

The UCSF Alliance Health Project supports the mental health and wellness of the lesbian, gay, bisexual, transgender and queer (LGBTQ) and HIV-affected communities in constructing healthy and meaningful lives.

## AHP GROUPS

For more information: [ucsf-ahp.org](http://ucsf-ahp.org)

**For more info, call 415-476-3902 and ask for the triage staff person.**

**Most groups require an assessment process. Drop-in groups do not require an assessment or RSVP.**

### For People who are Lesbian, Gay, Bisexual, Transgender, or Queer

#### **Sex & Sobriety\***

A 12-week group looks at navigating sober sexuality and attaining emotional intimacy. For gay and bisexual men with at least two months of continued sobriety from substances that have been problematic.

#### **Gay & Bi Men's Group\***

Ongoing group for gay and bisexual men exploring issues of mental and physical wellness.

#### **Taking the Wheel\***

A 12-week substance use disorder group that will explore a different topic each week to help participants identify coping strategies to reach and maintain their goals of recovery from problematic drug and alcohol use. A 12-week commitment is required.

#### **Trans Support Group\***

Ongoing support group for transgender and non-binary people who want to explore their gender, relationship issues, self-esteem, and mental and physical well-being. Open to all genders.

### For HIV+ People

#### **Living and Thriving with HIV Support Groups**

Ongoing groups to talk about relationships, dating, sex, aging, being positive in San Francisco, medical issues, and more.

Ongoing groups require three-month commitment.

#### **Long-Term HIV Survivors**

Ongoing group for those with long-term HIV and mental health concerns.

### OPEN TO ALL

#### **Psychoeducation Group\***

A 10-week group focused on topics—including communication, finances, and mental health—that enhance living skills and increase overall wellness.

#### **Home Base Drop-In Group for People with Substance Use Concerns**

Thursdays, 10:30 am to 12:30 pm. Group limited to 12 participants; it is suggested that participants sign-in by 10:20 am. Harm Reduction based group.

#### **Wellness Group\***

Ongoing group explores issues of aging, building social skills, managing mental health symptoms, and living with chronic physical health concerns.

#### **Support Group for People Considering Returning to Work or Other Activity**

For HIV-positive people and those recovering from a disabling mental illness who want to discuss the possibility of returning to work or other gainful or meaningful activity.

#### **Seeking Safety**

A highly structured group created to support people in addressing issues related to trauma, substance use, and/or other mental health concerns. A new topic is explored each week and the focus of the session is on relating each topic to your own life in order to build skills to deal with struggles in your daily life.

\* Membership in groups marked with a star (\*) is limited based on income and insurance restrictions.

# ARE YOU AN HIV+ SURVIVOR WHO IS OVER 50?



**HOPE**



**LIFE**



**CONNECTION**

Do you want to connect with other people over 50 who are also survivors?

Do you want to join a peer support group and talk to others?

Would you like professional therapy?

Do you want to make any changes to your substance use?

AHP offers individual and group services to people who are survivors of the HIV/AIDS epidemic.



**COURAGE**

Our counselors have lived through it and want to help.



**SUPPORT**

## **How to Contact us:**

Call 415-476-3902 Monday through Friday, 9 am-5 pm and ask for triage.

Drop-in 1930 Market Street on Mondays, Wednesdays and Fridays from 9 am-11 am.