

August 2009 Drop-In Group Schedule and Events/Workshops

Drop-In Group Schedule

Registration *not* required. Please contact Group Services at 212.367.1129 for more information.

Counseling and Education

Women Empowered Loving Life

This group explores the holistic approach to stress reduction for women who are impacted by HIV/AIDS.

Thursday

11 am – 12:30 pm

Room 405

HIV Support Group

Want to talk to someone who can relate to your experience? Whether you're newly diagnosed or diagnosed for many years and seeking renewed support, our drop in group is the place to start.

Wednesday

6:30 pm – 8 pm

Room: 505

Newly Diagnosed Groups

Getting connected with support is one of the most important first steps for someone who is newly diagnosed HIV+. Our groups are designed to help members meet other people like themselves and find new ways to integrate, cope, and thrive with their HIV status. New groups are always forming. Contact Group Services for information on the next available group at 212.367.1129. Also check out our HIV+ drop in-group (above).

Tuesday

6:30 pm – 8 pm

Room: 405

Bereavement Group

Have you lost someone close to you? Looking for support in your grief and healing? This facilitated drop-in support group is designed to support you as you navigate through the grief and healing process. Next meeting dates:

Alternate Tuesday, October 4 & 18

6 pm – 7:30 pm

Room: 700

Care Partners Group

You're caring for a sick loved one. Get support in caring for yourself. This facilitated drop-in support group is designed to give you time and space to give back to yourself and to receive the emotional care of others who understand the pressures you are experiencing in caring for a sick loved one.

Alternate Fridays, October 7 & 21

5:30 pm – 7 pm

Room: 700

Black Men's Group/Soul Food

A health and wellness program for gay and bisexual men of color. The group alternates between "Sacred Space," Condom Wrap, and a general discussion group.

Thursdays

7 pm – 9 pm

Room: 720

Spanish Support Group

A general HIV+ support group, facilitated in Spanish.

Thursdays

11:30 am – 12:30 pm

Room: 610/615

Grupo de Apoio Prevencao em Portugues Para Gays e Bissexuais HIV+ (Portuguese Support Group)

GAPP is a weekly HIV+ support group for gay and bisexual Portuguese-speaking men.

Fridays

7 pm – 9 pm

Room: 500

Events and Workshops

Monday, August 3

Nutrition and Wellness

Rolf Massage

Rolfing is identifying the body's strain and promoting a series of movement exercises. This technique reduces pain and stress and improve the body's agility by increasing circulation.

10:30 am – 2 pm

Room: 1145, 11th Floor

Yoga

Increase strength flexibility and improve posture, all levels are welcome. You have to be a registered client of the Wellness Program. No appointment is necessary.

11:00 am – 12:00pm

Wellness Room; 11th Floor

Tuesday, August 4

Nutrition and Wellness

Haircuts

Appointments are made on previous Thursdays at 3pm and please Call (212) 367-1420 to schedule or cancel appointments.

Painting

The class works with water colors. You have to be a registered client of the Wellness Program. No experience required.

11 am – 3 pm

Wellness Room; 11th Floor

Women's Institute

Escencia De La Mujer Latina

This Spanish group is for women whom are living and impacted by HIV/AIDS. They are provided a safe space to connect with other people experiencing similar concerns or problems. It offers people a chance to talk about their experiences share information and give each other social and emotional support.

2 pm – 3:30 pm

Room 230

Facilitated by LAP Staff

Contact: Lilibeth Gonzalez at 212-367-1089

Wednesday, August 5

Nutrition and Wellness

Movement Workshop

Regain strength flexibility and a sense of well-being. You have to be a registered client of the Wellness Program. No appointment necessary.

11 am – 12 pm

Wellness Room; 11th Floor

Life Drawing

There's a nude model that you'll be drawing. You have to be a registered client of the Wellness Program. No experience required.

2 pm – 4 pm

Wellness Room; 11th Floor

Sculpture

You do not need to be an expert to work with self drying class. Instructors are there to assist you. All supplies are provided by the class. Supplies do not leave the room.

6 pm – 8 pm

Wellness Room; 11th Floor

Monday, August 6

Nutrition and Wellness

Feldenkrais

This is a movement based therapy and helps to reduce muscle tension and improve posture and balance. You have to be a registered client of the Wellness Program. No appointment is necessary.

12:30 pm – 2 pm

Wellness Room; 11th Floor

Yoga

Increase strength flexibility and improve posture, all levels are welcome.

You have to be a registered client of the Wellness Program. No appointment is necessary. 10 am – 11 am

The Corner &

Reiki Circle (group)

A touch based therapy used to relieve pain and reduce stress. You have to be a registered client of the Wellness Program. No appointment is necessary.

4:30 pm – 6 pm

Room: The Corner, 11th Floor

Public Policy & Activism

Women of the Action Center Group Meeting

These meetings will provide information about how HIV/AIDS policies are affecting women today. Not only will these meetings be informational, but they will also discuss steps on how to take action. These meetings are open to all women that are GMHC clients. For more information please contact Emily at 212-367-1247.

1 pm – 2 pm

Room: Action Center, 12th floor

Friday, August 7

Nutrition and Wellness

Haircuts

Appointments are made on previous Thursdays at 3pm and please Call (212) 367-1420 to schedule or cancel appointments.

Actors Workshop

A workshop for amateurs and professional performers who want to sharpen their performance skills and develop new original material.

5 pm – 7 pm

Room: The corner, 11th Floor

Monday, August 10

Nutrition and Wellness

Rolf Massage

Rolfing is identifying the body's strain and promoting a series of movement exercises. This technique reduces pain and stress while improving the body's agility by increasing circulation.

10:30 am – 2 pm

Room: 1145, 11th Floor

Yoga

Increase strength flexibility and improve posture, all levels are welcome.

You have to be a registered client of the Wellness Program. No appointment is necessary.

11 am – 12 pm

Wellness Room; 11th Floor

Tuesday, August 11

MATCH

MATCH Open House

The MATCH program is GMHC's Workforce Development initiative that offers vocational

counseling services and job placement to HIV+ individuals. Open House, are one hour informational seminars that provides information on all MATCH services and allows for you to register. They are conducted every second and fourth Tuesday of each month at 11:00. For more information please contact April Watkins at 212 367-1013 or aprilw@gmhc.org. No need to RSVP.

11 am
11th floor
Room 1155/1160

Nutrition and Wellness

Haircuts

Appointments are made on previous Thursdays at 3pm and please Call (212) 367-1420 to schedule or cancel appointments.

Painting

The class works with water colors. You have to be a registered client of the Wellness Program. No experience required.

11 am – 3 pm
Wellness Room; 11th Floor

Women's Institute

Escencia De La Mujer Latina

This Spanish group is for women whom are living and impacted by HIV/AIDS. They are provided a safe space to connect with other people experiencing similar concerns or problems. It offers people a chance to talk about their experiences share information and give each other social and emotional support.

2 pm – 3:30 pm
Room 230
Facilitated by LAP Staff
Contact: Lillibeth Gonzalez at 212-367-1089

At the Dining Room Table with The Royalz Family

This community level intervention provides support for women who identify as lesbian or gender non-conforming (L/GNC); to discuss issues that impact healthy relationships, sexual identity, and decrease the risk of HIV/STI infection and other health disparities in the L/GNC) community.

2nd and 4th Monday of the Month

6 pm – 8:30 pm

Room 700-705

Contact: Alicia Heath-Toby at 212-367-1355

Wednesday, August 12

Nutrition and Wellness

Movement Workshop

Regain strength flexibility and a sense of well-being. You have to be a registered client of the Wellness Program. No appointment necessary.

11 am – 12 pm
Wellness Room; 11th Floor

Life Drawing

There's a nude model that you'll be drawing. You have to be a registered client of the Wellness Program. No experience required.

2 pm – 4 pm
Wellness Room; 11th Floor

Sculpture

You do not need to be an expert to work with self drying class. Instructors are there to assist you. All supplies are provided by the class. Supplies do not leave the room.

6 pm – 8 pm
Wellness Room; 11th Floor

Thursday, August 13

Nutrition and Wellness

Feldenkrais

This is a movement based therapy and helps to reduce muscle tension and improve posture and balance. You have to be a registered client of the Wellness Program. No appointment is necessary.

12:30 pm – 2 pm

Wellness Room; 11th Floor

Yoga

Increase strength flexibility and improve posture, all levels are welcome.

You have to be a registered client of the Wellness Program. No appointment is necessary.

10 am – 11 am

The Corner &

2:30 pm – 3:30 pm

Wellness Room; 11th Floor

Reiki Circle (group)

A touch based therapy used to relieve pain and reduce stress. You have to be a registered client of the Wellness Program. No appointment is necessary.

4:30 pm – 6 pm

Room: The Corner, 11th Floor

Friday, August 14

Nutrition and Wellness

Haircuts

Appointments are made on previous Thursdays at 3pm and please Call (212) 367-1420 to schedule or cancel appointments.

Actors Workshop

A workshop for amateurs and professional performers who want to sharpen their performance skills and develop new original material.

5 pm – 7 pm

Room: The corner, 11th Floor

Monday, August 17

Nutrition and Wellness

Rolf Massage

Rolfing is identifying the body's strain and promoting a series of movement exercises. This technique reduces pain and stress while improving the body's agility by increasing circulation.

10:30 am – 2 pm

Room: 1145, 11th Floor

Yoga

Increase strength flexibility and improve posture, all levels are welcome.

You have to be a registered client of the Wellness Program. No appointment is necessary.

11 am – 12 pm

Wellness Room; 11th Floor

Tuesday, August 18

Nutrition and Wellness

Haircuts

Appointments are made on previous Thursdays at 3pm and please Call (212) 367-1420 to schedule or cancel appointments.

Painting

The class works with water colors. You have to be a registered client of the Wellness Program. No experience required.

11 am – 3 pm

Wellness Room; 11th Floor

Women's Institute

Escencia De La Mujer Latina

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people experiencing similar concerns or problems. It offers people a chance to talk about their experiences share information and give each other social and emotional support.
2 pm – 3:30 pm
Room 230
Facilitated by LAP Staff
Contact: Lilibeth Gonzalez at 212-367-1089

Wednesday, August 19

Nutrition and Wellness

Movement Workshop

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11 am – 12 pm
Wellness Room; 11th Floor

Life Drawing

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2 pm – 4 pm
Wellness Room; 11th Floor

Sculpture

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6 pm – 8 pm
Wellness Room; 11th Floor

Thursday, August 20

Nutrition and Wellness

Feldenkrais

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client of the Wellness Program. No appointment is necessary.
12:30 pm – 2 pm
Wellness Room; 11th Floor

Yoga

Increase strength flexibility and improve posture, all levels are welcome. You have to be a registered client of the Wellness Program. No appointment is necessary.
10 am – 11 am
The Corner

Reiki Circle (group)

A touch based therapy used to relieve pain and reduce stress. You have to be a registered client of the Wellness Program. No appointment is necessary.
4:30 pm – 6 pm
Room: The Corner, 11th Floor

Friday, August 21

Nutrition and Wellness

Haircuts

Appointments are made on previous Thursdays at 3pm and please Call (212) 367-1420 to schedule or cancel appointments.

Actors Workshop

A workshop for amateurs and professional performers who want to sharpen their performance skills and develop new original material.
5 pm – 7 pm
Room: The corner, 11th Floor

Monday, August 24

Nutrition and Wellness

Rolf Massage

Rolfing is identifying the body's strain and promoting a series of movement exercises. This technique reduces pain and stress while improving the body's agility by increasing circulation.

10:30 am – 2 pm

Room: 1145, 11th Floor

Yoga

Increase strength flexibility and improve posture, all levels are welcome.

You have to be a registered client of the Wellness Program. No appointment is necessary.

11 am – 12 pm

Wellness Room; 11th Floor

Tuesday, August 25

MATCH

MATCH Open House

The MATCH program is GMHC's Workforce Development initiative that offers vocational counseling services and job placement to HIV+ individuals. Open House, are one hour informational seminars that provides information on all MATCH services and allows for you to register. They are conducted every second and fourth Tuesday of each month at 11:00. For more information please contact April Watkins at 212 367-1013 or aprilw@gmhc.org. No need to RSVP.

11 am

11th floor

Room 1155/1160

Nutrition and Wellness

Haircuts

Appointments are made on previous Thursdays at 3pm and please Call (212) 367-1420 to schedule or cancel appointments.

Painting

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11 am – 3 pm

Wellness Room; 11th Floor

Women's Institute

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2 pm – 3:30 pm

Room 230

Facilitated by LAP Staff

Contact: Lillibeth Gonzalez at 212-367-1089

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2nd and 4th Monday of the Month

6 pm – 8:30 pm

Room 700-705

Contact: Alicia Heath-Toby at 212-367-1355

Wednesday, August 26

Nutrition and Wellness

Movement Workshop

Regain strength flexibility and a sense of well-being. You have to be a registered client of the Wellness Program. No appointment necessary.

11 am – 12 pm
Wellness Room; 11th Floor

Life Drawing

There's a nude model that you'll be drawing. You have to be a registered client of the Wellness Program. No experience required.

2 pm – 4 pm
Wellness Room; 11th Floor

Sculpture

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6 pm – 8 pm
Wellness Room; 11th Floor

Thursday, August 27

Nutrition and Wellness

Feldenkrais

This is a movement based therapy and helps to reduce muscle tension and improve posture and balance. You have to be a registered client of the Wellness Program. No appointment is necessary.

12:30 pm – 2 pm
Wellness Room; 11th Floor

Yoga

Increase strength flexibility and improve posture, all levels are welcome. You have to be a registered client of the Wellness Program. No appointment is necessary.

10 am – 11 am
The Corner

Reiki Circle (group)

A touch based therapy used to relieve pain and reduce stress. You have to be a registered client of the Wellness Program. No appointment is necessary.

4:30 pm – 6 pm
Room: The Corner, 11th Floor

Friday, August 28

Nutrition and Wellness

Haircuts

Appointments are made on previous Thursdays at 3pm and please Call (212) 367-1420 to schedule or cancel appointments.

Actors Workshop

A workshop for amateurs and professional performers who want to sharpen their performance skills and develop new original material.

5 pm – 7 pm
Room: The corner, 11th Floor

Monday, August 31

Nutrition and Wellness

Rolf Massage

Rolfing is identifying the body's strain and promoting a series of movement exercises. This technique reduces pain and stress and improve the body's agility by increasing circulation.

10:30 am – 2 pm
Room: 1145, 11th Floor

Yoga

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11 am – 12 pm
Wellness Room; 11th Floor



CALENDAR
OF EVENTS

AUGUST

2009