



## Rochester 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:** Monday, December 19, 2022

**Time:** 10 am - 2 pm

**RSVP:** [belinda.charlestongreen@rainbowhealth.org](mailto:belinda.charlestongreen@rainbowhealth.org) or your case manager.  
E-mail Belinda for location details.

Contact your case manager to schedule your transportation.