



RECOVERY PROGRAM SOLUTIONS OF VIRGINIA

Arlington Peers Helping Peers in Recovery Virtual Calendar **October 2020**

MONDAY

10:30 am
Self-Advocacy:
How To Stand
Up For Yourself!

2:00 pm
Tranquil
Voices

4:00 pm
Happy Box!
Tools to Stay
Positive

TUESDAY

10:30 am
The Silver
Lining

2:00 pm
Women's
Group

4:00 pm
Peer Support
Group

WEDNESDAY

10:30 am
Men's
Group

2:00 pm
Spiritual
Journey

4:00 pm
Music
Enlightenment

THURSDAY

10:30 am
Staying Healthy
And Fit

2:00 pm
Creative
Expressions

4:00 pm
Facing
Loneliness

FRIDAY

10:30 am
Virtual
Traveler

2:00 pm
Movement
Class

4:00 pm
Virtual Fun
and Games

Zoom Codes
for October 2020

10:30 am Peer Support Group Meeting ID: 822 8845 4992

Call-In Number: (301) 715-8592 Code: 82288454992#

Online Link: <https://us02web.zoom.us/j/82288454992>

2 pm Peer Support Group Meeting ID 845 9407 0627

Call-In Number: (301) 715-8592 Code: 84594070627#

Online Link: <https://us02web.zoom.us/j/84594070627>

4 pm Peer Support Group Meeting ID: 893 7504 5605

Call-In Number: (301) 715-8592 Code: 89375045605#

Online Link: <https://us02web.zoom.us/j/89375045605>