



VETERAN PEER SUPPORT GROUP

**Held virtually on the Google Meet
platform every other week on
Wednesday nights from 6:00-
8:00pm**

Veteran Peer Support Groups are facilitated by veterans and designed to address the needs of Veterans, National Guard and Reservists by providing a relaxed and confidential environment to share post military and transitional experiences with other veterans.

In a peer-to-peer format, the groups strive to support one another in improving self-reliance and self-advocacy, and encouraging veterans in their pursuit of wellness.