

Resources and Information for employees and their families:

The Love and Logic Parenting series is a wonderful (and fun!) series.

The Love and Logic Parenting class is being offered free online during the month of April. Usually \$99/person..

<https://www.loveandlogic.com/collections/spr20/products/love-and-logic-parenting-online>

Gaston Employers Hiring as of 4.13.20

Business Name	How to apply
R-Anell Homes	In person by appt only
American Insulated Glass (AIG)	In person or PDF
CaroMont Health	caromonthealth.org
Dole	NCWorks.gov
Advance Auto Parts	advanceautoparts.jobs
NC Dept of Public Safety	ncdps.gov
US Census Bureau	census.gov
Sake Express	thesakeexpress.com
GSM Services	NCWorks.gov or gsmsince1927.com
Coats (formally Pharr Yarns)	In person at 300 Dickson Rd, McAdenville 28101
Red Valve - Gastonia	careers.hillenbrand.com/redvalve/
Amazon	www.amazon.jobs

Hotlines for Support:

Hope4NC Helpline, 1-855-587-3463 – partnering with the state’s LME/MCOs (ncdhhs.gov) and REAL Crisis Intervention, Inc., this helpline provides additional mental health and resilience support to help North Carolinians cope and build resistance during this time of crisis. This helpline is 24/7 to speak to a live person.

Hope4Healers Helpline, 1-919-226-2002 – a new initiative in partnership with the North Carolina Psychological Foundation providing mental health and resilience **support ONLY for health care professionals, emergency medical specialists, first responders, and other staff in health care settings and their families** who are experiencing stress from being on the front lines of this crisis. This helpline is 24/7 to reach out for support and you’ll be contacted by a mental health professional for follow-up.

Support For Parents & Caregivers (continued on following page)

With schools closed and kids at home, many parents are facing added stress. Here are ways parents can destress:

- [Mindfulness For Parents](#)

- [Deep Breathing Techniques](#)

As we remain in our homes for extended periods of time to help stop the spread of COVID-19, parenting can be especially challenging.

- Here are some [positive parenting tips](#) to help keep the calm at home.
- See also, [Coronavirus Resources & Tips for Parents, Children & Others](#)
- The [American Academy of Pediatrics](#) Advises Parents Experiencing Stress over COVID-19
- Tips for [Coping with a New Baby](#) During COVID-19
- Resources for [Supporting Children's Emotional Well-being](#) during the COVID-19 Pandemic

Many parents are looking for advice on how to speak with children about COVID-19. Below are some helpful videos and activity sheets:

- [PBS](#): Read this article from PBS Kids that provides helpful tips about talking to children about COVID-19.
- [Sesame Street](#): Our friends at Sesame Street created a guide on how to discuss COVID-19 with young children.
- [Importance of Washing Hands](#): Sesame Street created fun, printable coloring pages that teaches children how to wash their hands step-by-step.

Looking for some fun and educational activities for your children while you stay indoors?

- [Children's Museum of Manhattan](#): You may not be able to visit the children's museum, but why not bring it home to you? Visit the Children's Museum of Manhattan's website for some ideas on how to fill your child's day with engaging interactive activities. There's something for everyday of the week!
- [Children's Museum of the Arts](#): Check out these videos from the Children's Museum of the Arts and learn how to make creative art projects out of household materials: tie-dye flowers, space stations, puppets. There's something for everyone!
- [Disney Workouts](#): Disney is offering free, family-friendly workout series that will have you breaking a sweat without even leaving your home.
- [Lincoln Center Pop-up Classroom](#): a daily dose of creativity designed and led by some of world's best artists and educators. Each daily digital live class will utilize simple materials found at home to help families with children explore a variety of art forms.
- [Scholastic](#): Scholastic created a fun-filled list of free at-home activities for children.
- [Storyline Online](#): A digital library of dozens of children's books read by celebrated actors, including Oprah Winfrey.
- [Time for Kids](#) magazine is providing access to its digital archive. Stories are suitable for Grades K-6 and grouped according to grade level. They are designed to teach children about the world around them and build news literacy.