



AIRLINE CENTRAL LODGE 2323 I.A.M.A.W.

Administrative Offices

April 13, 2018

Emotional Retirement Work Shop

Retired, getting your pension what's next? You've planned for your financial retirement, but are you emotionally ready for the adjustments that come with it when you do retire?

District Lodge 140 Employee Assistance Program's Derrick Bashford (National Coordinator) has arranged for CMHA Peel Dufferin's Jeanette Schepp; CHRL, to provide insight into what can be a very emotional life change. Jeanette is a Certified Mental Health First Aid Instructor and offers a variety of trainings in Mental Health Awareness, Stress Management and in the Workplace, etc. Jeanette will be offering strategies and tools to help you cope with the next part of your life's journey. We encourage everyone who is planning on retiring soon to come out and join in the Work Shop.

The Emotional Retirement Work Shop will be held between the Pension Seminars, so you can stay after the Pension Seminar or come before. You don't have to attend a Pension Seminar to attend the Emotional Retirement Workshop. *Please bring your spouse and no registration is necessary.*

Dates: May 16 or 17, 2018
Time: 1:00 to 3:00 pm
Where: 2580 Drew Road (General Meeting Room)
Mississauga ON L4T 3M5

Should you have any questions please don't hesitate to contact Derrick Bashford at 905-671-3192 we look forward to seeing you there. Be and stay well.

In solidarity I remain,

Dave Flowers
President