

# GUIDE FOR UNDERGRADUATE 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 undergraduate students successfully complete their program of study while balancing a variety of family responsibilities.

This publication highlights the resources available to support undergraduate students as they manage their academic and family responsibilities.



## YOUR REGISTRAR: HERE TO SUPPORT YOU

Although there are some differences among divisions, in general, you should call or visit your Registrar in your College or Professional Faculty for:

- **Academic advising** — help in formulating educational goals which could include assistance with course selection, and understanding degree requirements and university regulations
- **Personal counselling** — assistance with any matter that is getting in the way of your success as a student
- **Financial counselling** — help with financial planning, budgeting and overcoming financial emergencies

## GENERAL INFORMATION AND SERVICES

### Family Care Office

214 College St., main floor | **416.978.0951**  
[familycare.utoronto.ca](http://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.

### Faculty of Kinesiology & Physical Education

55 Harbord St. | **416.978.3436**  
[uoft.me/kidsprograms](http://uoft.me/kidsprograms)

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



# RESOURCES AND SUPPORT

### Department of Physical Education, Athletics & Recreation (UTM)

3359 Mississauga Rd. | **905.569.4485**  
[utm.utoronto.ca/athletics/children](http://utm.utoronto.ca/athletics/children)

Check out the programs for children offered at UTM

### Hart House – Family Sundays

7 Hart House Circle  
[harthouse.ca/family-sundays](http://harthouse.ca/family-sundays)

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

## 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](mailto:campus.daycare@utoronto.ca)
- **U of T Child Care on Charles St.**  
[georgebrown.ca/childcare/uoft](http://georgebrown.ca/childcare/uoft)
- **U of T Early Learning Centre** (2 locations)  
[early.learning.centre@utoronto.ca](mailto: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](mailto: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

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

## HOUSING

### Student Family Housing (St. George)

30 & 35 Charles St. | **416.978.8049**  
[studentfamilyhousing.utoronto.ca](http://studentfamilyhousing.utoronto.ca)

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

### Student Housing & Residence Life (UTM)

Oscar Peterson Hall, Suite 120 |  
**905.828.5286**  
[uoft.me/utmhousing](http://uoft.me/utmhousing)

Family housing is available to eligible students with a spouse/common-law partner and/or children, or where the student is the legal guardian of their extended family member.





## HEALTH COVERAGE

Health care plans are offered by the following two student unions. The plans cover medical expenses that are not covered by provincial or other health insurance. The plans are supplementary to coverage under OHIP (Ontario Health Insurance Plan) or UHIP (University Health Insurance Plan), not a substitute.

### University of Toronto Students' Union (UTSU)

[utsu.ca/health](https://utsu.ca/health)

Extended health and dental coverage is provided to all full-time undergraduate St. George and Mississauga students, and full-time students at the Toronto School of Theology. The plan includes coverage for drugs, travel, exams and paramedical services. Family Coverage is available.

### Association of Part-time Undergraduate Students (APUS)

[apus.ca/health-dental-plan](https://apus.ca/health-dental-plan)

Health and dental coverage is provided to part-time students across all three campuses of the University. APUS members can enroll a spouse/partner and/or children on their plans at the beginning of their first eligible term.

### UHIP for International Student Families

[studentlife.utoronto.ca/cie](https://studentlife.utoronto.ca/cie)

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), and which you will also need to purchase.

## NETWORKS

### Peer Mentorship Program

Peer mentors are available through the **Family Care Office**. They are fellow students with family responsibilities who can share valuable tips and candid advice on managing the demands of caring for a family with the responsibility of meeting academic commitments.

### 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) eligible. [uoft.me/ccr](https://uoft.me/ccr)

### Student Parent Group

[uoft.me/SPG](https://uoft.me/SPG)

Hosted by Woodsworth College and the Transitional Year Programme, this group is open to all undergraduate student parents during the fall and winter terms. The group meets biweekly for lunch and offers facilitated sessions that address various challenges of balancing academic and family responsibilities. Participants will connect to valuable resources while finding mutual support.

### 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 (St. George), and coordinated by the **Family Care Office**. 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.

## CONTACT US

### FAMILY CARE OFFICE (FCO)

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

[family.care@utoronto.ca](mailto:family.care@utoronto.ca)

[familycare.utoronto.ca](https://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.

Summer hours: Monday to Friday from 9:00 a.m. to 4:30 p.m. except for Tuesdays until 6:00 p.m.