

# Support Services for Flight Attendants

**Thursday, June 11, 2020-4:00 pm-5:00 pm EDT**

***Dr. Tain Dayton-Meadows Behavioral Health***

“Grief in the Age of COVID-19: Compassion Fatigue? Zoomed Out?”

During this webinar, we'll combine a little reflection on where we are now; we'll learn several experiential exercises to use in individual and group sessions that help to focus on the specific issues that are getting triggered by them COVID-19. And we'll use them to do a little self-care, as well.

Registration Link-<https://catalog.pesi.com/item/59827>

**Thursday, June 18, 2020 – 11:00 am-1:00 pm EDT**

***Sabrina N'Diaye***

“Eat, Pray, Move: The Wisdom of our Hearts in Times of Chronic Stress”

Registration Link-<http://bit.ly/EatPrayMovePeace>

**Thursday, July 9, 2020-11:00 am-1:00 pm EDT**

***Sabrina N'Diaye***

"How Did They Do That?" Tapping into the Wisdom of the Ancestors”

Registration Link- <http://bit.ly/AncestorsWisdom>

**Every Monday starting on July 13, 2020 ending on August 31, 2020- 2:00 pm-4:00 pm EDT- *An 8-week mind/body/spirit group***

***Sabrina N'Diaye***

“Peaceful Landings”

Registration Link- <http://bit.ly/JulyPeace>