



Living Positively A Group for Women

A new support group for woman living with HIV/AIDS. A safe, supportive, and confidential space will be provided for you to participate and discuss living with HIV/AIDS, while receiving emotional and peer support.

Dates & Times:

Wednesday, February, 13, 2019 — Nutrition & Self-Health Management

Wednesday, March 13, 2019* — Know Your Legal Rights

Wednesday, March 27, 2019 — Gov't & Non-Profit Resources

Wednesday, April 10, 2019— Stress Reduction

Wednesday, May 22, 2019* — Housing

Wednesday, June 12, 2019 — Healthy Relationships

Sessions are from 11:00am to 1:00pm — Lunch provided

Contact Us: To register for the Group, please call FCHC Behavioral Health Department at: (408) 755-3905.

A self-care gift will be provided to all eligible attendees.

Location:

Living and Learning Lounge

1043 Garland Avenue, San Jose CA 95126



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