

Support Services for Flight Attendants

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 EST

Wednesday, April 7, 2020-3:00 pm EST

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

Wednesday, April 14, 2020-3:00 pm EST

Tuesday, April 7 & 14, 2020-3:00 pm EST

"Peaceful Landings" by Sabrina N'Diaye

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

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

Tuesday, April 7 10:00 -12:00 pm EST

Thursday, April 30, 11:00 1:00 pm EST

"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, 2020-1:00 pm EST-2:00 pm EST

Join Zoom Meeting
<https://us04web.zoom.us/j/7662801932>

"Mind-Body- Spirit" by Sabrina N'Diaye

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

Email for registration-

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

10 weeks

Each Thursday beginning April 14 thru June 2, 2020

2:00 pm EST-4:00 pm EST

"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 EST

Join Zoom Meeting
<https://us04web.zoom.us/j/7662801932>