

**MHA SUPPORT GROUP**

# **THRIVE**

*Support Group for Women with Chronic Pain*

**Providing a safe place to make connections with others who have shared experiences with chronic pain. Peer support can increase hope, give perspective, and provide a sense of belonging.**



*This group is a place to find understanding,  
acceptance and validation.*

**2ND MONDAY OF THE MONTH 6:30PM**

**[MHASHEBOYGAN.ORG/SUPPORT-GROUPS](https://MHASHEBOYGAN.ORG/SUPPORT-GROUPS)**