

Work and Family Month Weekly Themes

Social/ Family (Week 2)

- Child and Family Programs- NIH Child Care Board (CCB), NIH Aging and Adult Dependent Care Committee (AADCC)
- Child Care Centers
- NIH Back-Up Care Program
- NIH Child Care Subsidy
- Resource and Referral Services
- NIH Nursing Mothers Program
- Parenting and Elder Care Coaches
- Special Interest ListSers
- Family Webinars

Mental/Physical Well-Being (Week 3)

- NIH Wellness Program
- NIH Well-Being- Health and Wellness Council, NIH Well-Being Ambassadors
- Fitness Facilities
- Workshops and Classes
- Occupational Medical Services (OMS)
- Division of Occupational Health and Safety (DOHS)
- NIH Blood Bank

Financial/Community (Week 4)

- NIH Food Services
- NIH Transportation- Commuting & Parking Services (CAPS), Employee Parking Options
- NIH Federal Credit Union (NIHFCU)
- Recreation and Welfare (R&W)
- R&W Retail- Gift Shops and Markets
- R&W Clubs
- Volunteer Opportunities
- Payroll
- NIH Loan Repayment Programs (LPR)
- Student Loan Repayment Program (SLRP)

Career /Purpose (Week 5)

- Office of Research Services (ORS)
- Work-Life@NIH
- NIH Civil
- NIH Employee and Labor Relations
- Office of Ombudsman
- Employee Assistance Program (EAP)
- Office of Intramural Training and Education (OITE)
- OHR Services (leave bank, leave payroll, medical leave, retirement employee benefits)
- OHR Paid Parental Leave
- Interpreting Services