

# TEAMSTERS LOCAL UNION NO. 19

Airline, Aerospace and Allied Employees – Arkansas, Louisiana, Oklahoma and Texas

## Houston

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David Watford  
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## TEAMSTERS MEMBER ASSISTANCE PROGRAM

The Teamsters Member Assistance Program (TMAP) offers confidential help to their Union members and their families when a personal problem develops.

Your TMAP Coordinator will listen to your problem and assist you in developing a plan of action that will meet your needs. If necessary, you will be referred to a qualified service provider in your community.

The services provided by the Teamsters Member Assistance Program will work with you to make effective use of your insurance benefits and community resources.

Whether you are dealing with substance abuse problems, personal, family, or relationship issues, health concerns, financial worries, domestic violence, depression, emotional stress, filing for state disability, FMLA, workers' compensation, or any other problems.

Our TMAP Coordinator and TMAP Volunteers are here to help, so YOU need to TAKE THE NEXT STEP.

Call us, and we'll help you and your families get back on track. Remember, all calls are completely free, confidential and non-punitive.

### TMAP Coordinator

Mike Clabaugh (713) 294-8639

### TMAP Volunteers

Michael Balkcom- IAH Base MX Day Shift  
Bill Barnett- IAH Line MX Graveyards  
Jason Parker - IAH GSE Day Shift  
Tuan Kincaid-IAH/VKY Shops Day Shift  
Tricia Guyton-IAH GSE Day Shift