



## **Behavioral Health Services Groups**

### **Men in Focus**

Men in Focus is a support group for all HIV+ men. This group meets Tuesday nights from 6:30 to 8:00pm.

### **Women's Voices**

Women's Voices is a discussion and support group that focuses on topics that include: living with HIV, raising a family, self-esteem, depression, disclosure, grief, relationship issues, family dynamics, substance abuse, personal growth, women's health, communication, and building positive coping skills. This group meets Thursdays from 11:00am to 12:00pm.

### **Straight and Positive**

Straight and Positive is a support group designed to meet the needs of heterosexual men and women in order to confront issues concerning their HIV status. This group meets on the first and third Tuesday of each month from 6:30 to 8:00pm.

### **Men of Color**

This support group focuses on self-development for gay and inquiring HIV+ men of all races and ethnicities. This group meets Wednesday nights from 6:30 to 8:00pm.

### **Hope**

This support group is designed for MSM (men who have sex with men) who have been HIV+ for 10 or more years. This group meets on Wednesdays from 11:00 am to 12:30 pm.

### **4 Support**

This support group is designed to provide education, understanding, and support to persons living with and affected by HIV/AIDS. The group is open to men and women who are living with HIV or are directly impacted by someone who is living with HIV such as caregivers, family members and friends. This general support group meets on Wednesday evenings from 6:30 to 8:00pm.