

Recovery Program Solutions of Virginia  
Arlington Peers Helping Peers in Recovery



February 2020

*Special Announcements*

**February 17:** Closed for President's Day

**Recovery Tools:** Loving yourself. Join us for activities and worksheets that help you learn to love yourself, because you are worth loving.

**Reading for Recovery:** Building Self-Esteem by Jill P. Weber PhD

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's Group	<b>4</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Dual Recovery	<b>5</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>6</b> 10-11:00 Daily Pulse 11-12 Art Group 11-2 Advance Directives Facilitation 12:00 Music Appreciation 1:00 Movement Class	<b>7</b> 10-11:00 Daily Pulse 11-12:00 Peer Support Group 12-1 Reading for Recovery
<b>10</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's Group	<b>11</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Women's Group	<b>12</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>13</b> 10-11:00 Daily Pulse 11-12 Art Group 11-2 Advance Directives Facilitation 12:00 Music Appreciation 1:00 Movement Class	<b>14</b> 10-11:00 Daily Pulse 11-12:00 Peer Support Group 12-1 Reading for Recovery 
<b>17</b> <b>CLOSED</b>  President's Day	<b>18</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Women's Group	<b>19</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>20</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>21</b> 10-11:00 Daily Pulse 11-12:00 Peer Support Group 12-1 Reading for Recovery
<b>24</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:00-1:00 Men's Group	<b>25</b> 10-11:00 Daily Pulse 11-2 Computer Training 11-12 Peer Support Group 12:30-1:30 Women's Group	<b>26</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>27</b> 10-11:00 Daily Pulse 11-12 Art Group 11-2 Advance Directives Facilitation 12:00 Music Appreciation	<b>28</b> 10-11:00 Daily Pulse 11-12 Peer Support Group 12-1 Reading for Recovery

**"You, yourself, as much as anybody else in the entire universe, deserve your love and affection." - Unknown**

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***

February 2020

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

or email

Gmiller.dropincenter@gmail.com



*Welcome to MS Word and MS 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!*