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

**“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/LsAdxkMWZoC6Q7G98](https://forms.gle/LsAdxkMWZoC6Q7G98)

- Thursday, April 9, 2020- 10:00 am EST-12:00 pm EDT
- Thursday, April 30, 2020-11:00 am EST-1:00 pm EDT

**“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](https://cambm.regfox.com/online-mind-body-skills-group-with-sabrina-starting-april-14-2-4-pm-et) Meeting ID: 168 058 984/Password: 309272

**“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://cambm.regfox.com/online-mind-body-skills-group-with-sabrina-starting-april-14-2-4-pm-et](https://cambm.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

**“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](https://cambm.regfox.com/online-mind-body-skills-group-with-sabrina-starting-april-14-2-4-pm-et) Meeting ID: 168 058 984/Password: 309272