# **GSD Staff News** Community and Wellness Resources



#### Parenting Challenges in Today's World Virtual Session with our EAP

Please join us on **Tuesday, July 21st from 2 - 3 pm**, for a virtual session with the Harvard EAP. This session will focus on current challenges for working parents during the pandemic. Participants will be able to share their own childcare successes and challenges and learn ways to cope with the stress. Click <u>this link</u> to register in advance for this meeting. After registering, you will receive a confirmation email containing information about joining the meeting.

Please note: this session is open to staff across the University in addition to GSD staff.

# More affordable in-home back-up care this summer

For summer 2020, Harvard is further subsidizing the cost of in-home back-up care through Care @ Work. For care that takes place between July 1 through August 31, benefits-eligible employees will pay \$3, \$6 or \$10 per hour, according to their Harvard benefits salary bracket (reduced from the regular rate of \$16 per hour). Before using any Care @ Work services, employees are required to sign and submit a <u>waiver</u>. Read more about back-up care <u>here</u> and learn about the registration process <u>here</u>.

#### Free, online "Summer Camp"

Camp Kinda provides free summer campinspired content for school-aged children. Delivered to parents' email, Camp Kinda provides daily themed activity packages for pre- and early readers through eighth grade. You can read more about <u>Camp Kinda</u>, download a <u>flyer</u>, and register for the camp. All Harvard affiliates are invited to <u>register</u> using code **HVD20** 

## Diversity, Inclusion & Belonging Anti-Racist Resources

<u>To be an ally is to be an active agent of change.</u> This includes proactively recognizing your privilege, amplifying Black voices, and working towards a permanent social and systematic change. In the words of author Ibram X Kendi, "No one becomes 'not racist,' despite a tendency by Americans to identify themselves that way. We can only strive to be anti-racist on a daily basis."

#### ACTION

- Email your representative about the police training and policies in your city. Click <u>this link</u> and select your city to send a pre-written email
- Breonna Taylor's birthday was Friday 5
  June 2020. <u>Click this link</u> for concrete action items people can do to commemorate her life and fight to get her justice.

#### WATCH

- <u>Clemency</u> (2019, Dir Chinonye Chukwu)
- <u>The Hate U Give</u> (2019, Dir. George Tillman, Jr.)
- <u>Do the Right Thing</u> (1989, Dir. Spike Lee)

#### LISTEN

- <u>A Decade Of Watching Black People</u> <u>Die</u>Code Switch a podcast by NPR
- <u>'Me And White Supremacy' Helps You</u> <u>Do The Work Of Dismantling Racism</u> Life Kit a podcast by NPR

#### FOLLOW

- <u>Ethel's Club</u> is a Black-owned social and wellness club designed to celebrate people of color, online and IRL.
- <u>Kelly M. Hayes</u> is a queer Native author, organizer and educator.

#### READ

- The Long, Painful
- <u>History of Police Brutality in the U.S.</u> (Smithsonian Magazine)
- Dismantling White
- <u>Supremacy and the 5 Stages of Grief</u> (<u>Medium</u>)

#### CONVERSATION Questions you can ask a

#### round the dinner table or during any meal

- <u>Have you ever been in a room</u> where nobody looked like you?
- <u>When did you become aware</u> of the construct of race?
- <u>How has your whiteness helped</u> you succeed financially?

### **Dependent-care Programs Offered by the University**

#### **Child Care Scholarship Programs**

Eligible employees can apply for financial support for child care expenses during the annual <u>application period</u>. Scholarship funds renew each fiscal year and can be used to defray the costs of summer programs as well as regular year-round care.

#### SOURCE Program

<u>SOURCE</u> (Subsidy for Occasional, Unplanned, and Respite Care Expenses) makes small reimbursements to income-eligible faculty and staff for the cost of back-up care provided by a friend, neighbor, relative, other in-home provider, or licensed child/adult care center.

#### Harvard's Employee Assistance Program

<u>Harvard's EAP</u> is a free and confidential service that can help identify summer camps that are in session this year, as well as provide a wide range of convenience and support service for families.

If you have any questions and comments please email worklife@harvard.edu.

The GSD Staff Newsletter is available online at www.gsd.harvard.edu/resources/human-resources/gsd-staff-newsletter/

#### <u>Harvard Kennedy School Summer Teach In Series</u> <u>How can Harvard lead against racial injustice?</u>

#### Tuesday, July 14, 2020 at 6:00 PM | Click this link to register and RSVP by 12 pm ET on 7/14

\*Zoom Information: An e-mail confirmation with Zoom participant information will be sent to your email on the day of the event.

The first installment of the HKS Summer Teach-In, as LaTosha Brown, students from both HKS and Harvard college, and influential leaders in the Black Lives Matter movement look to answer that very question.

This summer, the **Institute of Politics, Center for Public Leadership**, and **Women and Public Policy Program** are convening the **Harvard Kennedy School Summer Teach-In** series to help members of our community gain understanding and perspective during this historic moment. Teach-ins transform college and university campuses into political fora in which students, faculty, and community members take collective responsibility for matters of community, national, and global import.

**LaTosha Brown**, co-founder of Black Voters Matter Fund and Harvard Kennedy School Visiting Fellow, will facilitate a series of 'Teach-Ins' featuring leading activists, organizers and change-makers. These conversations are meant to discuss the current movement and ways we can each walk, act, write, or speak in the name of change.



<u>Michaela the</u> <u>Destroyer</u> How a young talent from East London went from open-mic nights to making the most sublimely unsettling show of the year.

For the cover of New York Magazine's annual TV issue, E. Alex Jung profiles Michaela Coel, whose devastating series <u>I May Destroy You</u> is one of the most sublimely unsettling shows of the year. Jung writes, "I May Destroy You is the culmination of her attempt to make sense of the senseless — an epic journey of autofiction that manages to somehow be both of the moment and beyond it." Read more <u>here</u>.





As the covid-19 pandemic swept the world, NYT magazine asked 29 authors to write new short stories inspired by the moment. They were inspired by Giovanni Boccaccio's "the Decameron," written as the plague ravaged Florence in the 14th century. Read Rivka Galchen's essay on that book here and read the stories in our all-fiction issue by clicking <u>this</u> <u>link.</u>

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#### Black owned brands at everyone's favorite retailer at Target

Want to support black owned brands? Well look no further because everyone's favorite retailer TARGET carries 8 black owned brands. Click <u>here</u> and below to learn more about the brands.

> <u>ethehoneypotco</u> <u>ethelipbar</u> <u>eblkandbold</u> <u>eeveryhuebeauty</u> <u>ecolouredraine</u> <u>eblackgirlsunscreen</u> <u>etphbytaraji</u> <u>epartakefoods</u>

## BLACK Lives Matter

We Can't Solve the Climate Crisis Unless Black Lives Matter

"The <u>Black Lives Matter movement</u> is not a distraction from saving the planet. We can't solve the climate crisis without people of color, but we could probably solve it without racists. Whether it's <u>Hurricane Katrina</u> or <u>air</u> <u>pollution</u>, storms and exposure to toxins cause much greater harm to communities of color. (Although, yes, in the longer term, climate change is coming for us all, even if you have a bunker in New Zealand.) So it follows that if we're thinking about how to become more resilient to the impacts of climate change, we must focus on the people who are actually the most impacted." Read more <u>here</u>.