



## ***Arlington EAP Group: Helping People Connect During a Disconnected Time***

*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 new **group** offered to employees interested in learning how to foster deeper connections during this difficult time.

***Tuesday, January 26<sup>th</sup>***

**4:15 PM – 5:15 PM**

**[Zoom Link](#)**



**RSVP** to receive password (EAP.Staff@apsva.us)

***You Are Not Alone***

***Group Open to ACG & APS  
Employees and Retirees.***