

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

## March 2020

### Special Announcements

**Recovery Tools:** Breathing. Join us for activities and videos geared towards breathing for calm and finding your center

**Reading for Recovery:** The Tao of Pooh by Benjamin Hoff

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	<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	<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 11-12:00 Peer Support Group 12-1 Reading for Recovery
<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>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 12-1 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 Group	<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> 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>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 12-1 Reading for Recovery
<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 Women's Group	<div style="border: 2px solid red; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> <p style="color: red; font-style: italic;">"You're breathing! That's a huge accomplishment! It means you have a purpose. -Unknown"</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***

**March 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 Computer Basics*

*Word—Learn how to create, design and construct documents, use spellcheck, format text and paragraphs, use tabs and insert graphics/objects and more.*

*Computer Basics—Learn about the Start Menu, saving files, searching the computer for files, proper shut down procedures and removing external drives properly, plus much more!*

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