



Group Services Spring 2010

Team 119 Group Services offers affirming spaces to help HIV+ people reduce isolation and stigma, learn healthy relationship skills, get support coping with a variety of challenges, explore their sexual orientation and gender identity, and connect with others in a safe environment.

For more info, contact us @ 212.367.1165 or Team119@gmhc.org



MENTAL HEALTH / CREATIVE ARTS THERAPY

DROP-IN

Open Art Studio • Drop-In & Ongoing

An informal Art Therapy Group that provides support to individual clients within a group setting. Art materials are provided to create at your own pace.

Fridays • 4:15-5:45pm • Room 420 • For more info, call Rafael Sanchez @ 212.367.1458

DROP-IN

Mandala & Meditation

Reduce anxiety and lift mood through the art of mandala making and guided meditation. No experience necessary!

Mondays • 2:30-4pm • 11th Fl. Wellness Room • 4/5-5/24 • Basia M. @ 212.367.1019

DROP-IN

SPECTRUM

Spectrum is an open art therapy group for those who identify on the spectrum of men who have sex with men. This group is only for men under 30 years old and offers an opportunity to explore one's life using art and group support.

Wednesdays • 6:30-7:45pm • Room 420 • For more info, call Bob Reyes @ 212.367.1296

The Crossroads: Arts & Healing

Small art therapy group for HIV + men who would like to use art to increase emotional well-being and enhance healthy coping strategies for stress and anxiety.

Mondays • 6:30-8pm • 4/5-5/25 • Register w/ Rafael Sanchez @ 212.367.1458

MENTAL HEALTH

The Social

A group to explore anxiety related to socializing as well as building skills around identifying and developing coping mechanisms and a greater support network.

Tuesdays • 4:30-6pm • 4/20-6/22 • Register w/ Matt Dempsey @ 212.367.1267

Housing Resource

A group providing resources, support, and referrals for shelters, housing availability information, case management, advocacy, and counseling services.

Wednesdays • 2-3pm • 4/2-6/30 • Register w/ Yolanda Gonzalez @ 212-367-1193

Independent Living

Designed to help clients in unstable housing acquire skills and support in improving self-sufficiency including stress, anger, time, and money management.

Tuesdays • 11am-12pm • 4/6-6/29 • Register w/ Yolanda Gonzalez @ 212-367-1193

Depression & Anxiety Group

Support for clients to talk about experiences and feelings related to depression & anxiety and to learn more about the impact it has on one's life and what treatments are available.

Thursdays • 11-12:15pm • 4/8-6/24 • Register w/ Michael Hamilton @ 212-367-1462

Thursdays • 4-5:15pm • 4/8-6/24 • Register w/ Selena Wong @ 212-367-1318

GENDER IDENTITY

DROP-IN

Trans-Action • Drop-In & Ongoing

A drop-in group for trans women of any HIV status to connect with each other and develop a greater support network.

Wednesdays • 6-7pm • Room 720 • For info, contact Ashley B. @ 212-367-1512

SUBSTANCE USE

The After Party

A process oriented harm reduction group where clients examine the impact of alcohol and drugs on their lives and work on developing healthier strategies for coping.

Thursdays • 4-5:15pm • 4/1-6/24 • Register w/ Jeremy Ortman @ 212.367.1139

Come As You Are

A curriculum based group for substance users that provides members tools to understand and make decisions around substance use as well as how to effectively problem solve.

Mondays • 2:30-4pm • 4/19-6/14 • Register w/ Noah Clyman @ 212.367.1147

Kickin' It

A support group and safe space for those who are contemplating abstinence from alcohol and /or drugs. The group positively reinforces behaviors in support of abstinence without shaming behaviors related to relapse.

Mondays • 11am-12pm • 4/5-6/28 • Register w/ Yolanda Gonzalez @ 212-367-1193

Sober Living

A safe space for those who are in recovery from alcohol and/or drug use. Get support in maintaining abstinence while learning how to cope with urges/cravings by managing thoughts, feelings and behaviors. The group looks at the psychology behind AA, making it the perfect complement to 12-step meetings.

Thursdays • 2-3:30pm • 4/8-6/30 • Register w/ Selena Wong @ 212-367-1318

GRUPOS EN ESPAÑOL

Grupo en español para personas VIH+

Este será un grupo de apoyo que tocara tópicos como, maneras de manejar el estrés, uso de sustancias químicas, técnicas para mantenerse saludable físicamente y mentalmente, religión/espiritualidad y mucho más. El enfoque será compartir experiencias únicas de inmigrantes o Latino Americanos.

Jueves • 11:30am-12:30pm • Registro con Yolanda @ 212-367-1193

Jueves • 12-1pm • Registro con Alvaro @ 212-367-1098

HIV & AIDS SUPPORT

Haven - Newly Diagnosed

A safe and confidential 10-week support group for those who are newly diagnosed or newly dealing with diagnosis, feelings, concerns, disclosure, health, and more.

Tuesdays • 6:30-8pm • 4/20-6/22 • Register w/ Matt Dempsey @ 212.367.1267

The Crossroads

Already dealt with HIV diagnosis but not yet a long-term survivor? The Crossroads offers support for those in between struggling with transitions in their life, career, health or relationships.

Wednesdays • 6:30-8pm • 4/21-6/23 • Register w/ Matt Dempsey @ 212.367.1267

Long-term Survivors

A group for those living long-term with HIV to provide emotional support to maintain and promote health and happiness.

Tuesdays • 3:30-5pm • Ongoing • David & Debbie—Register w/ Larry W. @ 212.367.1322

Mondays • 6:30-8pm • Ongoing • Joanne—Register w/ Larry W. @ 212.367.1322

Mondays • 6-7:30pm • Ongoing • Bruce & Alice—Register w/ Larry W. @ 212.367.1322

Tuesdays • 3:30-5pm • Ongoing • Register w/ Michael Hamilton @ 212-367-1462

Young & Poz

A support group for HIV+ GMHC clients **under 35 years old**. Join a group of peers from your generation to discuss how living with HIV impacts dating, working, and maintaining a healthy lifestyle.

Tuesdays • 6-7:15pm • 4/22-6/20 • Register w/ Larry Woodland @ 212-367-1322