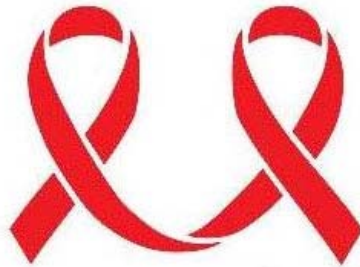


Peer Support Guide

**HIV Support Groups and
Peer Support Programs in the
Greater Boston and Metrowest areas**

*A project of the Peer Support Workgroup
of the Greater Boston/Metrowest
HIV/AIDS Service Coordination Collaborative*



November 2010

**JRI Health, Realize Resources
25 West Street, Boston, MA 02111**



This guide was compiled by members of the Peer Support Workgroup of the Greater Boston/Metrowest HIV/AIDS Service Coordination Collaborative (SCC) and staff of JRI Health's Realize Resources (formerly known at the Center for Training and Professional Development).

Peer Support Workgroup members

Gerard Alexis, CCHER

Shaun Banyan

Alex Buell, JRI Health

Ed Crane, AIDS Action Committee

greg eugene, Multicultural AIDS

Coalition/Fenway Health

Mike Fontana, Fenway Health

Jeanne Y. Francois, CCHER

Paul Goulet, MA Department of Public Health

David Gray

John Hardel, consumer

Ethan Herschman, consumer

Sophie Lewis, MA Department of Public Health

Zita Massena, CCHER

Emerson Miller, AIDS Action Committee

Sandra Newton, consumer

Lester Payne, consumer

Steve Perreault, consumer

Celixia Rodriguez, Boston Living Center

Florence Saintiche, CCHER

Steve Shaw, consumer

Eric Thai, Boston Public Health Commission

Kim Wilson, consumer

Sheryl Watkins, Whittier Street Health Center

SCC Staff

Beth Hastie, Realize Resources, JRI Health

Sarah Prager, Realize Resources, JRI Health

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Centro Latino de Chelsea (Sindia Jimenez)

Dimock Center (Chevelle Sloan)

Hispanic Office of Planning and Evaluation (HOPE) (Elisabeth Sanchez)

Jane E. Scherban, LCSW, LMHC

Latin American Health Institute (Carmen Pimentel)

Multicultural AIDS Coalition (Cynthia Harris)

Massachusetts General Hospital (Jen Kubic)

MGH Chelsea Health Center (Mary McComish)

Peer Support Services at JRI Health (Alex Buell)

Project RISE at JRI Health (Ismael Rivera)

Strength in Numbers

Span, Inc. (Annie Montgomery)

Whittier Street Health Center (Sheryl Watkins)

This guide can be found online at <http://www.jri.org/realizeresources/projects/massachusetts> and on the Boston Living Center's website. For the foreseeable future, this will be the last Peer Support Guide. The Peer Support Workgroup will continue to publish and distribute a monthly calendar of groups. For calendar updates, contact Alex Buell at (617) 457-8142 x2419 or at abuell@jri.org.

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Accessibility for Deaf Persons

MASSACHUSETTS COMMISSION FOR THE DEAF AND HARD OF HEARING

Interpreter/CART Referral Service
150 Mt Vernon St, Fifth Floor
Boston, MA 02125

www.mass.gov/mcdhh
(617) 740-1600 Voice
(617) 740-1700 TTY

American Sign Language (ASL) Interpreters

ASL interpreter requests should be made at least a month in advance, or more if possible. For on-going meetings or groups, it is a good idea to contract with an interpreter in advance for the entire schedule.

To become an interpreter, an individual must not only display bilingual and bicultural proficiency, but also have the ability to mediate meanings across languages and cultures, both simultaneously and consecutively. This takes years of intensive practice and professional training. In Massachusetts, the Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH) makes referrals only to nationally certified or MCDHH approved interpreters in an effort to provide the highest possible level of interpreter services. For freelance interpreters there is a minimum fee ranging from \$60 to \$128 for the first two hours depending on level of certification and training. *Issues of funding for ASL interpretation should be discussed with an agency's contract manager.*

CART Reporting

Communication Access Realtime Translation (CART) Services are provided by court providers who have additional training and/or experience in realtime reporting and in aspects of providing translation for deaf, late deafened and hard of hearing people. CART Service provides instantaneous translation of what is being said into visual print display so that it can be read (instead of heard). *Please call in your request as early as possible*, because CART providers often fill their schedules 2-3 months in advance. Rates are negotiable with individual CART reporters. Costs run \$75-\$100 per hour per CART reporter plus 1 hour of prep time.

Direct Communication with and by Deaf Persons

Many deaf persons rely on text messaging and e-mail for communication. To communicate with a person who is using a TTY, dial 711 for a phone relay conversation. Internet relay services are also an option; one can be found at <https://www.i711.com>. These services are free.

D.E.A.F. INC.

Project H.O.P.E.
215 Brighton Ave.
Allston MA 02134
(617) 254-4041
www.deafinonline.org

DEAF, Inc. is a nonprofit, consumer-run, multiservice agency providing comprehensive, community-based services to people who are Deaf, DeafBlind, Hard of Hearing and Late-Deafened ("Deaf"). The organization's mission is to empower Deaf people to lead independent lives. As a consumer-led agency, DEAF, Inc. is uniquely able to address the needs of its diverse community and offers health education, access and support services; educational programs; information and referrals; advocacy; skills assessment; accessibility services and training programs designed by and for consumers, in a fully communication-accessible, Deaf-affirmative environment. Approximately 75 percent of DEAF, Inc.'s staff is Deaf, DeafBlind, Hard of Hearing, or Late-Deafened, including its Executive Director.

Peer Support Programs by Agency / Provider

AIDS Action Committee

75 Amory St Street, Boston MA 02119

Main Phone: (617) 437-6200

Fax: (617) 450-6445

TTY: (617) 437-1394

MBTA: State Street (Orange Line), Downtown Crossing (Red Line), Park Street (Green Line)

Parking: Limited off street, ample on street

Wheelchair Accessible: Yes

Website: www.aac.org

Peer Support Contact Person: Emerson Miller, (617) 450-1221

Program Description: Individual support and assistance; drop-in program; peer mentoring. The Peer Support Program provides on-going support groups, Monthly Community Lunch, and monthly Whole Health Forums

Criteria: Clients and HIV+ non-clients

HIV Support Groups Offered:

- Women's Support Group
- Men's Health Support Group
- MALE Center Weekly (**MALE Center 571 Columbus Ave, Boston**)
- Newly Diagnosed/Returning to Care (**MALE Center 571 Columbus Ave, Boston**)
- Positive Aging Group
- Writers' Group
- Community Lunch
- Beyond the Numbers: Whole Health Forum
- Women's Monthly Support Group

Boston Living Center

29 Stanhope Street, Boston, MA 02116

Main Phone: (617) 236-1012

Fax: (617) 236-0334

TTY: (617) 267-7059

MBTA: Orange Line (Back Bay) or Green Line (Copley Square), Bus 39 or 10

Parking: Metered parking is available on the street and there is a garage a block away on Clarendon Street

Wheelchair Accessible: Yes

Website: www.livingcenter.org

Peer Support Contact Person: Celixia Rodriguez, (617) 236-1012 x 222

Program Description: Peer support groups, one on one support, new member orientation, social networking activities, art classes, daily meals, computer classroom, health referrals, other outside referrals, holistic services.

Criteria: Members only for most activities. Participation of friends and family at meals is welcome. To become member, contact the BLC for orientation intake.

Other Information: Bi-lingual staff/peers onsite speak Spanish. Formal Spanish translation available with 48 hours notice. American Sign Language (ASL) translation available with 3- weeks notice.

HIV Support Groups Offered:

- Bridges For Life Program (Daily support group)
- Healthy Relationships (Disclosure group)
- LIFE Program (Learning Immune Function Enhancement Group)
- Chat Before Dinner
- Spirituality Group
- Women's Support Group
- Latino Support Group (in Spanish)

Other Peer Support Activities:

- CyberSpace; computer access
- Express Yourself – Expressive Art Classes and Workshops
- Meals Program
- Yoga, Reiki, Energy Healing, Massage, Haircuts

Boston Medical Center

Center for Infectious Diseases

Dowling Ground

850 Harrison Avenue, Boston, MA 02118

Main Phone: (617) 414-4290

Fax: (617) 414-5209

TTY: (617) 638-8270

MBTA: Mass Ave (Orange Line), #1 bus, CT1 bus, #47 bus from Dudley, #10 bus from Back Bay (Orange Line) and Andrew (Red Line)

Parking: Valet and garage parking; some street parking

*Free transportation provided between BMC hospital and BMC Healthnet Centers

Wheelchair Accessible: Yes

Website: www.bmc.org/hiv-aids

Other Information: No peer support program, but does offer HIV support groups for people receiving their medical care at BMC. For information, please call the contact listed after each group, or call Lynda Shuster, LICSW, Manager of Mental Health & Medical Management Services, at (617) 414-7834, for more information.

HIV Support Groups Offered:

- Shades of Colour – for MSM
- Women to Women – for all women
- Newly Diagnosed/Returning to Care Group
- Positive HOPE – for HIV+ pregnant women
- Substance Abuse Group – for people dealing with drug and alcohol problems
- Makome – for Haitian women
- Transitions –for teens and young adults transitioning from adolescent to adult HIV services

Cambridge Cares About AIDS / AIDS Action Committee

17 Sellers Street, Cambridge, MA 02139

Main Phone: (617) 661-3040

Fax: (617) 661-2853

TTY: (617) 661-2853

MBTA: Central Square (Red Line), #1, CT#1, #47, #91, #70/A, #64 (bus)

Parking: Metered parking available

Wheelchair Accessible: Yes

Website: www.ccaa.org

Peer Support Contact Person: James Murphy, Peer Support Programs Coordinator- Cambridge Site, (617) 599-0239, jmurphy@aac.org

Program Description: The CCA Peer Support Program provides a safe and comfortable place for people living with HIV/AIDS to receive social support on a drop in basis. In our “Drop in Spot” we provide easily accessible, client-centered services including support groups, luncheons, bi weekly breakfast, clothing drives, movie days, field trips, as well as individual support provided by Peer Leaders. Additionally, the Peer Support Program creates linkages to case management services and community resources for clients that may otherwise be lost to follow up. The Drop in Spot is open Monday, Wednesday, Thursday, and Friday from 9-5 and Tuesday 10-5.

Criteria: Participants must be HIV+ and complete a general intake.

HIV Support Groups Offered:

- Gay and Bisexual Men’s Group
- Haitian Group
- Latino Group
- Women’s Support Group
- Men’s Support Group
- Expressions Arts and Crafts Group
- Substance Use Recovery Group
- Transgender Support group (*in development*)

Other Peer Support Activities:

- Individual Peer Support
- Educational Workshops
- Drop-In Spot
- Social Activities

Center for Community Health and Education (CCHER)

420 Washington Street, Dorchester, MA 02124

Main Phone: (617) 265-0628

Fax: (617) 265-4134

MBTA: Go to Ashmont station (Red Line), then take bus 23 to Washington St.

Parking: Street Parking and limited parking in the rear of the building

Wheelchair Accessible: Yes

Website: www.ccher.org

Peer Support contact: Zita Massena, (617) 265-0628 x235, zmassena@ccher.org

Program Description: Monthly activity, support group for families, individual support and assistance, speaker's bureau and peer mentoring.

Criteria: HIV+ clients only; family members welcome for social activities

HIV Support Groups Offered:

- Positive Living
- Spirituality & Wellness Group

Other Peer Support Activities:

- Peer Support Social Activities
- Social Service
- Buddy Peer System/Mentoring

Centro Latino de Chelsea

267 Broadway, Chelsea, MA, 02150

Main Phone: (617) 884-3238

Fax: (617) 884-4646

MBTA: The MBTA Bus Routes #111, 112, 114, 116, 117, all have regular stops in Chelsea. The 111 bus travels to and from Haymarket Station (Green Line). The 114, 116 and 117 buses travel between Wonderland Station (Blue Line) and Maverick Station (Blue Line). The 112 travels between Wood Island (Blue Line) and Wellington Station (Orange Line), on a limited schedule.

Parking: Meter parking is available on both sides of Broadway, and on one side of Congress Avenue.

Wheelchair Accessible: Yes

Website: www.centrolatino.org

Peer Support contact: Sindia Jimenez, (617) 884-3238, ext. 207, sjimenez@centrolatino.org

Program Description: This program provides weekly support groups for families, as well as individual support and assistance.

HIV Support Groups Offered:

- Vidas Unidas

Dimock Center

55 Dimock Street, Roxbury, MA 02119

Main Phone: (617) 442-8800 x 1324

Fax: (617) 442-1702

MBTA: Jackson Square (Orange Line), bus #22, 44 from Jackson Square

Parking: Free parking on site.

Wheelchair Accessible: Yes

Website: www.dimock.org

Peer Support Contact Person: Chevelle Sloan, (617) 442-8800 x1391, csloan@dimock.org

Program Description: Provides weekly support groups, peer mentoring and individual support.

Criteria: Open to all HIV positive people.

HIV Support Groups Offered:

- Co-ed Peer Support Group
- HIV and Substance Abuse - Women Of Hope Support Group
- HIV+ Women who are Head of Household
- Men's Drop In Group

Hispanic Office of Planning & Evaluation (HOPE)

165 Brookside Ave, Jamaica Plain, MA 02130

Main Phone: (617) 524-8888

Main Fax: (617) 524-4939

TTY: (617) 983-1668

MBTA: Green Street (Orange Line)

Parking: On-site parking available

Wheelchair Accessible: Wheelchair ramp to 1st floor, no elevators for upper floors

Website: www.hopemass.org

Peer Support Contact Person: Elizabeth Sanchez, (617) 524-8888 x146, esanchez@HopeMass.org

HIV Support Groups Offered:

- Centro de Apoyo Pedro Zamora

Jane E. Scherban, LCSW, LMHC

466 Commonwealth Ave., Suite 201B, Boston, MA 02215

Main Phone: (617) 859-5806

Contact Person: Jane Scherban, (617) 859-5806, jscherba@suffolk.edu

MBTA: Nearest T stop is Kenmore (Green Line)

Parking: Parking on street (meters are free after 6:00 PM)

Wheelchair Accessible: Yes

HIV Support Groups Offered:

- HIV+ Support Group for Gay and Bisexual Men
- HIV+ Support Group for Gay and Bisexual Men (Long Term Survivors)

Massachusetts General Hospital

55 Fruit Street, Boston, MA, 02114

Phone: (617) 726-2000

Fax: (617) 724-1800

MBTA: Charles/MGH stop (Red Line)

Parking: Free parking for group members in MGH garages

Wheelchair Accessible: Yes

Website: www.mgh.harvard.edu

Peer support Contact Person: Sandy McLaughlin, (617) 724-0050 or Jennifer Kubick, (617) 724-2476

Program Description: People need to call Sandy McLaughlin or Jennifer Kubick for pre-screening before coming to the groups.

HIV Support Groups Offered:

- Women with HIV

MGH Chelsea Health Care Center

151 Everett Ave, Chelsea, MA 02150

Main Phone: (617) 889-8580

Fax: (617) 887-3707

MBTA: Chelsea stop on the Newburyport/Rockport Commuter Rail. Free shuttle from MGH in Boston.

Parking: On-site free parking

Wheelchair Accessible: Yes

Website: www.partners.org

Peer Support Contact Person: Andrea Barboza, (617) 887- 4330, vsegovia@partners.org and Mary McComish ACRN, BSN, mmccomish@partners.org, (617) 887-3741.

Program Description: Provides weekly support for HIV+ patients and their families. Andrea also offers individual support. Mary McComish is nurse medical manager for MDPH-EMMS-HIV/AIDS program.

Criteria: Patients, friends and family welcome.

HIV Support Groups Offered:

- HIV/AIDS Support Group

Other Peer Support Activities:

- EMMS HIV/AIDS Program (Enhanced Medical Management Services)

Multicultural AIDS Coalition (MAC)

31 Heath Street, Jamaica Plain, MA 02130

Main Phone: (617) 442-6622

Fax: (617) 442-1622

MBTA: Jackson Square T stop (Orange Line)

Parking: On Street

Wheelchair Accessible: Yes

Website: www.mac-boston.org

Peer Support Contact Person: Cynthia Harris, (617) 238-2440, charris@mac-boston.org

Description: Peer support groups are population-specific, for example: Casa Iris for Spanish-speaking people, The Brotherhood for Black MSM, and AFIA for Sub Saharan Africans.

HIV Support Groups Offered:

- Casa Iris Support Group
- The Brotherhood
- Pamozi

Peer Support Services at JRI Health

25 West Street, 4th Floor, Boston, MA 02111

Main Phone: (617) 457-8142

Fax: (617) 457-8155

MBTA: Park Street (Green Line, Red line), Boylston Street (Green); Downtown Crossing (Orange Line, Red Line), Chinatown (Orange); Silver Line; Bus: 5, 7, 11, 15, 43, 55-6, 92, 193, 275-7, 448-9, 459, 500-5, 553-8

Parking: Public, Private garages; limited on-street after 7pm

Wheelchair Accessible: Yes

Website: www.jri.org/peer

Peer Support Contact Person: John Ruiz, (617) 457-8142, x2429, jruiz@jri.org

Program Description: The psychosocial component of this program provides psychosocial support to all adults living with HIV/AIDS in Greater Boston to enhance the daily management of HIV and consistently engage in regular medical care. Activities include psychosocial support groups, one-on-one emotional and practical support, advocacy, referrals, information sharing and informal education. Eligibility for PSS services: verification of HIV diagnosis. The positive prevention component focuses on the prevention needs of HIV-positive gay, bisexual and other men who have sex with men to reduce transmission and acquisition of disease. Program activities include the following:

HIV Support Groups:

- Positive 20s Group (for young adults between the ages of 18 and 29)
- Long-term Survivors Groups (2) (for individuals living with HIV for 10+ years)
- Monday Night Men's Group (for men with HIV/AIDS)
- Positive Thirties Group (for men between the ages 30 and 39)
- Magnetic Couples Group (time limited – for couples of mixed HIV status)
- LIFE program (time limited – for gay, bisexual, and other men who have sex with men)

Other Peer Support Activities:

- Positive Prevention (specifically for HIV-positive gay, bisexual, and other men who have sex with men)
- Thrive Monday (held at Club Café the second Monday of each month from 6:00 to 10:00)
- Peer Leader Training (for HIV-positive Peer Leaders or prospective Peer Leaders)

Project RISE at JRI Health

354 Waverley Street 1st Floor, Rear, Framingham, MA 01702

Main Phone: (508) 935-2960

Fax: (508) 935-2963

MBTA: Downtown Framingham located near Framingham Stop on Commuter Rail Red Sign that reads "Chestnut Place" in front of building. Enter office from the rear right corner of building.

Wheelchair Accessible: Yes

Parking: Free

Website: www.hascm.org

Peer Support Contact Person: Claude Joseph, Support Group Coordinator (ext. 17)

Program Description: The Support Group Program is a small group, skills building program designed to help clients with the day-to-day issues of living with HIV. Participants learn skills and coping techniques from each other, with guidance provided by a facilitator with extensive experience working with persons with HIV/AIDS. Sessions for couples and families can be arranged through the Support Group Coordinator.

Criteria: Participants must be HIV+.

HIV Support Groups Offered:

- Men's Group
- Women's Group
- Social Night Out
- Latino Group

SPAN, Inc.

105 Chauncy Street, 6th floor, Boston, MA 02111

Main Phone: (617) 423-0750

Fax: (617) 482-2717

TTY: (617) 423-0750

Wheelchair Accessible: Yes

MBTA: Chinatown (Orange Line), Downtown Crossing (Red Line)

Parking: No (only pay lots and street parking)

Website: www.spaninc.org

Peer Support Contact Person: Annie Montgomery, (617) 423-0750 x108

Program Description: One weekly support group for HIV+ offenders/ex-offenders; congregate meals, individual peer support, informal peer support and activities in drop-in-center setting. Participants must be members of Span program (see below).

Criteria: Offenders and ex-offenders who have completed agency enrollment process (intake and orientation).

HIV Support Groups Offered:

- Thursday Night Reintegration Group

Other Peer Support Activities:

- Congregate Meals Program: Monday, Tuesday, Thursday, Friday lunches
- HIV Peer Support Activities such as chess tournaments, cards, videos
- HIV peer support Events such as World AIDS Day, AIDS Walk, Family Day

Strength in Numbers (SIN) Boston

Peer Support Contact Person: Moderator, SINBoston

Email: SINBoston@yahoogroups.com

Website: <http://health.groups.yahoo.com/group/SINBoston/>

Program Description: The Boston chapter of a not-for-profit global online social network for HIV+ gay men. This group allows POZ guys in the Greater Boston area to better communicate with each other directly, share information and plan group outings

Whittier Street Health Center

1125 Tremont St., Roxbury, MA 02120

Main Phone: (617) 427-1000

Fax: (617) 989-3247

Wheelchair Accessible: Yes

MBTA: Ruggles Bus and T Station (Orange Line)

Parking: Street, garage, and lot available. Whittier will validate parking cost.

Website: www.wshc.org

Peer Support Contact Person: Sheryl Watkins, (617) 989-3134, sheryl.watkins@wshc.org

Program Description: Individual support and assistance, peer support group.

HIV Support Groups Offered:

- Peer Support Group

HIV SUPPORT GROUPS

AIDS ACTION COMMITTEE

Newly Diagnosed or Returning to Care Support Group

When: 1st three Thursdays of every *other* month, 6:00 pm - 7:30 pm beginning in January

Contact Person: Emerson Miller, (617) 450-1221 or (617) 285-7755, emiller@aac.org

Group Description: For all HIV+ men and women. Discussion topics vary based on participants' interests, including disclosure: to tell or not to tell, managing medication side effects, nutrition, finding an HIV doctor, living positively, HIV resources.

Criteria: HIV+ men and women

Incentives: Food

Led by: HIV+ Peers and staff not identifying as HIV+

Beyond the Numbers: Whole Health Forum

When: 4th Tuesday of every month, 6:00pm - 7:30pm

Contact Person: Emerson Miller, (617) 450-1221, emiller@aac.org

Group Description: For HIV+ consumers and their providers. This group brings health care professionals to the table to present on relevant co- morbidities such as viral hepatitis, kidney disease, diabetes, among others

Criteria: HIV+ Consumers, front line providers, and health care professionals

Incentives: Food

Led by: HIV+ Peers and Health Care professionals

Writers' Group

When: Wednesdays, 1:00 pm - 2:30 pm

Contact Person: Emerson Miller, (617) 450-1221, emiller@aac.org

Group Description: Group for writers of all interests and levels Discussion topics include poetry, short stories, and essays decided by group consensus.

Led by: HIV+ Peers

Men's Health Support Group

When: Tuesdays, 4:00 pm - 5:30 pm

Contact Person: Emerson Miller, (617) 450-1221, emiller@aac.org

Group Description: For *all* HIV + men (gay and straight)

Discussion Topics: Living positively, the blues, dangerous liaisons, action *not* reaction, managing anger, and relationships. Weekly topics decided by group members.

Criteria: HIV+ men

Incentives: Food

Led by: HIV+ Peers

Women's Support Group

When: First and third Tuesdays of the month, 11am-1pm

Contact Person: Tonia Hines, (617) 450-1238, thines@aac.org

Group Description: For HIV + women

Discussion Topics: Weekly check in, relationships, finances, health, and disclosure

Criteria: HIV+ women

Incentives: Food

Led by: HIV+ Peers

Positive Aging Group

When: Every Friday, 12:00 - 1:30 pm

Contact Person: Emerson Miller, (617) 450-1221, emiller@aac.org

Group Description: For all HIV men and women living with HIV dealing with the aging process

Incentives: Food

Led by: HIV+ Peers

MALE Center Weekly Group

When: Every Thursday 1:00pm - 2:30pm

Contact Person: Emerson Miller, (617) 450-1221, emiller@aac.org

Group Description: For men infected, affected, and at risk for HIV who are interested in health recovery of many kinds

Incentives: Food

Led by: HIV+ Peers

Community Lunch

When: The 3rd Monday of each month, noon – 1:30 pm, unless holiday - then it is held on the 4th Monday

Contact Person: Emerson Miller, (617) 450-1221, emiller@aac.org

Program Description: Each lunch has a different topic decided by the group. The Community Lunches are open to clients, and HIV-positive+ non-clients

Criteria: Clients and HIV-positive+ non-clients

Incentives: Food and raffles

Led by: HIV+ Peers

Women's Monthly Support Group

When: Fourth Monday of every month 11:30-2:00

Contact Person: Tonia Hines, (617) 450-1238, thines@aac.org

Group Description: For women infected, affected, and at risk for HIV. Future topics decided by group members and program staff

Criteria: Women infected, affected, and at risk for HIV

Incentives: Food and monthly raffles

Led by: HIV + Peers

BOSTON LIVING CENTER

Healthy Relationships

When: Varies (runs in 5-session cycles), check with Contact Person

Contact Person: Sarah Colaric, (617) 236-1012 x 255 or Brenda Bellizeare (617) 236-1012 x241.

Group Description: Structured, evidence-based program proven to have positive results! This is a time-limited (5-session) series of groups. Healthy Relationships is a workshop that focuses on decreasing the stress about disclosure and safer sex practices in three areas: with family, friends, and sex partners.

Criteria: All HIV+ members of the target population are welcome.

Incentives: Food

Led by: HIV+ Peers

Chat Before Dinner

When: Mondays, 5:00 pm - 6:00 pm

Contact Person: Sarah Colaric, (617) 236-1012 x 255

Group Description: Discussion topics include relapse prevention, harm reduction, maintaining recovery, working on goals, gratitude

Criteria: All HIV+ members are welcome.

Incentives: Food

Led by: HIV+ Peers

Spirituality Group

When: Mondays, 7:00 pm - 8:30 pm

Contact Person: Betsy Simmons, (617) 236-1012 x 242

Group Description: Discussion topics include spirituality, meditation, education on different faith traditions/practices, having/finding a higher power, dealing with conflict or difficulty from past negative experiences with religious traditions

Criteria: All HIV+ members

Incentives: Food

Women's Support Group

When: Second and fourth Tuesday, 1:00 pm - 2:00 pm (at AAC 1st and 3rd Tuesday 11:00 am - noon). Chix Flix (movie night with women-focused films), 4th Thursday 6:00 pm - 8:00 pm.

Contact Person: Brenda Bellizeare, (617) 236-1012 x 241

Group Description: Discussion topics include recovery substance use, girl talk, relationships, health, HIV updates, children, work, and community resources. Discussions vary depending on the desires of the participants.

Criteria: All HIV+ female members are welcome.

Incentives: Food

Led by: HIV+ Peers

Bridges for Life Program

When: Monday-Friday 9:30am -10:30am (breakfast); Monday-Friday 10:30 am – 12:00 pm (groups)

Contact Person: Betsy Kunkel, (617) 236-1012 x 250

Group Description: Group topics and facilitators vary; they include relationships, emotions, medical issues, substance use, recovery, harm reduction, stress management, and more.

Criteria: All HIV+ members

Incentives: Food

Led by: HIV+ Peers and staff not identifying as HIV+

LIFE Program

When: Varies depending on the group cycle

Contact Person: Betsy Simmons, (617) 236-1012 x 242

Group Description: The LIFE program is a time-limited (16-session) series focusing on improving immune function through mind-body-spirit connections. The program meets weekly and includes large and small groups as well as individual health counseling.

Criteria: All HIV+ members who commit to the 16-session schedule are eligible.

Led by: HIV+ Peers and staff not identifying as HIV+

Latino Support Group

When: Wednesday 1:00 - 2:30 pm

Contact Person: Celixia Rodriguez. (617) 236-1012 x222

Criteria: HIV+ BLC members fluent in Spanish.

Language: Spanish

Led by: HIV+ Peers and staff not identifying as HIV+

BOSTON MEDICAL CENTER**Women to Women**

When: Wednesdays, 10:00 am – 11:30 am

Criteria: For HIV+ women, BMC patients only

Contact: Emile Baker, (617) 414-4641

Group Description: A bi-weekly support group for women. If you are interested, or to make a referral, please call Emile Baker, LICSW, at (617) 414-4641. Discussion topics include a variety of issues relevant to women living with HIV, women's health issues, women's life issues.

Incentives: Food served

Led by: Staff

Newly Diagnosed/Returning to Care Group

When: Wednesdays, 5:00 pm – 6:30 pm (6 sessions)

Criteria: For men and women diagnosed HIV+ within the past year or those who have been away from treatment and want to reconnect

Contact: Lynda Shuster, (617) 414-7834

Group Description: A six-session informational support group for men and women diagnosed within the past year or those who have been away from treatment and want to reconnect. Series repeats throughout the year. If you are interested, or to make a referral, please call Lynda Shuster, LICSW, at (617) 414-4641. Learning about, and how to live with, HIV. Guest speakers from the ID clinic (e.g., nutritionist, RN, pharmacist, etc.) to provide information, answer questions and group sharing/support

Incentives: Food served

Led by: Staff

Positive HOPE

When: Thursdays, 10:00 am – 11:30 am (monthly)

Criteria: For HIV+ pregnant women, BMC prenatal patients only (can be getting HIV primary care elsewhere)

Contact: Lynda Shuster, (617) 414-7834

Group Description: a monthly support group for HIV+ pregnant women. If you are interested, or to make a referral, please call Lynda Shuster, LICSW at (617) 414-7834

Incentives: Food served

Led by: Staff

Substance Abuse Group

When: Mondays, 9:00 am – 10:30 am

Criteria: For people living with HIV/AIDS and struggling with substance use issues, BMC patients only

Contact: Jeanne Internicola, (617) 414-2854

Group Description: support group for people questioning or trying to manage their substance use. If you are interested, or to make a referral, please call Jeanne Internicola, LADC-I, at (617) 414-2854.

Incentives: Food served

Led by: Staff

Shades of Colour

When: Wednesdays, 5:00 pm – 6:30 pm

Criteria: HIV+ MSM of Color. BMC patients only

Contact: Lamar Polk, (617) 414-7830

Group Description: a safe and confidential space for HIV+ MSM of Color to explore and discuss topics of interest to the group members, such as: communities of Color; Drugs and Alcohol; Family; Living on the DL; Masculinity; Racism and Discrimination; Sex.

Incentives: Food served

Led by: Staff

Makome

When: Weekly, varies

Criteria: Haitian women.

Contact: Dee Pamphile, (617) 414-7057

Group Description: Health education group promoting gender and ethnic pride, HIV/AIDS education, assertiveness skills, behavioral self-management, coping skills

Incentives: Food served

Led by: Staff

Transitions

When: Monthly

Criteria: HIV+ young adults 17-24 years old

Contact: Lynda Shuster, (617) 414-7834

Group Description: Activity and learning based group program focused on empowering teens living with HIV to master everything they need to feel successful and in control when making the transition from adolescent to adult services.

Incentives: Food served

Led by: Staff

CAMBRIDGE CARES ABOUT AIDS

Women's Support Group

When: 2nd and 4th Tuesdays, 11:30 am -1:00 pm

Contact Person: Lyva Ambers, (617) 599-0232

Criteria: Women living with HIV/AIDS enrolled in CCA services.

Group Description: Women supporting themselves and each other with regard to substance use, self-disclosure, relationships, family and other related topics related to living with HIV/AIDS.

Incentives: Food and gift certificates for attending 3 out of 4 groups.

Led by: HIV+ Peers and staff not identifying as HIV+

Men's Support Group

When: 2nd and 4th Thursdays, 3:00 pm – 4:00 pm

Contact Person: Matt Belcher, (617) 599-0251

Criteria: Men living with HIV/AIDS enrolled in CCA services.

Group Description: Men supporting themselves and each other with regard to substance use, self-disclosure, relationships and other topics related to living with HIV/AIDS.

Incentives: Food and gift certificates for attending 3 out of 4 groups.

Led by: HIV+ Peers and staff not identifying as HIV+

Gay and Bisexual Men's Group

When: 1st and 3rd Tuesdays, 3:00 pm – 4:00 pm

Contact Person: Nick Paulo, (617) 599-0232

Criteria: Gay and Bisexual men living with HIV/AIDS enrolled in CCA services.

Group Description: An educational discussion group including topics such as housing, mental health, substance use, and relationships.

Incentives: Refreshments and gift certificates for attending 3 out of 4 groups.

Led by: HIV+ Peer Leaders

Haitian Group

When: Meets 2nd Friday and 4th Friday at 11:00 am - 1:00 pm in two separate groups

Contact Person: Ermin Celestin (617) 599-0212

Criteria: Haitian men and women living with HIV/AIDS enrolled in CCA services.

Group Description: Health, wellness, immigration, housing, and employment and topics related to HIV.

Incentives: Food and gift certificates for attending 3 out of 4 groups.

Led by: HIV+ Peers and staff not identifying as HIV+

Language: Haitian Creole

Expressions Arts and Crafts Group

When: 2nd and 4th Thursday, noon - 1:30 pm

Contact Person: Lyva Ambers, (617) 599-0232

Criteria: Men and women living with HIV/AIDS enrolled in CCA services.

Group Description: Opportunity to socialize while working on fun art projects. No previous experience in art required.

Incentives: Lunch; gift certificates for attending 3 out of 4 groups.

Led by: HIV+ Peer Leaders

Latino Group

When: 1st and 3rd Fridays, 11:00am-12:30pm

Contact Person: Charel Bjorklund, (617) 599-0232

Criteria: Latino men and women living with HIV/AIDS enrolled in CCA services

Group Description: Health, wellness, and substance use issues, as well as all HIV-related topics facing Latino people.

Incentives: Food and gift certificates for attending 3 out of 4 groups.

Led by: HIV+ Peer Leaders

Language: Spanish

Transgender Group (*Group in development*)

When:

Contact Person: Charel Bjorklund, (617) 599-0232

Criteria: Transgender women living with HIV/AIDS and enrolled in support services at CCA.

Group Description: Health, wellness, transitioning, as all HIV-related topics facing Transgender people.

Incentives: Food and gift certificates for attending 3 out of 4 groups.

Led by: HIV+ Peer Leader

Language: English and Spanish

Recovery Group

When: 3rd Thursday; 1:00-2:00pm

Contact Person: Lyva Ambers, (617) 599-0232

Criteria: All Client Services consumers

Group Description: Discussion and support based group on substance use issues, recovery and sobriety.

Incentives: Food

Led by: HIV+ Peer Leader

Language: English

CENTRO LATINO DE CHELSEA

Vidas Unidas

When: Every other Thursday 12:00 pm – 2:00 pm and every other Saturday 12:00 pm – 2:00 pm. Every other Monday 9:00 am – 5:00 pm for individual sessions.

Contact Person: Sindia Jimenez, (617) 884-3238, ext. 207

Description: For all Latino men and women newly diagnosed with HIV.

Criteria: HIV+ Latino/as individuals.

Incentives: Food Served.

Led by: HIV+ Peers

Language: Spanish

CCHER

Positive Living

When: Every Thursday, 11:00 am - 12:30 pm

Contact Person: Bertonia Antoine, (617) 265-0628 x240

Description: For HIV+ men and women. Discussion topics include mental health issues, depression, anxiety, adjustment disorder, etc.

Criteria: HIV+

Incentives: Food and transportation, gift cards

Led by: Staff

Spirituality and Wellness Group

When: Every Monday, 12:00 pm -1:30 pm

Contact Person: Jean Yamatumbe, (617) 265-0628, ext. 240

Description: For HIV+ men and women, 20-80 years old, including newly diagnosed. Discussion topics includes: spirituality, medication adherence, coping skills etc.

Criteria: HIV+

Incentives: Food and transportation

Led by: Staff

DIMOCK CENTER

Co-ed Peer Support Group

When: 2nd and 4th Tuesdays, 2:00 pm - 3:00 pm

Contact Person: Kovina Adeniji, (617) 442-8800 x1141, kadeniji@dimock.org

Group Description: Open group for HIV+ men and women.

Topics: General health, substance abuse issues, and HIV-related topics

Incentives: Food

Led by: HIV+ Peers and staff not identifying as HIV+

HIV and Substance Abuse - Women Of Hope Support Group

When: Thursdays, 1:30 pm – 3:00 pm

Contact Person: Chevelle Sloan, (617) 442-8800 x1391

Group Description: HIV+ Women who struggle with substance abuse and everyday life issues

Discussion Topics: Self-Esteem, Disclosure, Adherence, Health and Self Care

Criteria: HIV+ women

Incentives: Food provided

Led by: HIV+ Peers

HIV+ Women who are Head of Household

When: 2nd and 4th Saturday of the Month, 10:00 am - noon

Contact Person: Chevelle Sloan, (617) 442-8800 x1391

Group Description: "Putting your self first," HIV + Women who are head of household, learning how to love yourself and feel good about it.

Discussion Topics: Open Discussion

Criteria: HIV+ Women

Incentives: Food provided

Led by: HIV+ Peers

Men's Drop In Group

When: Every Wednesday, 4:00 pm - 5:00 pm

Contact Person: Steve Corbett, (617) 442-8800 x1476, scorbet1@dimock.org

Group Description: HIV+ men; open group.

Topics: Health, wellness, and substance abuse issues, as well as all HIV-related topics facing men.

Incentives: Food

Led by: HIV+ Peers

HISPANIC OFFICE OF PLANNING & EVALUATION (HOPE)**Centro de Apoyo Pedro Zamora**

When: Wednesdays, 6:00 pm – 8:00 pm

Contact: Elizabeth Sanchez, (617) 524-8888 x146

Description: For HIV+ Latino/as, Heterosexual, Gay, Transgender. HIV+ youth welcome. Open group. Must become clients if need referral or transportation services.

Criteria: Complete intake at HOPE and have to be HIV+. Family welcome.

Incentives: Food served

Led by: HIV+ Peers

Language: Spanish

JANE E. SCHERBAN**HIV+ Support Group for Gay and Bisexual Men**

When: Twice a month on Wednesdays, 6:00 pm - 7:30 pm

Contact: Jane Scherban, (617) 859-5806

Group Description: On-going support group looking for members in Kenmore Square. Fee is \$15. Initial meeting required prior to joining support group.

Led by: Staff

HIV+ Support Group for Gay and Bisexual Men (Long Term Survivors)

When: Twice a month on Wednesdays and Thursdays, 7:30 pm - 9:00 pm

Contact: Jane Scherban, (617) 859-5806

Group Description: On-going support group looking for members in Kenmore Square. Fee is \$15. Initial meeting required prior to joining support group.

Led by: Staff

MASSACHUSETTS GENERAL HOSPITAL**Women with HIV**

When: 1st and 3rd Fridays, 11:00 am - 12:30 pm

Contact: Sandy McLaughlin, (617) 724-0050 and Jen Kubic, (617) 724-2476

Group Description: Ongoing support for women with HIV

Criteria: Based on open current membership

Led by: Staff

Other Information: Please call Sandy McLaughlin or Jennifer Kubick for pre-screening before coming to the groups.

MGH CHELSEA HEALTH CARE CENTER**HIV/AIDS Support Group**

When: Third Monday of every month at 6pm. (Spanish language); The third Monday of every month at 4:30 pm (English language)

Contact: Andrea Barboza, (617) 887-4330

Description: The participants are a mixed gender, race, ethnicity, age, and sexuality. The meetings are open. Andrea is Spanish speaking. Discussion topics vary depending on needs and interests of the groups.

Criteria: HIV+

Incentives: Food served

Led by: HIV+ Peers and staff not identifying as HIV+

Language: English and Spanish

MULTICULTURAL AIDS COALITION (MAC)**Casa Iris Support Group**

When: Mondays, 5:00 pm – 8:00 pm

Contact: Judith Ortiz (617) 238-2493

Description: Group for men and women, infected, aged 20+

Topics: Comprehensive HIV treatment and substance abuse

Incentives: Food

Led by: Peer support staff

Language: Spanish

The Brotherhood

When: Tuesdays bi- weekly 6-8 pm

Contact: William Graves (617) 238-2404

Description: A Group for Black men gay, bisexual or non-identifying who have sex with other men. Group participants can be affected or infected aged 18+

Topics: Health Education and health promotion topics

Criteria: Men of color 18+, all men are welcome

Incentives: Light refreshments

Led by: Staff

Language: English

PAMOZI Support Group

When: Every 3rd Thursday of every month, 6:00 pm – 8:00 pm

Contact: Josephine Mogire, (617) 238-2462, jmogire@mac-boston.org

Description: Group for African men and women, living with HIV

Topics: Comprehensive HIV treatment, Positive Prevention and Support services

Incentives: Food

Led by: Staff

Language: English

PEER SUPPORT SERVICES OF JRI HEALTH**Long Term Survivors Groups (2)**

When: Tuesday Evenings, 6:30 pm - 8:30 p.m.

Contact: John Ruiz (617) 457-8142, ext. 2429

Group Description: An ongoing group meeting twice a month, for men living with HIV for 10 years or more. Topics include medication adherence, aging with HIV, survivorship, disclosure, relationships, mental health and a host of other topics.

Led by: 2 HIV+ Peer Leaders

Positive 20's Group

When: Thursdays Weekly, 7:30 pm – 9:00 pm

Contact: John Ruiz, (617) 457-8142 x2429

Group Description: Ongoing weekly group for individuals living with HIV between the ages of 18 and 29. Discussion topics include disclosure, dating, medication adherence, sexual health, stigma, empowerment and a host of other topics.

Led by: 2 HIV+ Peer Leaders

Monday Night Men's Group

When: 1st, 3rd, 4th, 5th Mondays, 7:30 pm – 9:00 pm

Contact: John Ruiz, (617) 457-8142 x2429

Group Description: Ongoing group for HIV+ men. Discussion topics include dealing with recovery, stigma, dating, employment, disclosure, medication adherence, risk reduction, mental health and a host of other topics.

Led by: 2 HIV+ Peer Facilitators

Women's Group

When: Biweekly on Tuesdays, 5:30pm-7:30pm

Contact: John Ruiz, (617) 457-8142, x2429

Description: Ongoing Tuesday evening group that meets every other week for women living with HIV/AIDS. Some discussion topics include disclosure, stigma, relationships, assertiveness/self esteem, self care, and coping skills.

Led by: 2 HIV+ Peer Leaders

Positive 30's Group

When: Biweekly, 7:30pm-9:00pm

Contact: John Ruiz, (617) 457-8142 x2429

Group Description: Ongoing biweekly group for men living with HIV between the ages of 30 and 39. Discussion topics include disclosure, relationships, medication adherence, sexual health, stigma, empowerment and a host of other topics.

Led by: 2 HIV+ Peer Leaders

Magnetic Couples Group

When: Time limited; meets biweekly

Contact: John Ruiz, (617) 457-8142, x2429

Description: Time limited series of meetings with magnetic couples (one partner HIV+ and one HIV-). Both partners encouraged to attend together, but either partner can also attend alone. Topics include challenges and stresses of being a mixed-status couple, sexual health, disclosure to friends/family, stigma, partner communication, and a host of other topics.

Led by: 2 HIV+ Peer Leaders

LIFE Program (Collaboration with BLC)

When: Time limited; meets weekly

Contact: John Ruiz, (617) 457-8142, x2429

Description: Time limited weekly series of meetings for gay, bisexual, and men who have sex with men living with HIV/AIDS. In collaboration with the BLC, this LIFE program would be offered in the early evening/late afternoon weekly and includes large and small groups as well as individual health counseling and support. The LIFE program would still focus on improving immune function through mind-body-spirit connections.

Led by: HIV+ Peer Leaders and BLC clinical staff

Thrive Mondays

When: 2nd Monday of each month, 6:00 pm – 10:00 pm

Contact: Nate Longtin, (617) 457-8142 x2445

Program Description: A social networking event for all persons living with HIV/AIDS and their friends. The event includes dinner, an educational forum and fun activities.

Led by: PSS staff and volunteers

PROJECT RISE AT JRI HEALTH

Men's Group

When: Thursdays 10:30 am – noon

Contact Person: Claude Joseph, (508) 935-2960 ext. 17

Group Description: Discussion topics are open to clients' discretion: Overall Health, Healthy Relationship, Substance Use and Abuse, Disclosure/Stigma, Mental Health. Educational sessions are also included. Participants do have to do an intake with the Support Group Project Coordinator. Transportation is available to clients that have completed intake.

Incentives: Lunch is provided.

Led by: HIV+ Peers

Women's Group

When: Thursdays 12:30 pm – 2:00 pm

Contact Person: Claude Joseph, (508) 935-2960 ext. 17

Group Description: Discussion topics are open to clients' discretion: Overall Health, Healthy Relationship, Substance Use and Abuse, Disclosure/Stigma, Mental Health. Educational sessions are also included. Participants do have to do an intake with the Support Group Project Coordinator. Transportation is available to clients that have completed intake.

Incentives: Lunch is provided.

Led by: HIV+ Peers

Social Night and Latino Group

When: First Monday (Social Night) and last Wednesday of the month (Latino Group) 5:00- 7:00 PM

Contact Person: Claude Joseph, (508) 935-2960 ext. 17

Group Description: Both groups are held in addition to the weekly peer support meetings and help meet the needs of the Spanish speaking clients or those who do not feel comfortable attending our regular support group meetings. On *Social Night Out* clients have a chance to socialize, play games, watch movies, or discuss non-related HIV topics. Transportation is available to clients who have completed an intake.

Incentives: Food is provided.

SPAN, INC.

Thursday Night Reintegration Group

When: Thursdays, 4:00-5:30, weekly

Contact Person: Annie Montgomery (617) 423-0750 ext. 108

Description: HIV+ men and women who have enrolled in Span program (must be offender or ex-offender), any adult age, on-going group; Discussion topics include living with HIV post-release, recovery, medication adherence, taking charge of one's medical care, positive prevention, goal setting

Criteria: Span clients (offenders or ex-offenders), w/ completed enrollment (intake & orientation)

Incentives: Meal once a month

Led by: HIV+ Peer Advocate and staff not identifying as HIV+

WHITTIER STREET HEALTH CENTER

Peer Support Group

When: First Monday of the every month, 12:00-1:30 PM

Contact Person: Sheryl Watkins, Peer Support Counselor, (617) 989-3134

Group Description: open to any one living with HIV/AIDS.

Discussion Topics: Disclosure, relationships, self esteem, HIV stigma, financial planning, legal issues, medication and treatment adherence and more.

Criteria: HIV+, letter of diagnosis

Led by: Staff

OTHER HIV PEER SUPPORT ACTIVITIES

BOSTON LIVING CENTER

Cyberspace Computer Access

When: Monday 2:00 pm – 7:45 pm; Tuesday 12:00pm – 4:45pm; Wednesday and Thursday 12:00pm – 7:45pm noon; Friday 10:30am – 2:30 pm

Contact Person: Celixia Rodriguez, (617) 236-1012 x222

Criteria: Open to HIV+ members

Express Yourself – Expressive Art Classes

When: *Express Yourself:* Fridays, 1:30 pm - 3:00pm; *Beaded Jewelry:* Tuesdays, 1:30 pm - 3:00 pm, other classes at various times (call for more information)

Contact Person: Celixia Rodriguez, (617) 236-1012 x222

Group Description: Drawing, painting, crafts, photography, beaded jewelry, knitting, sewing.

Criteria: All HIV+ members are welcome.

Meals Program

When: Monday, Wednesday and Thursday Dinners, 6:00 pm – 7:00 pm; Tuesday - Friday Lunch, noon - 1:30 pm.

Specialty dinners monthly for:

- Encounters Dinner for Gay/Bi Men (1st Wed),
- Diversity Dinner (2nd Wed),
- Latino Dinner (3rd Wed),
- Women's Dinner (4th Wed)

Criteria: HIV+ members are welcome at all meals. Friends and family welcome as guests for meals four times per month.

Tong Ren- Group Energy Healing**When:** Thursday 1:00pm-2:00pm**Contact Person:** Sarah Colaric, (617) 236-1012 x255**Criteria:** Open to all HIV+ members**Yoga for Wellness****When:** Tuesday 3:30pm-4:30pm, Wednesday 2:30pm-4:00pm**Contact Person:** Betsy Simmons, (617) 236-1012 x242**Criteria:** Open to all HIV+ members**Reiki, Massage, Haircuts****When:** Times vary. Call for appointments, (617) 236-1012 x0**Criteria:** Open to HIV+ members**CAMBRIDGE CARES ABOUT AIDS****Individual Support****When:** As needed**Contact Person:** James Murphy, Peer Support Programs Coordinator, (617) 599-0239, jmurphy@aac.org**Description:** One-on-one supportive sessions with a Peer Leader including off-site hospital visits and accompanying clients to appointments with new providers. Other services provided as appropriate.**Language:** English and Spanish**Drop-In Spot****When:** Monday-Friday, 9:00 am – 5:00 pm**Contact Person:** James Murphy, Peer Support Programs Coordinator, (617) 599-0239, jmurphy@aac.org**Description:** A social drop in center staffed by Peer Leaders offering social activities, clothing and hygiene resources, daily snacks, congregate meals, telephone access, internet access, movies/television, and other special events.**Educational Workshops****When:** Contact program for schedule**Contact Person:** James Murphy, Peer Support Programs Coordinator, (617) 599-0239, jmurphy@aac.org**Description:** Peer-led educational sessions focusing on a variety of health related topics and other topics related to living with HIV/AIDS**Social Activities****When:** Contact program for schedule**Contact Person:** James Murphy, Peer Support Programs Coordinator, (617) 599-0239, jmurphy@aac.org**Description:** Peer-led social activities providing clients with an opportunity to form relationships, network, and offer support to each other around living with HIV/AIDS.

CCHER

Peer Support Social Activities

Contact: Alexis Gerard, (617) 265-0628

Description: Mother's Day, Christmas, Thanksgiving Dinner, World AIDS Day, Annual Retreat; everyone welcome, including family

Incentives: Food and transportation

Social Service

When: Once a month

Contact: Florence Saintiche, (617) 265-0628 x238

Description: For HIV+ clients, men and women, age 20-80; home and hospital visitation and interpretation if needed

Peer Buddy System/Mentoring

Contact Person: Florence Saintiche, (617) 265-0628 ext. 228

Description: Provide support, education on harm reduction, assistance with translation and accompaniment to medical and social appointments. Home and Hospital visits.

MGH CHELSEA HEALTH CARE CENTER

EMMS HIV/AIDS Program (Enhanced Medical Management Services)

When: 5 days a week, 8 hours/day

Contact: Mary McComish ACRN, BSN, (617) 887-3741

Description: This program is funded by the Mass DPH to offer positive prevention interventions, regardless of gender, race, ethnicity, age or sexuality. Program provides for more in-depth positive prevention teaching. Discussion topics include living with HIV, medication teaching, disclosures, coping, social case management needs.

Criteria: HIV+

Incentives: Primary care at Health Center, food vouchers

Language: English/Spanish

Other Information: Most interventions are done on a one-to-one basis.

PEER SUPPORT SERVICES OF JRI HEALTH

Thrive Mondays

When: Monthly, 2nd Monday of each month, 6:00 pm – 10:00 pm

Where: Club Café Moonshine Room in back, 209 Columbus Ave Boston, MA

Contact: Nate Longtin, (617) 457-8142 x2445

Program Description: A social networking event for all persons living with HIV/AIDS and their friends. The event includes dinner, an educational forum and fun activities. The buffet dinner starts at 6:00pm, with the educational forum around 6:30pm to 7:30pm, and the social mixer beginning at 8:00pm.

Incentives: Food

Individual Peer Support, Wellness/Adherence Program

When: By appointment

Contact: John Ruiz, (617) 457-8142 x2429

Description: Peer Advocates provide emotional support, as well as assistance with benefits, medical appointments and information resources. The Wellness and Medical Care Program offers a menu of topics peers can explore for emotional support and for further information with a Peer Advocate. Topics include medication adherence, nutrition and exercise, side effects, doctor-patient communication, mental health and wellness, HIV lifecycle, interpreting labs.

Positive Prevention: Educational Workshops

When: Contact Program for schedule

Contact: John Ruiz, (617) 457-8142 x2429

Description: Targeted at HIV positive gay, bisexual, or men who have sex with men, these evening workshops will feature information and skills building around different possible topics such as disclosure, stigma, homophobia, sexual expression, or substance use.

Positive Prevention: Individual Support in Risk Reduction, Sexual Health Education

When: By appointment

Contact: John Ruiz, (617) 457-8142 x2429

Description: Targeted at HIV positive gay, bisexual, or men who have sex with men, Peer Advocates provide Formal, one-on-one risk assessment and risk-reduction planning, disclosure and safer sex negotiation education, formal harm reduction education, skills and related supports such as distribution of safer-sex supplies and/or referrals to: primary care, mental health services; STD and viral hepatitis screening; hepatitis A&B vaccination; partner services/partner notification; support services, benefits, other social networking events, etc.

SPAN INC.**Congregate Meals Program: Monday, Tuesday, Thursday, and Friday Lunches**

When: 11:30 am – 12:30 pm, 4 meals a week

Contact Person: Lawrence Robinson, (617) 423-0750 ext. 121

Description: For HIV+ men and women, offenders and ex-offenders; nutrition information and education provided as well as informal peer support

Criteria: Enrolled in Span program

Incentives: Food and support

Other HIV Peer Support Activities

When: Various times

Contact Person: Lawrence Robinson, (617) 423-0750 ext. 121

Description: For HIV+ men and women ex-offenders, social activities such as card games, chess tournaments, field trips and events such as World AIDS Day, annual AIDS Walk, and Family Day

Criteria: Enrolled in Span program, member must be participating in a group

Incentives: Food at times

STRENGTH IN NUMBERS (SIN) BOSTON

Online Support

Contact Person: Moderator SINBoston

Phone: N/A

Email: SINBoston@yahoogroups.com

Website: <http://health.groups.yahoo.com/group/SINBoston/>

Program Description: The Boston chapter of a not-for-profit global online social network for HIV+ gay men. This group allows POZ guys in the Greater Boston area to better communicate with each other directly, share information and plan group outings.

Criteria for Participation: HIV+ gay men in the Greater Boston area.

Other Information: Individual events may be hosted by members, which will have physical locations and may have additional Criteria for Participation

Incentives for Participation: Interaction with other local HIV+ gay men. Access to events set up by members.

Language: program facilitated in English primarily. Though any language could be used by members.

Spanish Language Peer Support Groups and Activities Grupos de Apoyo y Actividades en Español

BOSTON LIVING CENTER

Latino Support Group (in Spanish, led by LHI)

When: Wednesday 1:00 pm - 2:30 pm

Contact Person: Celixia Rodriguez (617) 236-1012 x222

Criteria: HIV+ BLC members fluent in Spanish.

Led by: Staff

Grupo de Apoyo en Español

Cuando: Los miércoles, 1:00 PM - 2:30 PM

Persona a contactar: Celixia Rodríguez (617) 236-1012 x222

Requisito para participar: Tienen que ser participantes VIH + del BLC que hablen Español.

Facilitado por: Lideres pares VIH + y empleados que no se identifican como VIH +

CAMBRIDGE CARES ABOUT AIDS

Latino Group

When: 2nd and 4th Fridays noon – 2:00 pm

Contact Person: Damaris Cintron (617) 661-3040

Criteria: Latino men and women living with HIV/AIDS enrolled in CCA services

Group Description: Health, wellness, and substance use issues, as well as all HIV-related topics facing Latino people.

Incentives: Food and gift certificates for attending 3 out of 4 groups.

Language: Spanish

Led by: HIV+ Peer Leaders

Grupo para participantes Latinos

Cuando: 2nd and 4th Viernes, 12:00 pm – 2:00 pm

Persona de contacto: Damaris Cintron (617) 661-3040

Requisito para participar: Hombres y mujeres que viven con el VIH/SIDA envueltos con CCA

Descripción: La Salud, el bienestar, relatos sobre el uso y abuso de drogas, otros asuntos relatados a el VIH y el impacto de este a la comunidad Latina.

Incentivas: Habrán alimento y certificados de oferta para cada persona que participe en 3 o 4 grupos.

Lideres: VIH+

Idioma: Español

CENTRO LATINO DE CHELSEA

Vidas Unidas

When: Every other Thursday 12:00 pm – 2:00 pm and every other Saturday 12:00 pm – 2:00 pm.
Every other Monday 9:00 am – 5:00 pm for individual sessions.

Contact Person: Sindia Jimenez, (617) 884-3238, ext. 207

Description: For all Latino men and women newly diagnosed with HIV.

Criteria: HIV+ Latino/as individuals.

Incentives: Food Served.

Language: Spanish

Led by: HIV+ Peers

Vidas Unidas

Cuando: Cada otro jueves 12-2pm y cada otro sábado 12-2pm. Cada otro lunes 9-5pm para sesiones individuales.

Persona a contactar: Sindia Jimenez, (617) 884-3238, ext. 207

Descripción de grupo: Para hombres y mujeres latinas con un diagnóstico de VIH+.

Criteria para participar: VIH positivo

Incentivos: Se ofrece almuerzo

Líderes: Personas VIH+

HISPANIC OFFICE OF PLANNING & EVALUATION (HOPE)

Centro de Apoyo Pedro Zamora

When: Wednesdays, 6:00 pm – 8:00 pm

Contact: Elizabeth Sanchez, (617) 524-8888 x146

Description: For HIV+ Latino/as, Heterosexual, Gay, Transgender. HIV+ youth welcome. Open group. Must become clients if need referral or transportation services

Criteria: Do intake at HOPE. Be sober. Family welcome.

Incentives: Food served, MBTA transportation provided for clients only.

Led by: HIV+ Peers

Centro de Apoyo Pedro Zamora

Cuando: los miércoles, 6:00 pm – 8:00 pm

Persona a contactar: Elizabeth Sanchez, (617) 524-8888 xt146

Descripción de grupo: Para Latinos/as VIH+, heterosexuales, homosexuales/gay, transgéneros. Jóvenes VIH+ bienvenidos. Grupo abierto. Para obtener referidos o servicios de transporte, se requiere hacerse cliente.

Criteria para participar: Entrevista inicial en HOPE. Ser sobrio. Familias bienvenidas.

Incentivos: Hay comida, solo se provee transporte por MBTA a clientes.

Líderes: Personas VIH+

MGH CHELSEA HEALTH CARE CENTER

HIV/AIDS Support Group

When: Third Monday of every month at 6 pm Spanish and 4:30 pm English

Contact: Andrea Barboza, (617) 887-4330

Description: The participants are a mixed gender, race, ethnicity, age, and sexuality. The meetings are open. Topics of discussion vary depending on needs and interests of the groups.

Criteria: HIV+

Incentives: Food served

Grupo de Apoyo VIH/SIDA

Cuando: El tercer lunes de cada mes. (Ingles 4:30pm – Espanol 6:00pm)

Persona a contactar: Andrea Barboza, (617) 887-4330

Descripción de grupo: Los participantes son de diferentes géneros, razas, etnias, edades y sexualidades. Las reuniones son abiertas. Los temas de discusión varían dependiendo de las necesidades e intereses de los grupos.

Criterios para participar: VIH+

Incentivos: Hay comida.

Líderes: Pacientes VIH+ y miembros de MGH Chelsea no identificados como VIH+

EMMS HIV/AIDS Program (Enhanced Medical Management Services)

When: 5 days a week, 8 hours/day

Contact: Mary McComish ACRN,BSN, (617) 887-3741

Description: This program is funded by the Mass DPH to offer positive prevention interventions, regardless of gender, race, ethnicity, age or sexuality. Program provides for more in-depth positive prevention teaching. Discussion topics include living with HIV, medication teaching, disclosures, coping, social case management needs.

Criteria: HIV+

Incentives: Primary care at Health Center.

Other Information: Most interventions are done on a one-to-one basis.

EMMS HIV/AIDS Program (Enhanced Medical Management Services)

Cuando: 5 días a la semana, 8 horas/diarias

Persona a contactar: Mary McComish ACRN,BSN, (617) 887-3741

Descripción: Este programa recibe fondos del Departamento de Salud para ofrecer intervenciones de prevención positiva, sin importar el género, la raza, etnia, edad o sexualidad. El programa da para proveer enseñanza más comprensiva sobre la prevención positiva. Los temas de discusión incluyen viviendo con VIH, medicamentos, como/cuando divulgar su estatus, lidiar con dificultades, necesidades para servicios sociales.

Criterios: VIH+

Incentivos: Recibir cuidado medico primario en el Health Center.

Otra información: La gran parte de las intervenciones se hacen uno-a-uno.

Líderes: VIH+

MULTICULTURAL AIDS COALITION (MAC)

Casa Iris Support Group

When: Mondays, 5:00 – 8:00 pm

Contact: Judith Ortiz, Patricio Allende, (617) 238-2493

Description: Group for men and women, infected or affected, aged 20+

Topics: Comprehensive HIV treatment and substance abuse

Incentives: Food

Language: Spanish

Led by: Staff

Pamozi Support Group (Confidential)

When: Every third Thursday

Time: 6:00 – 8:00 pm

Contact: Josephine Mogire, (617) 238-2462

Description: African Women and Men living with HIV

Dinner is provided

Led by: Staff – transitioning to peer-led.

Haitian-Creole/French Language Peer Support Groups and Activities

CAMBRIDGE CARES ABOUT AIDS

Gwoup pou Ayisyen:

Ki lè: 2nd avèk 4th Vandredi de 11:00 am – 1:00 pm en de group diferan

Moun pou kontakte: Ermin Celestin (617) 661-3040

Population: Cason akfanm Ayisten kap viva al VIH/SIDA e kap pran sèvis nan CCA.

Sijè ki diskite: Sante, byen èt, imigrasyon, kay, travay, e sijè ki gen rapò ak VIH.

Enkourajman: Manje avèk kupon magazen pou moun ki patisipe nan 3 sou 4 group.

Dirije pa: Kòlèg ki VIH+ avèk employe ki pa idantifye kòm moun ki VIH+.

CCHER

Fason Pou Viv Pozitivman

Kilè: Chak Jedi, 11:00AM -12:30PM

Reprezantan: Bertonina Antoine, (617) 265-0628 x240

Deskripsyon: Pou tout moun ki HIV+. Diskisyon pou sante mantal, depresyon, anksyete, e lot maladi mantal

N'ap bay: Mange e transpòtasyon, kat kado

Dirije pa: Anplwaye

Gwoup Espirityèl e Bòn Sante

Kilè: Chak Lendi, 12:00 – 1:30PM

Reprezantan: Jean Yamatumbe, (617) 265-0628 x240

Deskripsyon: Pou moun ki HIV+, de 20-80 an. Diskisyon pou espirityèl kwayans, pran medikaman regilyèman, e lot koze k'ap ede ou.

N'ap bay: Mange e transpòtasyon

Dirije pa: Anplwaye

TRAININGS

HIV-related trainings with curricula designed for people living with HIV

JRI Health

Realize Resources:

Fundamentals of HIV, Hepatitis, and STIs
Behavioral Risk Assessment and Risk Reduction: Core Standards and Practice
Positive Prevention in Practice
HIV Counseling & Testing: Core Standards and Practice
HIV Case Management: Core Standards and Practice
Rapid HIV Testing Using OraQuick or UniGold
Conducting Effective Field Work: From Engagement to Action
HIV Supervisory Skills

The Massachusetts Department of Public Health requires these trainings for all HIV/AIDS service providers. For dates and registration, visit www.adcare-educational.org, or call Denise Henry or Laura Guida at AdCare Educational Institute at (508) 752-7313; TTY: (508) 754-0039; or E-mail: Denise@adcare-educational.org or go to www.mass.gov/dph/aids and click on the link entitled *Provider Training Calendar* under the *Quick Links* section.

Peer Support Services:

The Massachusetts Peer Support Guidelines require these two trainings for all Peer Leaders.

Peer Leader Competency Training

When: 2 day trainings, from 930-430pm. Contact for dates.

Contact: To register or to ask questions, contact Nate Longtin at nlongtin@jri.org or (617) 457-8142 x2445

Cost: Free to HIV+ persons

Description: The Peer Competency Training is a two-day basic training for individuals living with HIV/AIDS who are, or want to become, Peer Leaders to provide peer support to other individuals living with HIV/AIDS. The training is offered several times a year and covers the following topics: HIV 101 and the HIV life cycle; medication adherence; communication skills; disclosure; ethics and boundaries; cultural competency; and sexual risk reduction. Continental breakfast and lunch are provided.

Peer Group Facilitation Training

When: 2 day trainings, from 930-430pm. Contact for dates.

Contact: To register or to ask questions, contact Nate Longtin at nlongtin@jri.org or (617) 457-8142 x2445

Cost: Free to HIV+ persons providing support group facilitation

Description: The Support Group Facilitation Training is a two-day basic training for individuals living with HIV/AIDS who want to learn how to facilitate HIV support groups. The Peer Leader Competency Training is a prerequisite for this training. Training topics include group facilitation skills, group safety, dealing with challenging participants, boundaries, support group format and logistics, and several practice sessions in which participants have a chance to facilitate mock support groups and receive feedback in real time.

Cambridge Cares About AIDS

HIV TODAY (Formerly HIV College)

A training series that covers innovative theory and trends in HIV/AIDS services and care

Health information and research in the area of HIV/AIDS is constantly changing, and it often can be challenging to stay updated as a healthcare or social services provider, consumer, or person who has an interest in this area. At CCA, we believe it is necessary to address and be knowledgeable about the physical, mental, and social needs of individuals living with HIV/AIDS, or at high risk for HIV/AIDS. In addition, at CCA we are continuously expanding our expertise in best practices within Harm Reduction, which is a service delivery modality that supports people in making self identified goals for behavior change. High quality, comprehensive care and support begins with comprehensive education and training, and we would like to extend our free training program known as “*HIV TODAY*” to others, so they are able to access education and resources for themselves and/or clients in a comfortable and non-judgmental environment. HIV TODAY will respond to the latest questions and challenges regarding HIV/AIDS today.

For more information, please contact Christine at cbachman@ccaa.org or 617-661-3040 X 244.

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