

**Recovery Program Solutions of Virginia**  
**Arlington Peers Helping Peers in Recovery**

# December 2019

***Special Announcements***

**Recovery Tools Topics:** 8 Dimensions of Wellness (Each week will be one of the Dimensions)

**December 17:** Holiday Luncheon

**December 18:** Employment Group will be discussing disclosing disability on the job or in interviews.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's Group	<b>3</b> 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	<b>4</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12-1 Recovery Tools 12:30-1:30 Employment Services	<b>5</b> 10-11:00 Daily Pulse 11-12 Art Group 11-2 Advance Directives Facilitation 12:00 Music Appreciation 1:00 Movement Class	<b>6</b> 10-11:00 Daily Pulse 11-12:00 Peer Support Group 12-1 Reading for Recovery
<b>9</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's Group	<b>10</b> 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	<b>11</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12-1 Recovery Tools 12:30-1:30 Employment Services	<b>12</b> 10-11:00 Daily Pulse 11-12 Art Group 11-2 Advance Directives Facilitation 12:00 Music Appreciation 1:00 Movement Class	<b>13</b> 10-11:00 Daily Pulse 11-12 Peer Support Group 12:30-1:30 Theater Therapy
<b>16</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's Group	<b>17</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Women's Group <b>12 Holiday Luncheon</b> 	<b>18</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12-1 Recovery Tools 12:30-1:30 Employment Services	<b>19</b> 10-11:00 Daily Pulse 10:30-12 Voter Reg. ID help 11-12 Art Group 12:00 Music Appreciation 1:00 Movement Class	<b>20</b> 10-11:00 Daily Pulse 11-12:00 Peer Support Group 12:30-1:30 Reading for Recovery
<b>23</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's	<b>24</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Women's Group	<b>25</b> <b>CLOSED</b> 	<b>26</b> 10-11:00 Daily Pulse 11-12 Art Group 11-2 Advance Directives Facilitation 12:00 Music Appreciation	<b>27</b> 10-11:00 Daily Pulse 11-12 Peer Support Group 12:30-1:30 Theater Therapy
<b>30</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's Group	<b>31</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Dual Recovery	<div style="border: 2px solid red; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center;"><b>The best present you can give yourself is being present in each moment and appreciating the beauty within.</b></p> <p style="text-align: center;"><b>-Unknown</b></p> </div>		

**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***

November 2019

**MICROSOFT WORD**

**&**

**MICROSOFT POWERPOINT**

*KEYBOARDING/TYPING LAB*

**Beginners Welcome**

**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](http://www.rpsva.org)

or email

[Gmiller.dropincenter@gmail.com](mailto: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.***

***No reservations/prerequisites – just Drop-In anytime! Thanks, and tell a friend!***