



BUILD YOUR RESILIENCY

JOIN THESE TELEPHONIC SUPPORT GROUPS JUST FOR FLIGHT ATTENDANTS

Learn some techniques on stress management, decision making under pressure, emotional balance and connect with flying partners during this period of uncertainty in the Aviation Industry. Join any or all sessions. No pre-registration required.

Start Date

The (1) hour support groups start
Monday July 13th through August 7th
Twice a week - Monday and Friday each at
9AM (HST) / 12PM (PST)
July 13, 17, 20, 24, 27, 31
August 3, 7

Call- In Number

Domestic - 855-544-2320 or 401-648-9218

Overseas-Follow Directions at :

<https://www.uberconference.com/international>

**SPONSORED BY YOUR AFA EAP/FADAP AND FACILITATED BY A
CONFIDENTIAL MENTAL HEALTH PROFESSIONAL**