



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 IN FRENCH**

Dear Brothers and Sisters,

I hope you and your families are keeping well. As a follow-up to my previous bulletin about Zoom workshops with the help of Chris Saltel, Regional EFAP Coordinator in Quebec, the EFAP has worked out a deal with psychologist, Jean-Marc Assaad, in Montreal to facilitate some similar online workshops in French. There are three workshops, and they will be held at 14:00 hrs beginning May 11, 15 and 18, 2020. Below you will find the links to the Zoom website with meeting numbers and passwords. The workshops will run between 60 and 90 minutes, dependant on participation and engagement with the group. Jean-Marc encourages questions and comments throughout the workshop. Jean-Marc has worked with many of our members for personal therapy and comes highly recommended by your EFAP.

La gestion du stress, la tristesse et la colère en période d'incertitude : première partie

May 11, 2020 @1400hrs

<https://zoom.us/join>

Meeting ID: 879 0216 8240

Password: 102965

La gestion du stress, la tristesse et la colère en période d'incertitude : deuxième partie

May 15, 2020 @ 14:00hrs

<https://zoom.us/join>

Meeting ID: 832 7058 4437

Password: 102975

La gestion des relations et des conflits en période d'incertitude

May 18, 2020 @ 14:00hrs

<https://zoom.us/join>

Meeting ID: 863 8978 3822

Password: 102985

If you have any questions, please contact Chris Saltel @ 514-972-4095.

In solidarity,

Derrick Bashford
Employee Assistance Program
National EFAP Coordinator
Central Region

DB\mdr

BULLETIN NO. 029 - ISSUED MAY 6, 2020
PLEASE COPY, POST AND CIRCULATE

VISIT OUR WEBSITE / VISITEZ NOTRE PAGE WEB – <http://www.iam140.ca>

Halifax – Tel/Tél. : 902-481-0077 Fax/Téloc.: 902-481-0079
Winnipeg – Tel/Tél. : 204-987-9254 Fax/Téloc.: 204-987-9252
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)
Montréal – Tel/Tél. : 514-336-3031 (Toll free/Sans frais : 1-888-992-1010) Fax/Téloc.: 514-336-3039 (Toll free/Sans frais : 1-866-800-3039)