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### Upcoming Groups

**WILLOW DULUTH** Willow emphasized gender pride, helps women identify and maintain supportive social networks, teaching coping strategies, enhances awareness of STI transmission and HIV reinfection, teaches assertive communication skills and helps participants distinguish between healthy and unhealthy relationships and define types of abusive relationships. Attend 4 hours of sessions and receive \$250 in gift cards. *Contact Traci Thomas (678)990-6435 for information and registration.* **Next sessions-** April 28, May 5, May 12 & May 19 10:00AM – 2:00PM

**TWILLOW MIDTOWN** Transgender Women Involved in Life Learning from Other Women TWILLOW is a small group intervention specifically for transgender women living with HIV. Groups focus on gender pride, effective communication styles and other affirming issues around the trans experience. Participants receive \$250 in gift cards for completing the program. *Contact Tori Cooper (678)990-6438 for information and registration.* Currently recruiting for upcoming groups!

**TLC: Together Learning Choices – Acting Safe MIDTOWN** A group for newly diagnosed minority youth ages 18 – 24. Focused on improving health and engaging in healthy relationships, TLC is a closed group where participants meet for 3 hours sessions, once a week for 4 weeks. All participants receive a \$50 gift at the end of each session and a voucher for a free STI screening (valid for 1 year) at the end of the 4 week cycle. *Contact Kasarah Phillips or Will Wheaton at (678)365-4300 for information and registration.* NOW recruiting for new groups!

### Current Groups

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#### Monday

**50 Plus** Every Monday 3:00PM – 4:30PM **MIDTOWN**

A supportive group for Bi/Gay Men 50 & over to come together to receive support, healing, advice, coping strategies, new life skills and wisdoms. This is a unique and safe space to join, share, laugh, cry, love and grow. Facilitated by Jeffrey Gause Psy.D and Jocelyn Mosley-Patterson LAPC. Contact Jeffrey at (404) 589-9040 Ext 232 to screen/register for the group.

**HoP – Hour of Power** Next meetings: April 10, May 8, May 22 all off-site \*\*\* **Contact Tori for time and location!** \*\*\* For the TG community – for us by us. One hour of empowering programs, speakers, conversation, education and fun twice monthly. To RSVP or for more information contact Tori Cooper (678)990-6438 or [HoP@pihcga.org](mailto:HoP@pihcga.org)

**DBT Skill Building Group** Monday 4:00PM – 5:30PM **MIDTOWN**

Do my emotions ever get me into trouble? Do I get “hot” easily and have trouble “cooling off”? Do I have trouble getting what I want in my relationships, on my job, in life? Have people ever told me that I am too much to handle? Then this might be the group for you. Closed group, limited to 8 members, runs in 5 week cycles. You must be referred by your PIHC therapist and meet with one of the facilitators prior for enrollment. Please talk to your therapist if you are interested in this group.

**Walking Group** Every Monday 2:00PM – 2:30PM **DULUTH**

Designed to provide a safe environment for men and women to come together and enjoy the outdoors while improving coping skills and learning relaxation techniques. Group members will play an active role in motivating and empowering each other. Please contact Monica Stricklen (678)990-6437 for more information.

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#### Tuesday

**Living Well with HIV: For Long Term Survivors** Every other Tuesday 2:00PM – 3:30PM **DULUTH**

A weekly group for persons with HIV who are interested in self-improvement as they learn to live well with HIV. Group members will assist one another in recognizing, accepting and overcoming life’s challenges. Open group, no pre-registration required. Please contact Jeffrey Gause (404)589-9040 for more information.

**CHANGE** Every Tuesday 5:30PM – 7:00PM **DULUTH**

Risk reduction group focused on addressing substance abuse issues with WRAP and other coping skills. Individuals do not have to be HIV+ but do have to be enrolled in Behavioral Health services with PIHC. Contact Robert Buntin (678)365-4294 for details and registration.

**Immigration Support Group (in Spanish)** First and Third Tuesday 5:00PM – 7:00PM **MIDTOWN**

Education group focused on education regarding individual rights in the US and relaxation/stress reduction techniques. Please contact Lucero Morse (678) 365-4303 for information and registration.

HEART Program - Peer Support 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month 11:00AM – 12:30PM **MIDTOWN**

For individuals experiencing challenges with adherence to ART, who are ART naïve or changing their regimen. Groups provide an opportunity to share experiences and offer emotional, informational and affirmational support with peers. For information about group and individual Peer Support contact Al Keaton at (678)990-6431.

Thursday

Healthy Sex Lives Matter Every Thursday 12:00 – 1:30PM **MIDTOWN**

A sex and intimacy therapy group focused on concerns related to intimacy, arousal, anxiety related to sex, difficulties with arousal/drive, sexualized behavior, exploring BDSM, kink and atypical sexualities and other issues related to sex, the group will offer a place to explore, get information and heal. Contact Jeffrey Gause at (404)589-9040 for information and registration.

Friday

Thinking Positive Every Friday 11:00AM – 12:30PM **MIDTOWN**

A peer to peer support group for HIV+ individuals. Participants will utilize the group and each other in setting goals to address challenges they are facing with their HIV diagnosis. Must be enrolled in services with PIHC. Contact Robert Buntin (678)365-4294 for details and registration

**Peer Led and Community Support Groups for HIV**

*Not Directly Affiliated with Positive Impact Health Centers*

Check Yourself Before You Wreck Yourself: Thursdays 10:00AM – 11:30AM Room 426, Grady IDP

A skills based group for individuals who struggle with feeling stressed out and overwhelmed a lot, feeling unhappy in many of their relationships, feeling controlled by their emotions and have a hard time relaxing or knowing how to relax. Open group however membership is capped at 10. Participants must be in primary care at Grady IDP Contact: Jeff Figueroa, LPC (404) 616-9725

Choices: Monday- Thursday, 11:00AM -12:00PM, Every 4<sup>th</sup> Friday - Fun Friday 10:00AM – 11:15AM Grady IDP

Substance abuse group with a harm-reduction approach. Participants must be in primary care at Grady IDP

Contact: Luis Alvarez (404) 616-6041

Dialectical Behavior Therapy, Skills Building Group Thursday 3:00PM - Grady IDP

Contact: Jeff Figueroa, LPC (404) 616-9725

Healthy Living / Emotional Wellness Support Groups Aniz, Inc. 210 Mitchell Street, Atlanta GA 30303

1<sup>st</sup> and 3<sup>rd</sup> Monday 6:00pm – 7:30PM Open group for anyone affected by HIV Dinner and MARTA card provided.

Thursday 12:00PM – 1:30PM Closed group, HIV+ Aniz clients only. Lunch and MARTA card provided

Contact: DJ Lampkin (404) 521-2410

North Fulton Transgender Support (NFTS) Free adult and teen groups, meet at Wellspring Counseling Center, Roswell GA

Contact Anna Baxter at (678) 446-8653 for information.

TRANSIT JustUs Atlanta St Marks UMC Meets every Tuesday 7:00PM – 9:00PM For trans individuals age 13-28

Contact: Zach Schaeter [zmschaeter@gmail.com](mailto:zmschaeter@gmail.com) for information.

Lady BurgAndy L.O.V.E Group

Support group for women under 35 living with HIV. Contact Masonia Traylor (770) 299-3690 for information and registration.

Positive Connections at SisterLove, Inc.

MotherHouse Location, 1st Floor, 1237 Ralph David Abernathy Blvd., Atlanta, GA 30310, [www.sisterlove.org](http://www.sisterlove.org)

Every 4<sup>th</sup> Tuesday 11:00am – 1:00pm Sassy 60's for HIV+ men and women over 60

Every 3<sup>rd</sup> Thursday 11:30am – 2:30pm HIV+ Women's Group

Contact: Del'Rosa Winston-Harris (404) 254-4734 [dharris@sisterlove.org](mailto:dharris@sisterlove.org).

Together For Life: Peer Run HIV Support Group. Monday 5:30pm to 7pm

Contact Jennifer Creighton, Fulton County Department of Health and Wellness Client Services, 404-613-1458 or Dwight Curry Anderson, Facilitator, 678-886-8418. Fulton County Department of Health and Wellness, 2nd floor.