



UNIVERSITY OF OREGON

Congratulations on the new addition to your family. This is exciting news and Human Resources would like to let you know about the university resources available to support you as you navigate this incredible life event.

You can learn more about options for parental leave at hr.uoregon.edu/parental or by requesting a leave packet at hr.uoregon.edu/leave-packet. If you have particular questions about leave options, please feel free to contact the university's Medical Leaves Coordinator at 541-346-2950.

The university also has a website, hr.uoregon.edu/familyresources, dedicated to family resources, including on- and off-campus childcare options, community connections, and a list of family-friendly events around campus.

You can contact the Benefits Office at 541-346-3085 to review and update your dependent and insurance information.

If you would like to learn about lactation rooms on campus or the refrigerator loan program, please contact Human Resources at 541-346-2195 or visit the lactation support website: hr.uoregon.edu/lactation-support. We encourage you to contact the ADA Coordinator (workplaceADA@uoregon.edu) about any other workplace accommodations. The university recognizes the right of all employees to be free from discrimination and retaliation, as well as the right to reasonable pregnancy and childbirth related accommodations.

Human Resources also works to connect UO families by offering a family listserv, which sends weekly updates highlighting family events on campus and in the community. Visit this link to subscribe: hr.uoregon.edu/uofamilies.

Our Employee Assistance Program, Cascade Centers, offers many great services to eligible employees and their dependents, such as personal, financial, and legal consultations, tax assistance, and home ownership resources and information. Researching childcare options based on your family's specifications, budget, and location is one way to utilize this service. Contact Cascade Centers for assistance at (800)-433-2320.

Again, congratulations and best wishes for this new phase of your life.

HUMAN RESOURCES

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