Regina Qu'Appelle
HEALTH REGION

Peer to Peer Program

You are not alone…

Learning how to live with HIV does not have to be overwhelming and no one has to do it alone.

No one understands HIV better than someone who lives with it every day. Peer Mentors can support others who are learning to live with HIV. Peer Mentors are someone to turn to and meet you "where you are at".

Peer Mentors can:

- **Listen and understand.**
- **Answer questions.**
- **Be a positive role model.**
- **Connect you with community resources.**
- **Help you navigate the health care system.**
- **Provide their experience about learning how to live with HIV.**
- **Help you cope with daily struggles in a healthy way.**

Please call/text for more information 306.550.1121.

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