



ARLINGTON EAP SUMMER GRATITUDE GROUP

Facilitated by *Grace Belew, LMSW*

SUMMER 2021 will likely bring feelings of both **hope** & **uncertainty**.

Consider navigating the new normal by taking some time out of your day to foster feelings of **gratitude, connection and self-compassion!**



The success of the Arlington EAP's previous Gratitude Groups has led to offering a 4-week Summer 2021 session. If minimum participation is not reached the Group will be postponed until fall.

Please join us for our 4th Arlington EAP Gratitude Group!

Tuesdays from **12-1 PM** or **4-5 PM** on the following dates:

July 13

July 20

July 27

August 3

RSVP: EAP.staff@apsva.us, request the time that works best for you. Once the Group is confirmed, you'll receive the Zoom link & password. We'll select the most popular time!