

Coffee and a Chat... Virtual Meeting to Support Cabin Crew



The EAP committee announces the continuation of our support meetings with Johanna O'Flaherty - PhD, LADAC, CEAP

Our next meeting will take place on Tuesday, August 8, 2023 at 12:00 EDT.

The idea behind this meeting is to engage Cabin Crew in a safe and supported space. A place where we can share our workplace and personal challenges. This meeting is confidential and available to support you!

Dr. O'Flaherty is an expert in crisis management, and a renowned expert in the field of trauma, addiction and recovery.

She's had a love story for the aviation world since the late 70's. Johanna was originally a Flight Attendant with Pan American Airlines, and went on to develop and manage their employee assistance program for over 20 years.

Johanna is a psychologist, author, consultant and keynote speaker. She has also just published her memoirs.

Johanna has had a history advocating, and supporting our cabin crew.

Please join us and check in for an hour! If you would like to attend, please email eap@accompanent.ca to be added to the zoom link.



“Healing together, while helping one another”

Cabin Crew Recovery Meeting

The EAP committee provides confidential bi-weekly meetings, to support the membership in recovery or for those interested in recovery.



Next meeting: July 19, 2023 at 14:00 EDT

Email: eap@accomponent.ca to inquire or register.

Also FADAP (Flight Attendant Drug and Alcohol Program) is a great resource: <https://www.fadap.org/>

Homewood Health

Homewood Health
Employee and Family Assistance Program
Counseling • Coaching • Support
1-800-663-1142
Numéro sans frais - en français: 1-866-398-9505
International (Call collect): 604-689-1717 | TTY: 1-888-384-1152
homeweb.ca

Homewood Santé
Programme d'aide aux employés et à leur famille
Counseling • Coaching • Soutien
1 866 398-9505
Appels internationaux (frais virés acceptés): 514 875-0720
ATS: 1 866 433-3305
monhomeweb.ca

Did you know that Homewood Health will accept collect calls from cabin crew away from base?

Welcome to Homeweb
Helping you live a healthier life

Homeweb is an innovative online platform that offers members access to personalized health and wellness tools, resources, and support when they want it — anywhere, anytime.

What do I need to know about Homeweb?

Homeweb is part of your Employee and Family Assistance Program. You can access Homeweb on your phone, tablet, or desktop. Homeweb offers you the ability to create an individual profile, receive personalized content recommendations, and access lots of helpful resources.

How to register for Homeweb

Step One: Visit www.homeweb.ca and click "Sign Up".

Step Two: Type your company name and click "Find It". Select the correct company from the list provided. Enter information into the required fields, choose an email and password, and click "Next Step".

Step Three: Let us know how you are covered by Homeweb, (e.g. through your organization or the organization of a family member), and let us know your relationship to the organization (e.g. employee, spouse, dependent, etc.). Submit the additional information required and click "Sign Up" at the bottom of the page.



Homeweb.ca
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Homewood Pathfinder
As a part of Homeweb, you can now access Homewood Pathfinder. You can register with invitation code:

Welcome to Homeweb!
Search, browse, and get expert support.

Homewood Health

Account name: Air Canada
Invitation Code: ACC481

Grief Support Meeting



Sean McGuire will be hosting a grief support session via zoom on July 21, 2023, at 13:00 EDT.

Sean is a Service Director based in YYZ who holds a Masters Degree in Spiritual Care and Psychotherapy. Sean is also a member of the Ontario Association Mental Health Professionals.

Please register at seanthomas@rogers.com if interested.



Unlock the Best in You

Please review additional resources offered to you through the UBY portal via acaeronet.aircanada.ca

<https://www.getmaple.ca/for-you-family/how-it-works/>

To access Maple Telemedicine a virtual care platform accessible through UBY.

Telemedicine



In Solidarity,

Vanessa Beaudoin-Grégoire
Chair, Component EAP Committee

Un café et une discussion...

Réunion virtuelle pour soutenir le personnel de cabine



Le comité PAE annonce la poursuite de nos réunions de soutien avec Johanna O'Flaherty - PhD, LADAC, CEAP.

Notre prochaine réunion aura lieu le mardi 8 août 2023 à 12h00 HAE.

L'idée derrière cette réunion est d'engager le personnel de cabine dans un espace sûr et soutenu. Un endroit où nous pouvons partager nos défis professionnels et personnels. Cette réunion est confidentielle et disponible pour vous soutenir !

Le Dr O'Flaherty est une experte en gestion de crise et une spécialiste reconnue dans le domaine des traumatismes, de la toxicomanie et du rétablissement.

Elle a une histoire d'amour avec le monde de l'aviation depuis la fin des années 70. Johanna a d'abord été hôtesse de l'air chez Pan American Airlines, puis a développé et géré le programme d'aide aux employés de cette compagnie pendant plus de 20 ans.

Johanna est psychologue, auteur, consultante et conférencière. Elle vient également de publier ses mémoires.

Johanna a toujours défendu et soutenu notre personnel de cabine.

Rejoignez-nous et enregistrez-vous pendant une heure ! Si vous souhaitez participer, veuillez envoyer un courriel à eap@accomponent.ca pour être ajouté au lien de zoom.



"Guérir ensemble, tout en s'aidant les uns les autres"

Réunion de récupération des équipages de cabine

Le comité PAE organise des réunions confidentielles toutes les deux semaines, afin de soutenir les membres en cours de rétablissement ou ceux qui s'intéressent au rétablissement.



Prochaine réunion : 19 juillet 2023 à 14h00 HAE

Courriel : eap@accomponent.ca pour se renseigner ou s'inscrire.

Le programme FADAP (Flight Attendant Drug and Alcohol Program) est également une excellente ressource : <https://www.fadap.org/>

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monhomeweb.ca Homewood Santé

Saviez-vous que Homewood Health accepte les appels en PCV du personnel de cabine en déplacement ?

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Step Three: Let us know how you are covered by Homeweb (e.g. through your organization or the regular holder of a family insurance), and let us know your relationship to the regular holder (e.g. employee, spouse, dependent etc.). Several details/level information required and click "Sign Up" at the bottom of the page.

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Homewood Health

Nom du compte : Air Canada
Code d'invitation : ACC481

Réunion de soutien aux personnes en deuil



Sean McGuire animera une session de soutien au deuil via zoom le 21 juillet 2023, à 13:00 HAE.

Sean est un directeur de service basé à YYZ qui détient une maîtrise en soins spirituels et en psychothérapie. Sean est également membre de l'Association des professionnels de la santé mentale de l'Ontario.

Si vous êtes intéressé, veuillez vous inscrire à l'adresse seanthomas@rogers.com.



Libérez ce qu'il y a de mieux en vous

Veillez consulter les ressources supplémentaires qui vous sont offertes sur le portail UBY via acaeronet.aircanada.ca

<https://www.getmaple.ca/for-you-family/how-it-works/>

Pour accéder à TéléMédecine Maple, une plateforme de soins virtuels accessible par l'entremise d'UBY.

Telemedicine



En toute solidarité,

Vanessa Beaudoin-Grégoire
Présidente du Comité PAE de la composante