

June 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

Mondays, June 1

Nutrition and Wellness

Chiropractic Care

Adjust your spinal column to help rehabilitate your nervous system. You have to be a registered client of the Wellness Program. No appointment is necessary.

12:30 pm – 1:30 pm

Room: The Corner, 11th Floor

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

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 Saltzman at 212-367-1247.

1:00 pm – 2:00 pm

Room: Action Center, 12th floor

Women's Care, Prevention And Support Services

Women, Substance Use & HIV (WIA)

This group is for women who are at different stages of using and recovery and want to strengthen their sobriety.

11 am - 12 pm

Rm 700

Life Challenges (WIA)

Participants will explore at risk situations such as housing, drug use, sexual behaviors and relationships and learn techniques to address change in one's life.

2 pm - 3 pm

Rm 720

Tuesdays, June 2

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

Chiropractic Care

Adjust your spinal column to help rehabilitate your nervous system. You have to be a registered client of the Wellness Program. No appointment is necessary.

1 pm – 2 pm

Room: The Corner, 11th Floor

Public Policy & Activism

Housing Advocacy Action Group

These meetings are intended to inform GMHC clients about housing issues for low-income

HIV+ individuals. For example these meetings will focus on the 30% rent cap, HASA, Scatter Site and SRO housing. For more information please contact Emily Saltzman at 212-367-1247.

2:00 – 3:00 pm

Room: Action Center, 12th floor

Action Center Office Hours

Stop by the Action Center to learn about what we do in our weekly groups, upcoming political events, or just to ask questions about the HIV/AIDS policies that affect you. For more information please contact Emily Saltzman at 212-367-1247.

3:00 – 5:00 pm

Room: Action Center, 12th floor

Women's Care, Prevention And Support Services

Disclosure (WIA)

This group is for women and provides and opportunity to discuss issues of disclosure around HIV, substance abuse, sexuality and other concerns to members.

3 pm - 4 pm

Rm 505

Women Coping & Connecting w/Life Challenges

Open discussion group for women adjusting with dealing with life challenges-Closed group primarily for MATCH clients or High Risk negatives.

3 pm - 4 pm

Rm610

Wednesdays, June 3 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

: 12th Floor Dining Room

Public Policy & Activism

Action Drop-In Group Meeting

These meetings are intended to inform GMHC clients about the latest in HIV and AIDS policy at the city, state and federal levels, to discuss the issues and to take action! These meetings are open to all GMHC clients. For more information please contact Emily Saltzman at 212-367-1247.

3:00 pm – 4:00 pm

Room: Action Center, 12th floor

Women's Care, Prevention And Support Services

Healing & Renewal (WIA)

This group is designed to help women deal with past and current life traumas. Women come to mutually support each other both spiritually and emotionally, using different tools which also includes alternatives therapies.

11 am - 12 pm

Rm 720



New Wave Family Center

“Circle of Life” Parenting Support Group
12 pm - 1 pm
New Wave Room-2nd Floor

Thursdays, June 4

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.
10:00 am – 11:00 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 – 6:00 pm
Room: The Corner, 11th Floor

Public Policy & Activism

Action Center Office Hours

Stop by the Action Center to learn about what we do in our weekly groups, upcoming political events, or just to ask questions about the HIV/AIDS policies that affect you. For more

information please contact Emily Saltzman at 212-367-1247.

12:00 – 2:00 pm

Room: Action Center, 12th floor

Women’s Care, Prevention And Support Services

Women Coping & Connecting w/Life Challenges

Open discussion group for women adjusting with dealing with life challenges – Closed group primarily for **MATCH** clients or High Risk negatives
11:00am-12:00pm
Rm720

The New Wave Family Center

Parenting Enhancement 6 week Cyclical group
11 am - 1 pm
New Wave Room

Body Talk (WIA)

Meet other women to discuss the different changes that can be occurring in your body as it relates to HIV, and/or medication adherence.
1:00pm-2:00pm
Rm 900

Reflexion de La Mujer Latina

2:00-3:00pm
Rm230

Trigger Talk for Women (WIA)

A group for women to identify and discuss various triggers and emotional barriers that occur in the daily lives regarding drug use, abstinence and HIV.
4:00pm-5:00pm
Rm 720

Fridays, June 5

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

Women's Care, Prevention And Support Services

The New Wave Family Center

Parenting Enhancement 6 week Cyclical group (This group will start March 13th)

11 am - 1 pm

New Wave Room

T.G.I.F.: Staying Clean and Sober (WIA)

For women to build coping mechanisms for sobriety and skills for day-to-day living. AA and NA schedules provided to help members stay clean through the weekend will be available.

1:00pm-2:00pm

Rm700

Mondays, June 8

Nutrition and Wellness

Chiropractic Care

Adjust your spinal column to help rehabilitate your nervous system. You have to be a registered client of the Wellness Program. No appointment is necessary.

12:30 pm – 1:30 pm

Room: The Corner, 11th Floor

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

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 Saltzman at 212-367-1247.

1:00 pm – 2:00 pm

Room: Action Center, 12th floor

Women's Care, Prevention And Support Services

Women, Substance Use & HIV (WIA)

This group is for women who are at different stages of using and recovery and want to strengthen their sobriety.

11 am - 12 pm

Rm 700

Life Challenges (WIA)

Participants will explore at risk situations such as housing, drug use, sexual behaviors and relationships and learn techniques to address change in one's life.

2 pm - 3 pm

Rm 720

Tuesdays, June 9

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.
11:00 am – 3:00 pm
Wellness Room; 11th Floor

Chiropractic Care

Adjust your spinal column to help rehabilitate your nervous system. You have to be a registered client of the Wellness Program. No appointment is necessary.
12 pm – 2 pm
Room: The Corner, 11th Floor

Public Policy & Activism

Housing Advocacy Action Group

These meetings are intended to inform GMHC clients about housing issues for low-income HIV+ individuals. For example these meetings will focus on the 30% rent cap, HASA, Scatter Site and SRO housing. For more information please contact Emily Saltzman at 212-367-1247.
2:00 – 3:00 pm
Room: Action Center, 12th floor

Action Center Office Hours

Stop by the Action Center to learn about what we do in our weekly groups, upcoming political events, or just to ask questions about the HIV/AIDS policies that affect you. For more information please contact Emily Saltzman at 212-367-1247.
3:00 – 5:00 pm
Room: Action Center, 12th floor

Match

MATCH Open House

The MATCH Program is GMHC's Workforce Development initiative that provides vocational and job placement assistance to HIV+ individuals. MATCH open houses are held every 2nd and 4th Tuesday of every month. Open houses are 1 hour long informational seminars which provide details on all MATCH services, as well as an opportunity to register. For information please contact April Watkins, Coordinator of Workforce Development at 212 367-1013 or aprilw@gmhc.org. No RSVP required.
11 am
Room 1155/1160
Women's Care, Prevention And Support Services

Disclosure (WIA)

This group is for women and provides and opportunity to discuss issues of disclosure around HIV, substance abuse, sexuality and other concerns to members.
3 pm - 4 pm
Rm 505

Women Coping & Connecting w/Life Challenges

Open discussion group for women adjusting with dealing with life challenges-Closed group primarily for **MATCH** clients or High Risk negatives.
3 pm - 4 pm
Rm610

Wednesday, June 10

Michael Palm Center

Financial Management Meeting

Bi-weekly meeting
10:30 am – 12 pm
Room: 230, 2nd floor

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

Public Policy & Activism

Action Drop-In Group Meeting

These meetings are intended to inform GMHC clients about the latest in HIV and AIDS policy at the city, state and federal levels, to discuss the issues and to take action! These meetings are open to all GMHC clients. For more information please contact Emily Saltzman at 212-367-1247.

3:00 pm – 4:00 pm

Room: Action Center, 12th floor

Women's Care, Prevention And Support Services

Healing & Renewal (WIA)

This group is designed to help women deal with past and current life traumas. Women come to mutually support each other both

spiritually and emotionally, using different tools which also includes alternatives therapies.

11 am - 12 pm

Rm 720

New Wave Family Center

"Circle of Life" Parenting Support Group

12 pm - 1 pm

New Wave Room-2nd Floor

Thursdays, June 11

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. 10:00 am – 11:00 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

Action Center Office Hours

Stop by the Action Center to learn about what we do in our weekly groups, upcoming political events, or just to ask questions about the



HIV/AIDS policies that affect you. For more information please contact Emily Saltzman at 212-367-1247.

12:00 – 2:00 pm

Room: Action Center, 12th floor

Women's Care, Prevention And Support Services

Women Coping & Connecting w/Life Challenges

Open discussion group for women adjusting with dealing with life challenges – Closed group primarily for **MATCH** clients or High Risk negatives

11:00am-12:00pm

Rm720

The New Wave Family Center

Parenting Enhancement 6 week Cyclical group

11 am - 1 pm

New Wave Room

Body Talk (WIA)

Meet other women to discuss the different changes that can be occurring in your body as it relates to HIV, and/or medication adherence.

1:00pm-2:00pm

Rm 900

Reflexion de La Mujer Latina

2:00-3:00pm

Rm230

Trigger Talk for Women (WIA)

A group for women to identify and discuss various triggers and emotional barriers that occur in the daily lives regarding drug use, abstinence and HIV.

4:00pm-5:00pm

Rm 720

Friday, June 12

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

Women's Care, Prevention And Support Services

The New Wave Family Center

Parenting Enhancement 6 week Cyclical group(**This group will start March 13th**)

11 am - 1 pm

New Wave Room

T.G.I.F.: Staying Clean and Sober (WIA)

For women to build coping mechanisms for sobriety and skills for day-to-day living. AA and NA schedules provided to help members stay clean through the weekend will be available.

1:00pm-2:00pm

Rm700

Mondays, June 15

Nutrition and Wellness

Chiropractic Care

Adjust your spinal column to help rehabilitate your nervous system. You have to be a registered client of the Wellness Program. No appointment is necessary.

12:30 pm – 1:30 pm
Room: The Corner, 11th Floor

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

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 Saltzman at 212-367-1247.

1:00 pm – 2:00 pm
Room: Action Center, 12th floor

Women's Care, Prevention And Support Services

Women, Substance Use & HIV (WIA)

This group is for women who are at different stages of using and recovery and want to strengthen their sobriety.

11 am - 12 pm
Rm 700

Life Challenges (WIA)

Participants will explore at risk situations such as housing, drug use, sexual behaviors and relationships and learn techniques to address change in one's life.

2 pm - 3 pm
Rm 720

Tuesdays, June 16 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.

11:00 am – 3:00 pm
Wellness Room; 11th Floor

Chiropractic Care

Adjust your spinal column to help rehabilitate your nervous system. You have to be a registered client of the Wellness Program. No appointment is necessary.

12 pm – 2 pm
Room: The Corner, 11th Floor

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

Women's Care, Prevention And Support Services

Disclosure (WIA)

This group is for women and provides and opportunity to discuss issues of disclosure around HIV, substance abuse, sexuality and other concerns to members.

3 pm - 4 pm
Rm 505

Women Coping & Connecting w/Life Challenges

Open discussion group for women adjusting with dealing with life challenges-Closed group primarily for **MATCH** clients or High Risk negatives.

3 pm - 4 pm
Rm610

Wednesday, June 1

Michael Palm Center

Money Management & Food Stamps

Budgeting better in tight times
2 pm
Room: 700

Public Policy & Activism

Action Drop-In Group Meeting

These meetings are intended to inform GMHC clients about the latest in HIV and AIDS policy at the city, state and federal levels, to discuss the issues and to take action! These meetings are open to all GMHC clients. For more information please contact Emily Saltzman at 212-367-1247.

3:00 pm – 4:00 pm
Room: Action Center, 12th floor

Thursdays, June 18

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.

10:00 am – 11:00 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

Public Policy & Activism

Action Center Office Hours

Stop by the Action Center to learn about what we do in our weekly groups, upcoming political events, or just to ask questions about the HIV/AIDS policies that affect you. For more information please contact Emily Saltzman at 212-367-1247.

12:00 – 2:00 pm

Room: Action Center, 12th floor

Women's Care, Prevention And Support Services

Women Coping & Connecting w/Life Challenges

Open discussion group for women adjusting with dealing with life challenges – Closed

group primarily for **MATCH** clients or High Risk negatives

11 am - 12 pm

Rm720

The New Wave Family Center

Parenting Enhancement 6 week Cyclical group

11 am - 1 pm

New Wave Room

Body Talk (WIA)

Meet other women to discuss the different changes that can be occurring in your body as it relates to HIV, and/or medication adherence.

1 pm - 2 pm

Rm 900

Reflexion de La Mujer Latina

2:00-3:00pm

Rm230

Trigger Talk for Women (WIA)

A group for women to identify and discuss various triggers and emotional barriers that occur in the daily lives regarding drug use, abstinence and HIV.

4 pm - 5 pm

Rm 720

Friday, June 19

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

Women's Care, Prevention And Support Services

The New Wave Family Center

Parenting Enhancement 6 week Cyclical group(This group will start March 13th)

11 am - 1 pm

New Wave Room

T.G.I.F.: Staying Clean and Sober (WIA)

For women to build coping mechanisms for sobriety and skills for day-to-day living. AA and NA schedules provided to help members stay clean through the weekend will be available.

1 pm - 2 pm

Rm700

Mondays, June 22

Nutrition and Wellness

Chiropractic Care

Adjust your spinal column to help rehabilitate your nervous system. You have to be a registered client of the Wellness Program. No appointment is necessary.

12:30 pm – 1:30 pm

Room: The Corner, 11th Floor

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

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 Saltzman at 212-367-1247.

1:00 pm – 2:00 pm

Room: Action Center, 12th floor

Women's Care, Prevention And Support Services

Women, Substance Use & HIV (WIA)

This group is for women who are at different stages of using and recovery and want to strengthen their sobriety.

11 am - 12 pm

Rm 700

Life Challenges (WIA)

Participants will explore at risk situations such as housing, drug use, sexual behaviors and relationships and learn techniques to address change in one's life.

2 pm - 3 pm

Rm 720

Tuesdays, June 23

Match

MATCH Open House

The MATCH Program is GMHC's Workforce Development initiative that provides vocational and job placement assistance to HIV+ individuals. MATCH open houses are held every 2nd and 4th Tuesday of every month. Open houses are 1 hour long informational seminars which provide details on all MATCH services, as well as an opportunity to register. For information please contact April Watkins, Coordinator of Workforce Development at 212 367-1013 or aprilw@gmhc.org . No RSVP

required.

11 am

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.

11:00 am – 3:00 pm

Wellness Room; 11th Floor

Chiropractic Care

Adjust your spinal column to help rehabilitate your nervous system. You have to be a registered client of the Wellness Program. No appointment is necessary.

12 pm – 2 pm

Room: The Corner, 11th Floor

Women's Care, Prevention And Support Services

Disclosure (WIA)

This group is for women and provides and opportunity to discuss issues of disclosure around HIV, substance abuse, sexuality and other concerns to members.

3 pm - 4 pm

Rm 505

Women Coping & Connecting w/Life Challenges

Open discussion group for women adjusting with dealing with life challenges-Closed group primarily for **MATCH** clients or High Risk negatives.

3 pm - 4 pm

Rm610

Wednesday, June 24

Michael Palm Center

Financial Management Meeting

Bi-weekly meeting.
10:30 am – 12:30 pm
Room: 230, 2nd floor

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

Public Policy & Activism

Action Drop-In Group Meeting

These meetings are intended to inform GMHC clients about the latest in HIV and AIDS policy at the city, state and federal levels, to discuss the issues and to take action! These meetings are open to all GMHC clients. For more information please contact Emily Saltzman at 212-367-1247.

3:00 pm – 4:00 pm
Room: Action Center, 12th floor

Thursdays, June 25

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.
10:00 am – 11:00 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

Action Center Office Hours

Stop by the Action Center to learn about what we do in our weekly groups, upcoming political events, or just to ask questions about the HIV/AIDS policies that affect you. For more information please contact Emily Saltzman at 212-367-1247.
12:00 – 2:00 pm
Room: Action Center, 12th floor

Women's Care, Prevention And Support Services

Women Coping & Connecting w/Life Challenges

Open discussion group for women adjusting with dealing with life challenges – Closed group primarily for **MATCH** clients or High Risk negatives

11 am - 12 pm
Rm720

The New Wave Family Center

Parenting Enhancement 6 week Cyclical group
11 am - 1 pm
New Wave Room

Body Talk (WIA)

Meet other women to discuss the different changes that can be occurring in your body as it relates to HIV, and/or medication adherence.

1 pm - 2 pm
Rm 900

Reflexion de La Mujer Latina

2 pm -3 pm
Rm230

Trigger Talk for Women (WIA)

A group for women to identify and discuss various triggers and emotional barriers that occur in the daily lives regarding drug use, abstinence and HIV.

4 pm - 5 pm
Rm 720

Friday, June 26

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

Women's Care, Prevention And Support Services

The New Wave Family Center

Parenting Enhancement 6 week Cyclical group(This group will start March 13th)
11 am - 1 pm
New Wave Room

T.G.I.F.: Staying Clean and Sober (WIA)

For women to build coping mechanisms for sobriety and skills for day-to-day living. AA and NA schedules provided to help members stay clean through the weekend will be available.

1 pm - 2 pm
Rm700

Mondays, June 29

Nutrition and Wellness

Chiropractic Care

Adjust your spinal column to help rehabilitate your nervous system. You have to be a registered client of the Wellness Program. No appointment is necessary.

12:30 pm – 1:30 pm
Room: The Corner, 11th Floor

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

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 Saltzman at 212-367-1247.

1:00 pm – 2:00 pm

Room: Action Center, 12th floor

Women's Care, Prevention And Support Services

Women, Substance Use & HIV (WIA)

This group is for women who are at different stages of using and recovery and want to strengthen their sobriety.

11 am - 12 pm

Rm 700

Life Challenges (WIA)

Participants will explore at risk situations such as housing, drug use, sexual behaviors and relationships and learn techniques to address change in one's life.

2 pm - 3 pm

Rm 720

Tuesdays, June 30

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.

11:00 am – 3:00 pm

Wellness Room; 11th Floor

Chiropractic Care

Adjust your spinal column to help rehabilitate your nervous system. You have to be a registered client of the Wellness Program. No appointment is necessary.

12 pm – 2 pm

Room: The Corner, 11th Floor

Women's Care, Prevention And Support Services

Disclosure (WIA)

This group is for women and provides and opportunity to discuss issues of disclosure around HIV, substance abuse, sexuality and other concerns to members.

3 pm - 4 pm

Rm 505

Women Coping & Connecting w/Life Challenges

Open discussion group for women adjusting with dealing with life challenges-Closed group primarily for **MATCH** clients or High Risk negatives.

3 pm - 4 pm

Rm610



CALENDAR
OF EVENTS

JUNE

2009