



St. Louis  
Long COVID  
Initiative



# Long COVID Peer Support Group

Every other Tuesday, 12-1pm  
Virtual Meeting on Zoom

We will provide a space to openly share your journey with Long COVID and to find encouragement and support from those with shared experiences

If interested, sign up here:



Facilitated by Kayla Hambleton, MSW, LCSW

Offered at no cost

Questions? Contact Loire Biggs, [lbiggs@stlouisihn.org](mailto:lbiggs@stlouisihn.org)