

Arlington EAP Holiday Gratitude Group

The Holidays are often focused on gratitude, positivity, and resilience. This perspective may be more important than ever as we navigate unexpected changes in our traditions and celebrations.



Arlington EAP's previous Gratitude Groups have been a positive experience for participants. This 3-week Holiday session will help us re-think our traditional Thanksgiving celebrations as we accept that COVID-19 may make them much different experiences. Please join us for a brand new group focused on fostering thankfulness and appreciation as we approach the 2020 holidays.



Tuesdays from 4- 5 PM on the following dates:

November 3 November 10 November 17

RSVP: grace.belew@apsva.us and receive the Zoom link & [password](#)