



# E.A.P.



## Employee Assistance Program



# Support Service for Flight Attendants

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

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

Thursday, May 7, 2020-11:00 am-1:00 pm EDT

Thursday, May 21, 2020-11:00 am-1:00 pm EDT

Join Zoom Meeting-

<https://us02web.zoom.us/j/182600105>

### **“Stages of Adaptation” Johanna O’Flaherty**

Explore the 5-stages of Adaptation and review how it applies to our situation(s) due to COVID-19. Shock, heroic, anger, distress, disillusion, re-integration and acceptance.

Friday, May 8, 2020-4:00 pm-5:00 pm EDT

Join Zoom Meeting-

<https://us04web.zoom.us/j/71450814481>

**Meeting ID:** 714-5081-4481

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

Closed virtual healing sessions on self-awareness, boost your immune system, and learn how to compliment self

\*8-week session-every Tuesday- beginning May 11- July 6, 2020 at 2:00 pm-4:00 pm EDT

**To register for this closed session- email:** [kenya@theheartnest.com](mailto:kenya@theheartnest.com)

### **Parents as Teachers: How to Keep Your Sanity**

Ralph E. (Gene) Cash, Ph.D., ABPP and Shannon Worton, Psy.D.  
(Sponsored by Nova Southeastern University)

Wednesday, May 13, 2020 | 12:00 P.M.

Register at  
<https://www.nova.edu/sharkchats/index.html>