

## **Resources for Students who are Parents**

### **Financial Support at the University**

#### **Childcare Choice – UA Life & Works Connection**

Students can receive up to \$2,000 childcare subsidy awards per fiscal year per household for childcare expenses.

<https://lifework.arizona.edu/programs/childcare-choice>

#### **Sick and Back-Up Childcare – UA Life & Works Connection**

Sick and backup childcare services are available when there is an unexpected interruption in your regularly scheduled childcare. These services are designed to help support employees in fulfilling work-related commitments and students in fulfilling coursework-related commitments. The University of Arizona offers eligible employees and students up to 10 sick and backup childcare usages per fiscal year.

Once registered, you can immediately begin using the Sick and Back-Up Childcare Program! Current rate (10/2020) for students is \$5/hr.

<https://lifework.arizona.edu/programs/sick-and-back-up-childcare>

### **GPSC Graduate Student Parents Listserv**

The Graduate Professional Student Council (GPSC) maintains an email list for graduate students who are parents. This list is for announcements regarding resources and events for graduate student parents (graduate and professional students with dependents). Subscribe to the “Graduate Student Parents” list

<https://list.arizona.edu/sympa/subscribe/graduatestudentparents>

GPSC family resources page: <https://gpsc.arizona.edu/resources-family>

### **Parent Groups**

#### **Caregiving UArizona**

We're an informal group that organized around advocating for support for caregivers during the pandemic (and beyond) and creating a supportive community of caregivers on campus. We would genuinely love to have more people join our calls and conversations because we are becoming a really supportive, helpful community! Email [caregiving.ua@gmail.com](mailto:caregiving.ua@gmail.com) for more info and to be added to the Google Group.

#### **Mothers of Color in Academia**

MOCA of UArizona is a collective of student-parents who aim to create a supportive space and community for Mothers of Color on campus and beyond. FB <https://www.facebook.com/mocaofuarizona>

## Parenting Workshops

### Life & Work Connections

Free parenting workshops and individualized consultations with Life & Work Connections are open to students and employees.

Parenting Workshops <https://lifework.arizona.edu/events-workshops/parenting-workshops>

Parenting Consultations <https://lifework.arizona.edu/counseling-coaching/parenting-consultations>

## Physical Spaces

**Family Study Rooms** at the Albert B. Weaver Science-Engineering Library



Reserve in advance by emailing us at [library@arizona.edu](mailto:library@arizona.edu) and get access by checking in at the Ask Us Desk near the building entrance. Please read the policies at <https://new.library.arizona.edu/visit/spaces/family-study-rooms>

### Lactation Spaces and Changing Tables Campus Map

Find nursing rooms, family bathrooms, and baby care stations around campus with this map

<https://lifework.arizona.edu/sites/default/files/map/>

### Tucson Parks and Recreation

Find a Park near you: <https://www.tucsonaz.gov/parks/parks>

## Nutrition

### UA Campus Pantry

The goal of the UA Campus Pantry is to reduce food insecurity in our Wildcat Community. At our distribution events, students and staff can grab important food staples at no cost. All you need is your CatCard!

<https://campuspantry.arizona.edu/>

### Supplemental Nutrition Assistance Program (SNAP)

Nutrition Assistance supports families to prevent under-nutrition in Arizona. (Formerly the Food Stamp Program)

<https://des.az.gov/services/basic-needs/food/nutrition-assistance>

### Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

WIC Serves pregnant women, breastfeeding women, on-breastfeeding postpartum women, infants, toddlers and children up to age 5. WIC provides participants with nutritious foods to supplement participant diets, nutrition education, and referrals to health and other social services. <https://www.fns.usda.gov/wic>

## Utilities

### Monthly Discounted Rates

- **Tucson Electric Power** TEP Lifeline <https://www.tep.com/customer-assistance/>
- **Tucson Water** call (520) 791-5443 (Monday-Friday, 8 a.m.-5 p.m.) to apply <https://www.tucsonaz.gov/water/low-income-assistance-program>
- **SouthWest Gas** Arizona Low Income Ratepayer Assistance (LIRA) Program <https://myaccount.swgas.com/content/lira>

### Tucson Urban League

The Tucson Urban League Case Management Emergency Assistance Services Program has provided financial assistance to low income families and individuals in crisis situations within Pima County. The overall goal of the program is to prevent homelessness through rental, mortgage and utility assistance (electric, gas, water, phone).

<https://tucsonurbanleague.org/utility-bill-assistance-tucson/>

## Reads

- [5 Ways Students Can Balance Family, Grad School Costs](#)
- [How to Survive Grad School with a Family: Tips for Balancing Kids, School & Your Life](#)
- [How I let go of my guilt as a mother in grad school](#)
- [How to Balance Grad School and Kids](#)
- [Becoming a parent in graduate school shaped my approach to work–life balance](#)
- [Financial education for college students can also benefit families](#)
- [GradImpact Gallery of the Council of Graduate Schools](#)