

Support Services for Flight Attendants April 23, 2020 –July 11, 2020

“Stress and Health: What Actually Gets Injured? The Impact of Stress on Our Daily Lives and Building Resilience” by Kevin McCauley

In this presentation, we will explore the physiology and pathophysiology of stress and trauma, how this science translates into effective strategies to minimize the impact of stress on our lives, avoid turning stress into trauma, and build resilience in order to live a long life.

Thursday, April 23, 2020-4:00 pm-5:00 pm EDT

You must register before the lecture: <https://catalog.pesi.com/item/59173>

The Benefits of the Human-Animal Bond During COVID-19- Join us for Yappy Hour! BYOP (Bring Your Own Pet):

(Sponsored by Nova Southeastern University) with Ariann Robino, Ph.D., LPC, NCC

Monday, April 27, 2020 | 5:30 P.M.

Register at <https://www.nova.edu/sharkchats/index.html>

Coping with COVID-19: Mental Health Tips for Children and Families

with Scott Poland, Ed.D. (Sponsored by Nova Southeastern University)

Tuesday, April 28, 2020 | 12:00 P.M.

Register at <https://www.nova.edu/sharkchats/index.html>

School's OUT... Why Social and Emotional Connectedness are More Essential than Ever

with Anna K. Owens, Ph.D. (Sponsored by Nova Southeastern University)

Wednesday, April 29, 2020 | 2:00 P.M.

Register at <https://www.nova.edu/sharkchats/index.html>

“Face of Anxiety” by Amy Rhodes

Moderated by Lori Paul-retired Flight Attendant

Incorporating meditation and DBT as it relates to anxiety

Wednesday, April 29, 2020-12:00 pm EDT-1:00 pm EDT

Join **Zoom Meeting-ZOOM MEETING** Meeting ID: 168 058 984/Password: 309272

“Peaceful Landings” by Sabrina N’Diaye

Virtual healing on managing emotional, spiritual, stress, and physical challenges during uncertain times

Thursday, April 30, 2020-11:00 am-1:00 pm EDT

Email for registration-<https://forms.gle/LsAdxkMWZoC6QTG98>

“Peaceful Landings” by Sabrina N’Diaye

Thursday, May 7, 2020-11:00 am-1:00 pm EDT

Thursday, May 21, 2020-11:00 am-1:00 pm EDT

Virtual healing on managing emotional, spiritual, stress, and physical challenges during uncertain times

Registration information to be advertised early May

“Mind-Body- Spirit” by Sabrina N’Diaye

Virtual healing on self-awareness, boost your immune system, and learn how to compliment self
8-week session beginning on Monday, May 11, 2020-3:00 pm-5:00 pm EDT

Registration information to be advertised early May

Parents as Teachers: How to Keep Your Sanity

with Ralph E. (Gene) Cash, Ph.D., ABPP and Shannon Worton, Psy.D.

(Sponsored by Nova Southeastern University)

Wednesday, May 13, 2020 | 12:00 P.M.

Register at <https://www.nova.edu/sharkchats/index.html>