



# BULLETIN

**TRANSPORTATION DISTRICT 140**  
**DISTRICT DES TRANSPORTS 140**

*International Association of Machinists and Aerospace Workers*  
*Association internationale des machinistes et des travailleurs et travailleuses de l'aérospatiale*

## **TO ALL IAMAW MEMBERS**

### **DISTRICT 140 EFAP**

### **ONLINE ZOOM WORKSHOPS**

Dear Brothers and Sisters,

The District 140 EFAP have been in contact with a Company called Air Institute, they specialize in resilience and mental fitness training. Air Institute is currently offering three on-line modules dealing with mental health strategies that may help with struggles you or your family members may be experiencing.

Your EFAP has secured all three workshops that are being offered, they are available to all IAMAW members and their families. The dates and times for these workshops will be scheduled later in the day on the East Coast, this will enable members to view across the country.

The dates and time for each module are as follows:

Managing Anger, Stress and Anxiety  
<https://us02web.zoom.us/join>

April 29, 2020 @ 16:00 EDT  
Meeting # **874 2778 6182** Password **014999**

Dealing with Reactions on Teams/Co-workers  
<https://us02web.zoom.us/join>

May 1, 2020 @ 16:00 EDT  
Meeting # **870 4804 5287** Password **019447**

Tips for Families at Home  
<https://us02web.zoom.us/join>

May 6, 2020 @ 16:00 EDT  
Meeting # **891 2318 7920** Password **008886**

In solidarity,

Derrick Bashford  
Employee Assistance Program  
National EFAP Coordinator  
Central Region

DB\mdr

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Calgary – Tel/Tél. : 403-250-3708 Fax/Téloc.: 403-250-3707  
Toronto – Tel/Tél. : 905-671-3192 (Toll free/Sans frais : 1-877-426-2948) Fax/Téloc.: 905-671-2114 (Toll free/Sans frais : 1-866-298-0369)  
Vancouver – Tel/Tél. : 604-448-0721 (Toll free/Sans frais : 1-877-426-3140) Fax/Téloc.: 604-448-0710 (Toll free/Sans frais : 1-888-310-1688)  
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