



Arlington EAP Connection 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. The **group** is open to employees interested in learning how to foster deeper connections during this difficult time.

Tuesday, February 9th

4:15 PM – 5:15 PM

[Zoom Link](#)

and

Tuesday, February 23rd

4:15 – 5:15 PM

[Zoom Link](#)



You Are Not Alone

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

**** This Group is open to ACG & APS employees and retirees.***