



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, 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 group** offered to support 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 create a group suited to **your** needs.*

Tuesday, December 15th

4:15 PM – 5:15 PM



RSVP to receive Zoom invite and password (eap.staff@apsva.us)

You Are Not Alone