

## Think you might be expanding your family?

### CONGRATULATIONS!

#### 1. CONFIRMATION

Confidential pregnancy testing is available at the [Student Wellness Hub](#).

#### 2. GETTING A HEALTH CARE PROVIDER

Visit the Student Wellness Hub for assistance: <https://mcgill.ca/wellness-hub/access-care/meet-professional>.

Canadian residents may use their provincial health cards; international students will require their McGill Blue Cross Health Insurance card. Help with insurance questions is available [here](#).

#### 3. ACCOMODATON AVAILABLE TO YOU AT MCGILL

You, in consultation with your physician and the Environmental Health and Safety Office can decide if, and what, accommodation may be necessary in your immediate environment at McGill. In many cases, nothing need be done. There are knowledgeable people able to guide you.

- At the downtown campus or at the Macdonald campus, you may make an appointment and consult with an advisor from the [Environmental Health and Safety Office](#).
- At the Douglas Mental Health Institute, you may contact [Dr. Lalit Srivastava](#).
- At the MUHC-RI, you may contact the [Human Resources and Environmental Health & Safety Division Office](#).
- At the Lady Davis Institute, you may contact the [Advisor in Prevention and Biological Safety Officer](#).

Together, you can go over all the physical and laboratory-related concerns you might have. A checklist to get you started is available [here](#) (Select “[New and Expectant Mother Risk Assessment form](#)”), along with this [guidance document regarding reproductive health in the laboratory](#). If some changes to your laboratory environment or your experiments are required, the Environmental Health and Safety Office can create a document to help you and your supervisor make the necessary changes.

#### 4. FUNDING AND PARENTAL LEAVE

The impact of a parental leave on your student stipend depends on the source. Different agencies have different rules. It also depends on whether your funding is a stipend directly from the agency to you or is supplied from your supervisor’s research grant.

**NOTE:** A synopsis from the agency guidelines is included below as a guide. You **must** verify these guidelines as they may change from time to time.

##### ***Graduate students holding fellowships***

Tri-agencies (CIHR, NSERC and SSHRC) have the same [policy](#). The FRQ guidelines are found [here](#). For details, please consult the information prepared on tri-council and FRQ funding.

##### ***Graduate students and postdocs paid from research grants***

Tri-agencies (CIHR, NSERC and SSHRC) have the same [policy](#). For details, please consult the information prepared on research grant funding.

##### ***Leave of absence***

A leave of absence may be granted to you. The McGill policy and webforms needed to apply can be found [here](#).