



## Media Release

### For Immediate Release

11/20/2020

Rowan County Case Information:  
<https://bit.ly/rowan-covid19-hub>

### COVID-19 information contacts

Website: [www.rowancountync.gov/covid-19](http://www.rowancountync.gov/covid-19)

Email: [covid-19@rowancountync.gov](mailto:covid-19@rowancountync.gov)

Phone: 980-432-1800

## Resources for Resilience™ is Offering NC Residents Virtual Listening Hours as a Way to Improve One's Mental Health During COVID

Resources for Resilience™ understands that this is a time of significant worry and uncertainty for many. As communities continue their efforts to keep people physically and emotionally healthy during the time of COVID-19, this agency is offering virtual listening hours to foster resilience during this stressful time. These listening hours are available for **FREE** to all North Carolina residents through the generosity of the North Carolina Department of Health and Human Services.

### What is a listening hour?

Listening hours are an online forum where you can connect with other adults and talk about what is stressful for them right now. Our trained facilitators then offer concrete tools designed to help you de-stress and highlight what may help you get through this time of difficulty.

*"Hearing others describe what is hard for them right now and watching them learn to reset by sharing their joys made me feel normal and helped me stay the course."*

*Parent and grandparent  
Buncombe County, NC*

### When are the Listening Hours offered?

Listening hours are available Monday to Friday beginning Thursday, November 19, through Friday, December 18.\* There is no sign-up or pre-registration required, and you can drop in as often as you would like. Feel free to participate on your own or invite a friend, neighbor, or family member to join with you!

*\*Please note that listening hours will not be held November 25<sup>th</sup> through November 27<sup>th</sup> in observance of the Thanksgiving holiday.*

### How do I join?

To join a listening hour, simply find the day of the week below and click on the link that says "Connect via Zoom." You can join using any smartphone or internet-enabled device, including

**Remember the 3 Ws: WEAR (cloth face covering), WAIT (6 feet apart) & WASH (your hands often)!**



desktop computers, laptops, and tablets.

*Mondays | 7:00 p.m. to 8:00 p.m.*

Connect via Zoom (meeting ID: 832 5320 1084; password: 251657)

*Tuesdays | 12:00 p.m. to 1:00 p.m.*

Connect via Zoom (meeting ID: 868 7613 2477; password: 831625)

*Wednesdays | 12:00 p.m. to 1:00 p.m.*

Connect via Zoom (meeting ID: 848 6004 8945; password: 157599)

*Thursdays | 12:00 p.m. to 1:00 p.m.*

Connect via Zoom (meeting ID: 878 8847 3422; password: 784869)

*Fridays | 12:00 p.m. to 1:00 p.m.*

Connect via Zoom (meeting ID: 870 5709 2320; password: 612783)

*\*If you are new to Zoom, you can learn more about how to join a virtual meeting by clicking [here](#).*

For more information about this program and/or to access other trauma-informed and resiliency-focused resources, please click [here](#).

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