

Recovery Program Solutions of Virginia Arlington Peers Helping Peers in Recovery

October 2019

Special Announcements

WRAP (weeks 3-7) continues on Tuesdays

New Groups this month: New Journaling Group called Words for Wellness starts on Friday.
Recovery Tools starts on Wednesdays with rotating wellness topic you can add to your Wellness Toolbox

Life starts all over again when it gets crisp in the Fall.—F. Scott Fitzgerald

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Women's Group 12-2 WRAP Group	2 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12-1 Recovery Tools 12:30-1:30 Employment Services	3 10-11:00 Daily Pulse 10:30-12 Voter Reg. ID help 11-12 Art Group 11-2 Advance Directives Facilitation 12:00 Music Appreciation 1:00 Movement Class	4 10-11:00 Daily Pulse 11-12:00 Peer Support Group 12-1 Reading for Recovery 1-2 Words for Wellness
7 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's Group 1-1:45 Recovery Paths 1-2 Words for Wellness	8 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Women's Group 12-2 WRAP Group	9 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12-1 Recovery Tools 12:30-1:30 Employment	10 10-11:00 Daily Pulse 11-12 Art Group 11-2 Advance Directives Facilitation 12:00 Music Appreciation 1:00 Movement Class	11 10-11:00 Daily Pulse 11-12 Peer Support Group 12:30-1:30 Theater Therapy
14 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's Group 1-2 Words for Wellness	15 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Women's Group 12-2 WRAP Group	16 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12-1 Recovery Tools 12:30-1:30 Employment Group Topic: TBD	17 10-11:00 Daily Pulse 10:30-12 Voter Reg. ID help 11-12 Art Group 11-2 Advance Directives Facilitation 12:00 Music Appreciation 1:00 Movement Class	18 10-11:00 Daily Pulse 11-12:00 Peer Support Group 12:30-1:30 Reading for Recovery
21 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's Group 1-2 Words for Wellness	22 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Dual Recovery 12-2 WRAP Group	23 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12-1 Recovery Tools 12:30-1:30 Employment Services	24 10-11:00 Daily Pulse 11-12 Art Group 11-2 Advance Directives Facilitation 12:00 Music Appreciation 1:00 Movement Class	25 10-11:00 Daily Pulse 11-12 Peer Support Group 12:30-1:30 Theater Therapy
28 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's Group 1-2 Words for Wellness	29 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Dual Recovery 12-2 WRAP Group	30 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12-1 Recovery Tools	31 10-11:00 Daily Pulse 11-12 Art Group 11-2 Advance Directives Facilitation 12:00 Music Appreciation 1:00 Movement Class	

3219 Columbia Pike, Suite 101
Arlington VA 22204
Phone 703-567-1346
Monday—Friday 10 a.m.—2 p.m.

RECOVERY PROGRAM SOLUTIONS OF VIRGINIA
Arlington Peers Helping Peers in Recovery

Free Computer Classes

October 2019

MICROSOFT WORD

&

MICROSOFT POWERPOINT

KEYBOARDING/TYPING LAB

Beginners Welcome

(8-week session)

When:

Monday, Tuesday & Wednesday

11 AM to 2 PM

Where:

3219 Columbia Pike, Suite 101,
Arlington, VA 22204

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 - We will learn how to create slideshow presentation - using animation, transitions,
inserting files and objects and much more.*