

November, 2023

**Greetings, Bonjour!**

As November ushers in the cool embrace of autumn, we find ourselves in a season of reflection and remembrance. This month, we pay our respects on Remembrance Day, honoring the sacrifices made by so many. In our airline industry, as we strive for safety and service excellence, it's essential that we remember the importance of supporting one another. This is precisely what our Cabin Crew-Peer Assistance Program aims to achieve! This month, let us come together to reflect on our shared commitment to one another's well-being, just as we do for those we serve on every flight. Let us continue to be there for each other as we navigate the skies and the challenges that come our way.



*Vanessa Beaudoin-Grégoire*  
*National Chair*  
*v.beaudoin@accomponent.ca*

### **What is the EAP, Cabin Crew - Peer Assistance Program?**

Simply put, the EAP or Cabin Crew - Peer Assistance Program is a free and confidential referral service available to employees, their families, and retirees. This program is a collaborative effort, sponsored jointly by the union and the company. The committee is supported by annually trained flight attendants who volunteer their time to assist their fellow cabin crew members with referrals to professional services. When needed we refer you to Homewood Health. You can always just call them direct! If you'd like more information please give us a call or email us at [eap@accomponent.ca](mailto:eap@accomponent.ca)

### **Contact information:**

YUL EAP Cell: 514-862-2041  
YYZ EAP Cell: 647-802-0895  
YYC EAP Cell: 403-472-6868  
YVR EAP Cell: 778-991-4112  
24/7 Emergency Cell: 403-472-6868

Homewood Health  
Employee and Family Assistance Program  
Counselling • 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 Health



### **Financial Support, Education:**

We Help. We Educate. We Give Hope.

CCS helps individuals and families achieve financial well-being through objective counselling, debt repayment alternatives, and education related to personal money management and the wise use of credit.

They are Here to Help You Get Out of Debt

You're not alone! Almost half of Canadians are concerned about the amount of debt they are carrying, and a quarter say they are unable to pay all their bills every month. The Credit Counselling Society is here to help you figure out how to solve debt problems, get rid of your debt, and get back on track with your personal finances.

As a non-profit organization, they offer FREE credit counselling appointments with certified counsellors so that you can get all the information you need to make a decision about how you want to get out of debt. They understand debt happens to the best of us, and too much debt is something we never planned to have. Regardless of how you got into debt, they will make sure you leave your appointment with a plan to get out of debt. The Credit Counselling Society has helped over 1 million Canadians find a way out of debt, and they'd be happy to help you too!

**Tel: 1-888-527-8999**

## **Virtual Grief Support meeting:**

November 06, 2023 at 13:00 EST

Are you grieving the death of a loved one? Do you have questions about grief? You are not alone.

On November 06, Sean McGuire will offer support and information about the grief journey. Grief can be unpredictable, confusing, sad and lonely. This support group is a confidential and safe place to learn more about grief and living with loss. We will limit the meeting to a small group in order to provide an opportunity to share and explore your journey with grief. The meeting will be available to Mainline and Rouge members.

This session will take place virtually via Zoom Monday, November 06 at 13:00 EDT.

To register please email Sean at [seanthomas@rogers.com](mailto:seanthomas@rogers.com).



Sean is a Service Director based in YYZ who holds a master's degree in Spiritual Care and Psychotherapy. Sean is also a member of the Ontario Association Mental Health Professionals. He has been facilitating grief support meetings at Air Canada for 15 years

## **Virtual Recovery Support Meetings:**

Cabin Crew - Peer Recovery Program

November 08, 2023 at 12:00 EST

November 22, 2023 at 12:00 EST



We're excited to offer airlines across the industry access to our confidential Cabin Crew - Peer Recovery Program virtual meeting. This vital initiative is designed to support individuals in the aviation community who are facing challenges related to addiction and substance abuse. This program brings together cabin crew members in a safe and compassionate environment, where they can share experiences,

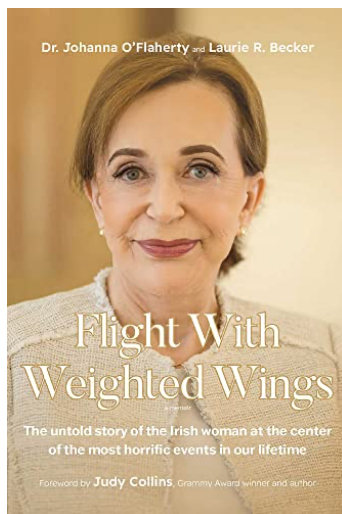
receive guidance, and find a path to recovery. Don't miss this opportunity to connect, heal, and thrive. Contact us today to learn more. Your journey to recovery begins here!  
To register simply email: [eap@accomponent.ca](mailto:eap@accomponent.ca)

FADAP (Flight Attendant Drug and Alcohol Program)  
<https://www.fadap.org/>  
<https://www.fadap.org/file/4f891478-82ab-4253-b9b3-5d19663aa8b6>

Check your drinking: an interactive self-test  
<https://auditscreen.org/check-your-drinking>

### **Virtual Support Meeting, with Dr. Johanna O'Flaherty:**

November 28, 2023 at 12:00 EST



Join Dr. O'Flaherty, a distinguished trauma psychologist, in a secure and nurturing virtual space where flight attendants unite to heal, connect, and thrive. Dr. O'Flaherty, an expert in trauma psychology, guides these support sessions with compassion and profound knowledge, fostering an environment where participants can discover comfort and empowerment as they embark on their supported journey.

Please register at: [eap@accomponent.ca](mailto:eap@accomponent.ca)

### **Ericka Baron - YUL Office Coordinator:**



We wish to express our deepest appreciation to Ericka Baron for her remarkable commitment and significant contributions as our YUL Office Coordinator. Ericka, your steadfast support has been immeasurable to our team, and your absence will be keenly felt. We eagerly anticipate the exciting journey that lies ahead for you in your new department, confident that you will thrive there, as you have with us. You will forever remain a cherished member of our peer-to-peer family, and your influence on our office will leave an enduring mark.

We extend our gratitude for your dedicated efforts and offer our best wishes for your future endeavours!

If you'd like to send Ericka a farewell note, she can be reached at [e.baron@accomponent.ca](mailto:e.baron@accomponent.ca)  
xoxo

### **Conclusion:**

*As November comes to a close, we want to remind everyone to prioritize safety, self-care, and looking out for one another. Your well-being is important, so please take a moment to check in with yourself and your colleagues.*

*Your Cabin Crew - Peer Assisting Team*