



## ***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, March 9th***  
**4:15 PM – 5:15 PM**  
[Zoom Link](#)

***and***

- ***Tuesday, March 23rd***  
**4:15 PM – 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.***