





We recognize the many challenges the COVID-19 pandemic has created for our employees and their families. While we are confident we will all come out of this stronger than ever, we want you to know that you are not alone in this crisis. Below is a list of tools and resources we have compiled to support you through this unprecedented and complicated time. These resources are designed to provide helpful insight on how to overcome many of the challenges you may be experiencing. In addition to these resources, we are offering a weekly support group WebEx for employees to call in, collaborate with coworkers, and share their own positive experiences and ways of overcoming challenges. By coming together as a team, we will get through this difficult time, and begin to prepare ourselves for resuming our lives once we can return to a new state of normalcy after the pandemic.

CHALLENGES	MESSAGE	RESOURCES
	<p>Managing stress is essential to staying healthy. Take time to review resources provided here to help you gain new insight and perspectives.</p>	<p>Article: Managing Stress and Emotions When Working Remotely Article: 23 Essential Tips for Working Remotely Article: 8 Ways to Stay Calm During a Crisis Guide: COVID-19 and Your Mental Health Presentation: Coping with Work & Family Stress and Developing Resiliency</p>
	<p>You are playing many key roles right now: parent, professional, teacher, significant other, friend, and more. Here are resources to help you be effective and productive while juggling so many roles.</p>	<p>Working From Home with Children Webinar Recording Complete Guide to Working From Home with Kids</p> <p>EDUCATIONAL RESOURCES FOR KIDS Extensive list of free educational resources Khan Academy Kids Scholastic Learn at Home: Amazon Alexa Storytime Audible Kids Story Time From Space</p>

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	<p>Take advantage of these free resources to guide and support you.</p>	<p>The COVID-19 pandemic has upended family life around the world. School closures, working remote, physical distancing — it's a lot to navigate for anyone, but especially for parents. We teamed up with the Parenting for Lifelong Health initiative to bring parents and caregivers a set of handy tips to help manage this new (temporary) normal.</p> <p>UNICEF Resource</p> <p>eHealth Employee Assistance Program: 585-276-9110</p> <p>NYS COVID-19 Emotional Support or call the Hotline: 1-844-863-9314</p>
	<p>eHealth cares about employees and is offering a weekly call to enable you to connect with your coworkers to share your experiences, challenges & triumphs.</p>	<p>Weekly Support Check-in Call: Tuesdays from 1:15-1:45 pm</p>