When Molly Hadeed, a senior program coordinator in the UA College of Nursing [1], found out she was pregnant with twins, she knew her life was about to change. So she turned to UA Life & Work Connections [2] for support.

Staff there helped her navigate the Tucson child care landscape and find the right resources to aid her as she embarked on life as a new mom and a UA employee.

Stephanie Rosenberg, UA senior associate general counsel, also found herself in need of caregiving advice?in her case, for her aging grandmother.

She, too, looked to Life & Work Connections, for both practical and emotional guidance.

Part of the Division of Human Resources [3], UA Life & Work Connections offers a variety of resources designed to support UA employees' work-life balance and overall well-being. Among the services offered are child care [4] and elder care [5] resources.

Professionals are available to consult with employees on the care of loved ones across the life cycle. In addition to offering tips and suggestions, they help connect employees with campus and community resources, tools and organizations that can help them provide their loved ones with the best possible care.

"What our office tries to do is to really describe and inform, in terms of what are best practices, as well as what are the services you can tap into so that you can better manage your employee life and your personal life," said Caryn Jung, senior coordinator for UA Life & Work Connections.

Source URL: https://uaatwork.arizona.edu/lqp/video-life-work-connections-offers-support-throughout-life-cycle?utm_campaign=weekly_lqp&utm_medium=email&utm_source=lqp

Links:
[3] http://www.hr.arizona.edu/