

# TWO SPIRIT GROUP

MIWRC's Two Spirit Support program offers culturally grounded group and individual services to foster the mental, emotional, and spiritual wellbeing and resilience of American Indian Two Spirit/Native LGBT people.



## Tuesdays 5:00 pm to 8:00 pm

## at Minnesota Indian Women's Resource Center in Room 118

Weekly Two Spirit/Native LGBTQ Group Meeting:

- Individual Case Management
- Traditional Teachings & Healing Support
- Clinical Mental Health Services
- Holistic Health Practices
- Cultural Recreational & Education Activities
- Weekly Individual and Group Services



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