



Free, online Peer Support workshops for people living with HIV and Hepatitis C.

Running from **February to July**, we have lots of different sessions on offer, giving you the opportunity to:

- **Learn new skills for supporting others**
- **Feel more in control of your own health and wellbeing**
- **Build confidence and self-esteem**
- **Meet new people**

For more information:

<https://www.waverleycare.org/news/peer-support-digital-workshops>