

Recovery Program Solutions of Virginia

Arlington Peers Helping Peers In Recovery

April 2019

Special Announcements

WRAP

Tuesday, April 23, 2019 12:30-2:30pm

WRAP is a Wellness Recovery Action Plan To enhance One's Recovery

Monday	Tuesday	Wednesday	Thursday
1 10:15-10:30 Daily Pulse 11-12 Computer Training 11-12 Recovery Paths 12 Lunch 12:30 1:30 Men's Group 1:30-2:30 Peer Support	2 10-10:15 Daily Pulse 11-12 Computer Training 11-12 Peer Support 12 Lunch 12:30-2:30 Voter's Rights	3 10-10:15 Daily Pulse 11-12 Recovery Paths 12 Lunch 12:30 Women's Group 1:30-2:30 Peer Support Group	4 10-10:15 Daily Pulse 11-12 Art Group 12 Lunch 1-2 Music Appreciation 2-2:30 Movement Class
8 10:15-10:30 Daily Pulse 11-12 Computer Training 11-12 Recovery Paths 12 Lunch 12:30 1:30 Men's Group 1:30-2:30 Peer Support	9 10-10:15 Daily Pulse 11-12 Computer Training 11-12 Peer Support 12 Lunch 12:30-2:30 Employment Services	10 10-10:15 Daily Pulse 11-12 Recovery Paths 12 Lunch 12:30 Women's Group 1:30-2:30 Peer Support Group	11 10-10:15 Daily Pulse 11-12 Art Group 12 Lunch 1-2 Music Appreciation 2-2:30 Movement Class
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22 10:15-10:30 Daily Pulse 11-12 Computer Training 11-12 Recovery Paths 12 Lunch 12:30 1:30 Men's Group 1:30-2:30 Peer Support	23 10-10:15 Daily Pulse 11-12 Computer Training 11-12 Peer Support 12 Lunch 12:30-2:30 WRAP	24 10-10:15 Daily Pulse 11-12 Recovery Paths 12 Lunch 12:30 Women's Group 1:30-2:30 Peer Support Group	25 10-10:15 Daily Pulse 11-12 Art Group 12 Lunch 1-2 Music Appreciation 2-2:30 Movement Class
29 10:15-10:30 Daily Pulse 11-12 Computer Training 11-12 Recovery Paths 12 Lunch 12:30 1:30 Men's Group 1:30-2:30 Peer Support	30 10-10:15 Daily Pulse 11-12 Computer Training 11-12 Peer Support 12 Lunch 12:30-2:30 WRAP	<p><i>Spring is the Season of rebirth, renewal, and regrowth.</i></p> <div style="border: 2px solid #800040; padding: 10px; display: inline-block;"> <p><i>Renewal requires opening yourself up to new ways of thinking and feeling. —Doris Day</i></p> </div>	



Arlington Peers Helping Peers

3219 Columbia Pike, Suite 101, Arlington, VA 22204, (703) 567-1346

Free Computer Classes

Beginning the week of
Monday, April 1st 2019

MICROSOFT WORD

&

MICROSOFT POWERPOINT

KEYBOARDING/TYPING LAB

Beginners Welcome
(8-week session)

The Location:

**Arlington Peers Helping Peers
(ADC)**

When: Mondays and Tuesdays

11 AM to 2 PM (*12 Noon
Lunch/Free!*)

**Where: 3219 Columbia Pike,
Suite 101, Arlington, VA 22204**

Phone: 703.567.1346

Contact: Gregory at

703.567.1346 or website

www.rpsva.org or email

Gmiller.dropincenter@gmail.com



Welcome to MS Word and PowerPoint: Word - Learn how to create, design and construct documents, use spellcheck, format text and paragraphs, use tabs and insert graphics/objects and more. PowerPoint, learn how to create a slideshow presentation. Utilize bullets/numbering, font and graphics, wordart/smartart, use themes, transitions/animations and more. No reservations/prerequisites – just Drop-In anytime! Thanks, and tell a friend!