



# **Arlington EAP Group:**

## **Helping People Connect During a Disconnected Time**

### **Preview**

*The COVID-19 pandemic introduced new challenges for the APS community, NOVA, the nation, and the entire globe. For many it has increased feelings of isolation and loneliness.*

***Interested in developing connections and joining a group to strengthen your support system?***



Please join us for a “**preview**” of a **January support group** offered to employees interested in learning how to foster deeper connections during this difficult time.

*The purpose of the **preview** is to meet and share interests and experiences to help us to create a group suited to **your** needs.*

***Tuesday, January 12<sup>th</sup>***

**4:15 PM – 5:15 PM**

**[Zoom Link](#)**



**RSVP** to receive password ([eap.staff@apsva.us](mailto:eap.staff@apsva.us))

***You Are Not Alone***