

$$\begin{array}{ccccc}
 & & & \xrightarrow{\quad (-)_F \quad} & \\
 & & & \curvearrowright & \\
 \mathcal{C}/\omega & \xrightarrow{\quad} & \mathcal{A}/\omega & \xleftarrow{\quad} & \mathcal{F}/\omega \\
 & & & \curvearrowleft & \\
 & & & \xleftarrow{\quad (-)^C \quad} &
 \end{array}$$