



## Moorhead/Fargo Support Group



**Struggling with isolation, stigma, or depression? You are not alone?** Need someone to share with that gets it? At our peer-led support group we build and maintain the social support networks that help keeps each of us going.

Rainbow Health is offering quarterly peer support group for an in-person or virtual in your area. Our peer-led support group meeting for PLWH offers a safe place where we can meet and support our peers. We have a day that consist of a guest speaker, lunch, fellowship, and holiday cheer.

**Date:** Tuesday, December 13, 2022

**Time:** 10 am - 2 pm

**Location:** Courtyard Marriott Moorhead 1080 28th Ave S, Moorhead, MN 56560 • (218) 284-1000

**RSVP:** [belinda.charlestongreen@rainbowhealth.org](mailto:belinda.charlestongreen@rainbowhealth.org)

Contact your RAAN case manager to schedule your transportation.