NIH Cares about NIH Families. Learn more about the programs and services available to YOU and YOUR FAMILY.

**Back-up Care Program**
NIH has contracted with Bright Horizons to offer NIH federal employees and Trainees/Fellows access to back-up care when they need to be at work and their regular child or adult/elder care is unavailable. NIH federal employees and Trainees/Fellows have access to the following back-up care programs: center-based child care, in-home child care, in-home mildly ill child care, in-home adult/elder care, and self-care (when YOU need care). Care can be provided in your home or in your loved one’s home all over the United States. Register today at [https://backupcare.ors.nih.gov](https://backupcare.ors.nih.gov).

**Child, Adult/Elder, Financial, Legal and Identity Theft Resource and Referral Services**
NIH has contracted with LifeWork Strategies, Inc. to provide free, unlimited access to five types of resource and referral services: Child, Adult/Elder, Legal, Financial, and Identity Theft. This highly personalized professional service is available by calling 1-800-777-1720 between the hours of 8:00 am and 5:00 pm EST, Monday through Friday.

**NIH Listservs**
NIH Child and Family Programs manages two interactive listservs for child/parenting and adult/elder care topics: NIH Parenting Listserv and Adult Care Support. To subscribe to the email lists, go to the NIH LISTSERV page: [https://list.nih.gov](https://list.nih.gov). Browse the list or type Parenting_List and/or Adult-Care-Support.

**Lunch and Learn Seminars on Children, Families and Adult/Elder Care**
NIH Child and Family Programs offers Lunch and Learn Seminars on various topics ranging from birth to caring for an elderly loved one. The seminars are webcast in real-time and are archived for future viewing. You can access these seminars by visiting [https://www.ors.od.nih.gov/lunchlearnseminar](https://www.ors.od.nih.gov/lunchlearnseminar).

If you have any questions, please contact the NIH Child and Family Programs team at (301) 827-3250.

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NIH Child & Family www.childfamilycare.ors.nih.gov