



VCU Work/Life Resources

Information, support, and assistance to help balance work and family life responsibilities.

Services available to all faculty and staff of Virginia Commonwealth University (VCU).

Work/Life Services

...Relocation Assistance (for new faculty and staff)

Information packet on VCU, Work/Life Resources program, Richmond, area schools, and local real estate market.

...Wellness "Connections"

Access to CommonHealth@VCU programs and a collaboration of wellness resources through VCU, the VCU Health System, and community organizations.

...Resource and Referral

Adult Care: Access to community and out-of-state resources; elder care support group.

Child Care: Assistance in locating providers.

...Lunchtime Seminars

On-campus sessions with a variety of work/family topics.

...E-Newsletter

Periodic information and tips on work/life issues.

...Service Discounts

Child-care centers, fitness centers, dry cleaning services, housecleaning . . . and more.

...Sitter Roster

Referral listing of sitters (from the University community) for children and adults.

...Resource Library

Family Record Guide, grief-and-loss packet . . . and other Work/Life-related publications.

VCU Human Resources

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