

## September 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

### Tuesday, September 1

#### 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

### Wednesday, September 2

#### 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, September 3

#### 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, September 4

#### 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, 11<sup>th</sup> Floor

### Monday, September 7

#### 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, 11<sup>th</sup> 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, September 8

#### 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](mailto: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

## Wednesday, September 9

### 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, September 10

### 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, September 11

### 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, 11<sup>th</sup> Floor

## Monday, September 14

### 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, 11<sup>th</sup> 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

### **Women's Institute**

#### **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.

2<sup>nd</sup> and 4<sup>th</sup> Monday of the Month

6 pm – 8:30 pm

Room 700-705

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

### **Tuesday, September 15**

#### **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

### **Wednesday, September 16**

#### **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, September 17****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, September 18****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, 11<sup>th</sup> Floor

**Women's Institute****Women's Institute/Lesbian AIDS Project Safer Sex Kit Assembly Party for Women**

A safe space for Women to gather and have fun talking about sexuality, sexual health, and healthy relationships; while making safer sex kits (Pussy Packs) that will be distributed in communities where HIV/AIDS most impacts women of color.

4:30 pm – 7:30 pm

Room 900

Contact: Alicia Heath-Toby 212-367-1355

**Monday, September 21****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, 11<sup>th</sup> 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

**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 Alana Krivo-Kaufman at 212-367-1247.

1 pm – 2 pm

Room: Action Center, 12<sup>th</sup> floor

## Tuesday, September 22

### 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](mailto: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

### 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 Alana Krivo-Kaufman at 212-367-1247.

2 – 3 pm

Room: Action Center, 12<sup>th</sup> 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

## Thursday, September 24

### 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, September 25**

### **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, 11<sup>th</sup> Floor

## **Monday, September 28**

### **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, 11<sup>th</sup> 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

### **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 Alana Krivo-Kaufman at 212-367-1247.

1 pm – 2 pm  
Room: Action Center, 12<sup>th</sup> floor

#### **Women's Institute**

#### **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.

2<sup>nd</sup> and 4<sup>th</sup> Monday of the Month  
6 pm – 8:30 pm

Room 700-705  
Ccontact: Alicia Heath-Toby at 212-367-1355

## **Tuesday, September 29**

### **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

## 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 Alana Krivo-Kaufman at 212-367-1247.

2 – 3 pm

Room: Action Center, 12<sup>th</sup> 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

## Wednesday, September 30

## 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 Alana Krivo-Kaufman at 212-367-1247.

3 pm – 4 pm

Room: Action Center, 12<sup>th</sup> floor