 6:00 p.m.