



## **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 13<sup>th</sup> through August 7<sup>th</sup>  
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>**

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