

## **Support Services for Flight Attendants**

***Revised 4-5-20 due to incorrect information on previous flyer***

### **Flight Attendants under Self-Quarantine Telephonic Support Meeting with Daria Todor, LCSW-C**

Conference Call Number 855-544-2320/401-648-9218

This 1 hr. telephonic confidential meeting is for **any** Flight Attendant under self-quarantine

Sunday, April 5, 2020-8:00 pm EDT

Tuesday, April 7, 2020-3:00 pm EDT

Sunday, April 12, 2020-8:00 pm EDT

Tuesday, April 14, 2020-3:00 pm EDT

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### **“Peaceful Landings” by Sabrina N’Diaye**

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

**Advance registration required at <https://forms.gle/LsAdxkMWZoC6QTG98>**

Thursday, April 9, 2020- 10:00 am EST-12:00 pm EDT

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

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### **“Staying Grounded in the Air” by Gina Machando, Moderated by Lori Paul-retired Flight Attendant**

Gain a better understanding of anxiety and the connection between the COVID19 crisis and a decrease in the ability to remain grounded in the air

Wednesday, April 8, 2020-12:00 pm EST-1:00 pm EDT

Join [Zoom Meeting- ZOOM MEETING](#) Meeting ID: 168 058 984/Password: 309272

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

Virtual healing on self-awareness, boost your immune system, and learn how to compliment self

**Advance registration required at <https://cmbm.regfox.com/online-mind-body-skills-group-with-sabrina-starting-april-14-2-4-pm-et>**

Each Tuesday beginning April 14 thru June 2, 2020 for 10 weeks

2:00 pm EST-4:00 pm EDT

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### **“Face of Anxiety” by Amy Rhodes, Moderated by Lori Paul-retired Flight Attendant**

Incorporating meditation and DBT as it relates to anxiety

Wednesday, April 15, 2020-12:00 pm EST-1:00 pm EDT

Join [Zoom Meeting- ZOOM MEETING](#) Meeting ID: 168 058 984/Password: 309272