

# AHP

**events and services**



**JANUARY-  
MARCH  
2010**



The UCSF AIDS Health Project provides culturally sensitive counseling and education to stop the spread of HIV infection, and to help people face the emotional, psychological, and social challenges of living with HIV disease.

## Considering Work or School? AHP Can Help

The prospect of returning to work or school has been a complicated one for people with HIV. The recession and the resulting tight job market and social service program funding cuts have made it even more challenging. At the same time, as health improves, some people may find themselves facing new found hope and the desire to engage in life in new and different ways. Sometimes, they may also need or want the greater freedom that increased income can afford.

“As people understand their opportunities, possibilities, and challenges, we can help them better understand and navigate the emotional terrain. In particular, we help them explore and identify what increased activity might look and feel like for them,” said clinician Mario Sandoval, CWP coordinator. “Although it is called the ‘Considering Work Project,’ the intent and spirit of the program is to help individuals with HIV enrich their lives by increasing any sort of activity that improves their quality of life.”

**AHP’s Considering Work Project offers support for HIV-positive people who are considering returning to work, volunteering, or school.**

AHP can help you. AHP’s Considering Work Project (CWP) offers psychological and emotional support for HIV-positive individuals who are considering returning to work, volunteering, or school after being on disability or being in substance use recovery. The program offers up to 20 sessions of individual therapy to help people identify solutions to problems ranging from depression and anxiety to balancing work and health, and other stumbling blocks that might affect the transition.

In addition to individual counseling, the program also conducts a support group to help people explore their concerns in a safe, nurturing, interactive environment. Clients are welcome to participate in Considering Work Project offerings whether or not they are contemplating the possibility of returning to school or work or are actively involved in searching for a job or applying to schools. For more information, contact AHP at 415-476-3902 and ask for the triage worker on duty. ■

## SPECIAL EVENTS

### JANUARY

#### **22 REACH Program Men Connecting Workshop: What Do We Want from Relationships in 2010?**

**Friday, January 22, 2010, 6:30 pm to 9:30 pm**

A new year is often a time of hope and change, and this year offers the promise of more change than usual. Discovering what you want in relationships puts you in a better position to be true to yourself. In this workshop, we’ll explore everything from dating and sexual relationships to friendships and how to achieve your goals. This is Part One of the Men Connecting 2009 Series. **Free of charge. Open to gay and bisexual men regardless of HIV status. Meets at the AHP Services Center, 1930 Market Street.** Space is limited; pre-registration required. Register by calling 415-476-6448. *(You may come to any or all of the workshops in the Men Connecting series.)*

### FEBRUARY

#### **19 REACH Program Men Connecting Workshop: Meeting Men: How to Be Successful**

**Friday, February 19, 2010, 6:30 pm to 9:30 pm**

A successful social life starts with meeting people. To do this, you have to know where to go and, more importantly, what to do once you get there. In this workshop, we’ll look at ways of successfully initiating healthy connections and relationships. **Free of charge. Open to gay and bisexual men regardless of HIV status. Meets at the AHP Services Center, 1930 Market Street.** Space is limited; pre-registration required. Register by calling 415-476-6448. *(You may come to any or all of the workshops in the Men Connecting series.)*

### MARCH

#### **19 REACH Program Men Connecting Workshop: Dating: The Basics** **Friday, March 19, 2010, 6:30 pm to 9:30 pm**

Does dating sometimes seem far from being simple or fun? Learn the basics of dating, including what makes a good date and how to maintain your health and well-being in the process. **Free of charge. Open to gay and bisexual men regardless of HIV status. Meets at the AHP Services Center, 1930 Market Street.** Space is limited; pre-registration required. Register by calling 415-476-6448. *(You may come to any or all of the workshops in the Men Connecting series.)*

## Groups for People Regardless of HIV Status

### ASAP (AIDS Substance Abuse Program) Drop-In Group for People with Substance Use Concerns

Thursdays, 10:30 am to 11:30 am. No needs-assessment interview or RSVP required.

### Sex & Sobriety

A 14-week group focusing on topics such as navigating sober sexuality and attaining emotional intimacy. For gay men with at least six months of current, continuous sobriety. For information call 415-476-3902.

### Reality Check Drop-In Group: Sex, Drugs, and Alcohol

Tuesdays, 6:30 pm to 8:30 pm. A drop-in group on topics such as navigating sexuality and intimacy for gay men who are abstaining from using their primary drug(s) of choice, or trying to do so. Talk about relationships, triggers for drug use or sex, risk-taking, and more. To learn more, call 415-476-3902 or drop in.

### Aging

A 14-week group for gay and bisexual men age 45 and up to talk about issues of aging in their lives. Call 415-476-3902 to learn more.

### SNAP Talk!

Thursdays, 7:00 pm to 8:30 pm at SF LGBT Center, 1800 Market Street. A drop-in group for gay and bisexual men in their 20s and 30s who are newcomers to the city and want to talk and get support about adjusting to life here.

## Groups for HIV-Positive People and People with AIDS

### Living with HIV Support Groups

Ongoing and 14-week groups for people with HIV or AIDS. For more information, call 415-476-3902.

### New Positives Support Group

A 14-week group for people who have recently tested positive or who are new to dealing with their infection. Call 415-476-3902 to learn more or for an intake screening appointment.

### Drop-In Group for HIV-Positive People and People with AIDS

Mondays, 6:30 pm to 8:30 pm. No needs-assessment interview or RSVP required.

### Writing Group

A 10-week group in which members write on various topics, and share and discuss their

writing in group. For information, call Stephan Ouellette at 415-514-3229 or Mary Beth Reticker at 415-502-4817.

### Support Group for People Considering Returning to Work

For HIV-positive people who want to discuss the possibility of returning to work. For more information, call Mario Sandoval, at 415-502-7234.

### Positive Recovery Support Group

Currently not meeting. Please see listings for "Sex & Sobriety" or "Living with HIV Support Groups" for related groups of interest.

## Groups for HIV-Negative and Untested Gay and Bisexual Men

### Wanna Talk? HIV-Negative Drop-In Group

Wednesdays, 7:00 pm to 8:30 pm. Concerned about sex, dating, isolation, or other issues related to staying or being HIV negative? Drop in or call 415-476-3902.

### Wanna Talk 14-Week Group for HIV-Negative Gay and Bisexual Men

Talk with other men about dating, sex, relationships, isolation, and other HIV-related issues. To learn more, call 415-476-3902. ■

## Men Connecting 2010 Workshops

The New Year is always a time of change, and AHP helps people both cope with and take advantage of that in its beginning of the year monthly workshop series.

In 2010, AHP's REACH Program returns with its popular series of Men Connecting Friday night workshops for gay and bisexual men. The monthly series gives participants a chance to look at what they want from all their relationships, and then how to get what they want.

The series starts on January 22 with "What Do We Want From Our Relationships in 2010?" In this workshop, participants explore their hopes for relationships—including dating and sexual relationships, and friendships—so they can take the steps to

pursue these goals. The February workshop, "Meeting Men: How to be Successful," will help participants get through the process of meeting other men, including dealing with the fear and insecurity. The March workshop, "Dating: The Basics," will look at the exciting—and often confusing—world of dating.

The workshop series is free of charge and open to gay and bisexual men regardless of HIV status. Participants may come to any or all workshops in the series. Pre-registration is required; to register, call 415-476-6448. Men Connecting workshops in previous years have often filled to capacity, so register

early! For more details, see the Special Events listing in this issue. ■



## LOOKING BACK / LOOKING FORWARD

### END OF YEAR GIVING

Each year, AHP assists nearly 8,000 people. Of these, one-quarter are living with HIV/AIDS, two-thirds of whom live on less than \$13,000 a year. Living with HIV remains a challenge despite advances in medical treatment.

Without our donors we simply could not provide the social support to the thousands of HIV-positive individuals and those at high risk of HIV infection who seek help each year.

While AHP receives some funding from the city, state and federal governments, we suffered a significant cut as a result of the State budget crisis. Our need is greater than usual.

Here are some examples of what a gift to AHP can do:

- \$50** will pay for one hour of HIV prevention counseling services. Annually, AHP provides 4,375 hours of counseling to more than 4,000 individuals
- \$125** will pay for HIV/STD counseling and testing for two low-income individuals at risk for HIV
- \$525** will pay for nine hours of services to an HIV-positive person struggling with meth addiction, resulting in a reduction in drug use, stabilizing the lives of clients and our communities
- \$1,250** will pay for a 12-week support group led by a mental health professional for people with HIV

More than 25 years ago no one could have foreseen the pandemic ahead, that HIV would infect millions of people and claim 25 million lives. The work of AHP is far from over.

Please support AHP with a gift of \$125, \$250, or even \$1,250 today. It is critical to our ability to deliver vital prevention, and counseling services to defeat this dreadful disease. Please join us with a gift today.