**Support Service 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 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/LsAdxxMWhZoC6Qm9G](https://forms.gle/LsAdxxMWhZoC6Qm9G)

- 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://zoom.us/meeting/register/tJYxqOqrrTYjE90r5q3dIQJ6TvFvSvW2X-GQ)
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://cmbr.regfox.com/online-mind-body-skills-group-with-sabrina-starting-april-14-2-4-pm-et](https://cmbr.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://zoom.us/meeting/register/tJYxqOqrrTYjE90r5q3dIQJ6TvFvSvW2X-GQ)
Meeting ID: 168 058 984/Password: 309272