



Date: March 1 2026

RESILIENCY WORKSHOPS

To: All Ottawa Members
From: IAM EFAP Committee
Date: March 2, 2026

Subject: Resiliency Workshops on March 16, 2026

This is a notice to all brothers and sisters regarding the upcoming Resiliency Workshops scheduled for Monday, March 16, 2026.

1st session: 10:00 to 11:00 a.m.
2nd session: 1:00 to 2:00 p.m.
3rd session: 4:00 to 5:00 p.m.

Location: YOW Stock Conference Room

Everyone interested is asked to email efap@iamaw2323.ca or visit the Shop Committee office for more information.

Thanks and Regards,
IAM EFAP Committee

