HIV RESOURCES

(Please send corrections, suggestions, additions to tmorris@sfaf.org. This is online at www.tspsf.com)

SUPPORT, WELLNESS, SOCIAL and ACTIVIST GROUPS

50+ NETWORK: We are a wellness network for both HIV-negative and HIV-positive Gay/Bi/Trans Men who are 50 years and older. **RSVP PLEASE.** If you are interested in developing a plan for health and wellness, and building friendships and social connections, check us out. We facilitate you with personal share and support groups, contributing to our community, projects that make a difference, and helping our brothers who need a helping-hand. See the 50-Plus Network page for more info. Hey Guys, Please join me on Wednesday February 26th 6-8pm at 1035 Market Street, in the swing space on the 3rd floor for our next 50-Plus Network Meeting. For the newcomers, use the elevator to get to the 4th floor, then descend the stairs to the 3rd. The Swing Space is to the right of Conference Room 3E. **PLEASE RSVP!!** You can RSVP on the Meetup page, http://www.meetup.com/50-Plus-Network or by emailing me directly at fiftyplus@sfaf.org. If you have any questions, feel free to email or call. Best…Noah **Noah Briones, MFT Program Manager 50-Plus Network (415) 487-3093 desk** fiftyplus@sfaf.org

LET'S KICK ASS is a grassroots movement of long-term survivors, positive and negative, honoring the unique and profound experience of living through the AIDS epidemic. We're dedicated to reclaiming our lives, ending isolation, and envisioning a future we never dreamed of. Sign up to join the Let's Kick ASS movement envisioning a future we never dreamed of...together. We are doing some pretty cool things. Town halls, coffees, movies, museums, social media campaign, research, ending isolation, building a connected community of strong long-term survivors. Why not join us? We won't share your email with anyone and we will not send a shitload of emails either. But fight the isolation and sign up! **Please "like" us: facebook.com/AIDSSurvivorSyndrome sign up here** http://letskickass.org/contact-tez/

B.I.P. BROTHERS IN PROGRESS: LIVING WITH THE VIRUS : Support group for Heterosexual Identified Black men who have sex with women Mondays 4pm-5:30pm snacks, bus tokens, vouchers provided. African American Art and Culture Complex 762 Fulton Street (btw. Webster and Laguna) 3rd floor conference room. Contact Sherman Woods for more info (415) 353 2140

BELLA Y SANA MONDAYS 2:30pm – 4:00pm Where1035 Market Street, Rooms 3B & 3C (map) the trans-Latina Group: This group focuses on HIV and STI's Prevention, Screening and access to Care for the Trans-Latina community. This Group is in Spanish and we have a weekly topic presentation.

AIDS/HIV NIGHTLINE SF: (415) 434-AIDS California: 1 (800) 273-AIDS

The nightline provides emotional support, crisis counseling and information. Available 5pm to 5am, seven nights a week.

BAY AREA YOUNG POSITIVES DROP-IN GROUP Mondays, 7pm – 9pm 701 Oak Street support group for young HIV positive people. Call Logan for more info logan@baypositives.org, (415) 487-1616. http://www.baypositives.org

POSITIVE FORCE PROGRAM Are you HIV-positive? Whether you were recently diagnosed or have known you were positive for a while, if you are a gay, bi or trans man living in San Francisco, we have support and services for you. Learn about HIV, how to stay healthy, get medications, housing assistance, and financial benefits counseling, and medical case management. For info on these services and events email the positive force team posforce@sfaf.org or call 415 575-0150

Services

- **1-on-1 with Positive Force**
  Our peer-based counseling program helps you find strategies for better HIV health and wellness. Not sure where to start? Don't know if you're ready to deal with HIV and everything that comes with it? We've got your back! We'll walk you through the steps at a pace that's comfortable for you. We don't judge, so come as you are. Learn more.
- **Stay Current**
  Hosted four times a year, experts present on the depth and breadth of a single HIV research topic. Speakers incorporate both cutting-edge science and audience questions and answers to ensure that you get the most from the discussion. Read more about Stay Current.
- **The Dr is In**
  Have you ever wanted more time with your doctor? What if you could ask other poz guys about their take on a health concern or how they deal with personal issues like status disclosure? The Doctor Is In offers twice-monthly opportunities to ask for guidance from HIV specialist Dr. Joanna Eveland of Mission Neighborhood Health Center, the Positive Force co-facilitator, and members of your community.Find out more.
- **PLUS** (*Positive Living for Us*)
  A weekend seminar offering support and information for guys new to dealing with HIV, and their allies. Combining education, support, and community building, PLUS aims to help all people affected by HIV to become champions of positive living. Learn more about PLUS.
- **Urban Adventures**
  Living with HIV starts with, well, living. That means having fun, making friends, and keeping you connected with poz guys in San Francisco gay, bisexual, and trans men's communities. Once a month, we get together for some fun and frolic, and invite guys to join us for bowling, drag demos, BBQs in the park, speed dating, and more. Find out more.

LADIES NIGHT AT MISSION NEIGHBORHOOD RESOURCE CENTER Thursday night is "Ladies' Night" at MNRC. Come check out this amazing women-only event hosted by the Mission Neighborhood Resource Center, Women's Community Clinic, and Homeless Youth Alliance. Come for a nutritious meal, work on art projects, listen to music, or just relax. Also available are syringe exchange, DOPE Project drug overdose prevention/response and free narcan, hygiene supplies, massage, medical care, and HIV testing. Food, music, good company, and good times for women in the Mission on Thur. nights. Every Thursday from 6-8PM at MNRC 165 Capp btw 16/17th

LATINO WELLNESS INSTITUTE GROUP Tuesdays 2:30pm – 4:00pm 1035 Market Street, Rooms 3B & 3C Latino Wellness Institute, provides health education on HIV related topics to Latinos/as living with HIV for less than 5 years as well as for their Care-Givers. The Group is offered in Spanish, we have a weekly topic presentation.

LATINO WELLNESS INSTITUTE GROUP Wednesdays 2:30pm – 4:00pm 1035 Market Street, Rooms 3B & 3C Latino Wellness Institute, provides health education on HIV related topics to Latinos/as living with HIV for less than 5 years as well as for their Care-Givers. The Group is offered in Spanish, we have a weekly topic presentation.

BLACK BROTHERS ESTEEM PHOENIX RISING DROP IN GROUP This group welcomes and embraces African American gay, bisexual, same-gender loving, and transgender/gender-variant people promoting sexual health, holistic well-being, and building community. Pheonix Rising drop in group allows men of African descent to get support from each other on issues such as relationships, substance use, HIV care, and HIV prevention. Call 487-8018 for more information or visit www.sfaf.org/bbe Every Wednesday 4-6PM San Francisco AIDS Foundation 1035 Market Street, room 3D

EL GRUPO DE APOYO LATINO/ HIV SUPPORT GROUP FOR LATINOS AND LATINAS Thursdays 3PM-6PM which everyone is welcome to attend. 1035 Market Street room 3D Latino Programs, call (415) 487-8000. Thur.s/Los Jueves a las 3pm de la tarde hasta las 6 de la noche 1035 Market street, cuarto 3D

ASAP COUNSELING AND CASE MANAGEMENT SERVICES HARM REDUCTION GROUP Thursdays 10AM sign up- space is limited. Any questions call 476-3902 Group meets from 10:30-12:30 every Thur. at 1930 Market St. @ Laguna St. This harm reduction group welcomes everyone (men, women, transfolk, HIV+ and HIV- folks) and all goals around substance use and/or alcohol use are welcome. Coffee is served.

GRUPO LUNAS Fridays 10am – 12pm Where1035 Market Street, Room 3C Grupo Lunas is a Latina Group, this group focuses on HIV and STI's Prevention, Screening and access to Care for the Trans-Latina community. This Group is in Spanish and we have a weekly topic presentation.

NUESTRA GENTE Fridays 2:30pm – 4:00pm Where1035 Market Street, Room 3C Nuestra Gente, this group focuses on HIV and STI's Prevention, Screening and access to Care for the Gay, Bi-Sexual, and Hetero-Flexible Latino Immigrant community. This Group is in Spanish and we have a weekly movie.

LA VOZ LATINA Fridays 5:00pm – 6:30pm Where1035 Market Street, Room 3C La Voz Latina, this group focuses on HIV and STI's Prevention, Screening and access to Care for the Gay, Bi-Sexual, and Hetero-Flexible Latino Immigrant community. This Group is in Spanish and we have a weekly Karaoke contest.

D.R.E.A.A.M. PROJECT FRIDAY NIGHT YOUTH DROP-IN_Fridays 5pm – 9pm Where 2128 15th St (Sanchez/Market)
D.R.E.A.A.M. Project is a new program working with LGBTQQI African American men, ages 18-30.Free HIV testing, Case Management, linkage to services and care. Come get some food, watch videos, play games and connect with other LGBTQQ Youth 30 and under. Contact: Blue Williams 415-575-0150 X 273 bwilliams@sfaf.org

AGUILAS BIMONTHLY GROUPS These discussion groups meet every second and fourth Tuesday of every month. This is where you could meet other Latino gay/bisexual men and talk about sex, HIV, family, being gay/bisexual and other issues that effect us as gay/bisexual Latino men. Meetings begin at 6:00 PM and end at 9:00 PM. From 6:00 to 6:30 PM dinner will be provided and give you a chance to socialize with other members in

order to build community. 6:30 to 8:30 PM the topic will be discussed with a trained facilitator and co-facilitator. Desert and social from 8:30 PM to 9:00 PM. HIV Testing provided. 1800 Market St. 3rd Floor, Room Q32. Tel: (415) 558-8403

AGUILAS MONTHLY GROUP This monthly group is held on the second Thursday of the month and is for Latino Men who only speak English. This is where you could meet other Latino gay/bisexual men and talk about sex, HIV, family, being gay/bisexual and other issues that affect us as gay/bisexual Latino men. Meetings begin at 6:00 PM and end at 9:00 PM. From 6:00 to 6:30 PM dinner will be provided and give you a chance to socialize with other members in order to build community. 6:30 to 8:30 PM the topic will be discussed with a trained facilitator and co-facilitator. Desert and social from 8:30 PM to 9:00 PM. 1800 Market St. 3rd Floor, Room Q32. Tel: (415) 558-8403

AGUILAS COUNSELING Do you have questions about your life, family issues, intimate relationships or friendships? Questions about your sex life or issues around HIV? We offer confidential one on one and couples support within a safe, multicultural space. If you are gay Latino, bisexual, transgender or questioning, and if you are experiencing depression, anxiety, loss, grief, relationship problems, abuse, and other issues, we can help. No charge, no waiting. 1800 Market St. 3rd Floor, Room Q32. Tel: (415) 558-8403

AGUILAS PREVENTION WITH POSITIVES This group meets the first and third Tuesday of every month. The group brings gay/bisexual Latino positive men together in a confidential safe space to discuss issues that affect those living with HIV/AIDS. Dinner provided at all meetings.
Social We provide a social on the last Thursday of every month. It's a time where you and friends could relax; enjoy a show and dinner. This social builds community, a sense of family, and well-being. Door prizes, raffles, and dancing. HIV Testing Available. 1800 Market St. 3rd Floor, Room Q32.

THE BLACK COALITION ON AIDS (BCA) 601 Cesar Chavez Street Main: 415.615.9945
BCA is dedicated to stopping the spread of HIV/AIDS and eliminating health disparities in San Francisco's Black and marginalized communities. BCA strives to achieve this focus by providing health and wellness services including, but not limited to, transitional housing, health education, advocacy, health case management and other health-promoting activities. CHECK OUT THE BCA / RAFIKI WELLNESS CALENDAR at http://www.bcoa.org/ each week awesome classes about EXERCISE • NUTRITION • HEALTH SCREENING • COMPLEMENTARY ALTERNATIVE MEDICINE • EDUCATION are offered. BCA's **BCA'S LIVING WELL** This monthly LGBTQ luncheon and health fair on the third Thursday is aimed at supporting and enhancing community health and wellness by providing health education classes, nutritious meals, complementary alternative medicine, and stress reduction activities. Lunch is provided, so please RSVP.
For more information, contact Francis Broome at (415) 615-9945, ext. 114.

CATHERINE'S RETREAT HOUSE FOR PEOPLE WITH HIV/AIDS

DATES: April 7-10, May 12-16th , June 2-5th
Land Line: 209 728 2193 or toll free: 888 644 4584 Earth Abides Land Trust and Catherine's House: 16777 Armstrong Road, Sheep Ranch, CA 95246

Dear Friends and visitors of Catherine's House: WE hope you're enjoying the winter. The Catherine's House HIV+ Retreat dates are now set, usually scheduled for a Monday-Thursday period. We ask you to please book your retreat early to help keep all our retreats as full as possible. Your donations help us to keep offering these retreats. (Please try to donate between $40 to $100 per retreat) We do no refuse anyone who does not have money to donate.

Catherine's Retreat House Van departs for retreats from the parking lot at 11am. This is on the east side of the Safeway parking lot (near Church/Market/Duboce intersection) in front of Jamba Juice, across the street from Whole Foods at Dolores & Market. To book your reservation for a retreat listed above, or for information, call Catherine's House at Earth Abides Fram using one of our phone numbers above. After booking your retreat, if you need to make any changes or provide an other information, please call Top ASAP- especially if you need to cancel your reservation.

Notes: Please do not bring any personal electronic devices such as laptops, i-pads, radios, movie and music players, mobile phone use is acceptable during the road trip to and from the Farm.
COST: We request a donation of $10 to $25 per day, which includes meals at Catherine house, transportation, and utilities during the retreat. (unfortunately we cannot accept personal checks)
If you are experiences severe health issues please get a release from your doctor. Caretakers or relatives without HIV are also eligible to accompany you on the Retreat.

MOST HOLY REDEEMER AIDS SUPPORT GROUP

MHR AIDS Support Group is located at 100 Diamond Street, in San Francisco's historic Castro Neighborhood. The office is at the corner of 18th and Diamond Streets, and has a private entrance on 18th St. @ Diamond. The office is easily reached by municipal transportation. Most Holy Redeemer AIDS Support Group
100 Diamond Street San Francisco, private entrance on 18th at Diamond Street
Phone: 415. 863. 1581 Email: mhr@mhr-asg.com Web: www.mhr-asg.com
Peter L. Toms, Program Coordinator: pete@mhr-asg.com
The mission of Most Holy Redeemer AIDS Support Group is to help mitigate the suffering and enhance the quality of life of those struggling with debilitating HIV/AIDS-related diseases. This is accomplished by providing practical, emotional, and where desired, spiritual support to persons struggling with HIV/AIDS regardless of religious belief, age, race, gender, sexual orientation or disability.

MOST HOLY REDEEMER CLIENT SERVICES

Facilitated Groups Three professionally facilitated support groups provide healthy peer support along with professional direction. 1) Positive Connections is a weekly "drop-in" group offering clients an opportunity for emotional support on an "as needed" basis. 2) New Horizons is an "in-depth" psychotherapy group addressing client's needs on much deeper level than Positive Connections. Participants commit to weekly meetings for a period of three months. New Horizons is not a "drop-in" support group. This program is currently on hold.3) Thriving in Mid-Life is an eight-week support series that specifically focuses on the unique needs, issues, and concerns of our older, mid-life and senior clients.
Nurturing emotional support is provided for our clients in a variety of ways that include:
- Individual assistance from a trained and dedicated volunteer
- Peer support and professional direction from facilitated groups
- Phone Check-in, especially for those isolated
- Retreat and Respite opportunities throughout the year and a welcoming atmosphere of care and concern

Helpful practical assistance is available by our volunteers on a routine or "as needed" basis. This practical support includes: help with transportation, shopping, cooking, laundry, errands, house cleaning, obtaining social services, and more.

DROP-IN SUPPORT GROUP FOR PEOPLE LIVING WITH HIV/AIDS AT ALLIANCE

HEALTH PROJECTA supportive environment to discuss feelings about disclosure of HIV status, health care and medication use, sex, substance use, isolation and community building, dating and relationships, life transitions, and other issues. Please arrive five to 10 minutes prior to group start time. Tuesdays, 6:30 p.m. to 8 p.m.; AHP Services Center, 1930 Market Street.

(AIDS SUBSTANCE ABUSE PROGRAM) DROP-IN GROUP FOR PEOPLE WITH SUBSTANCE USE CONCERNS AT ALLIANCE HEALTH PROJECT

A group for people regardless of their HIV status. Thursdays, 10:30 AM to 12:30 PM; AHP Services Center, 1930 Market Street; First-time attendees need to arrive 15 minutes early.

NEW POSITIVES GROUP AT ALLIANCE HEALTH PROJECT

A 14-week group meeting in the evenings for people who have recently tested HIV-positive or who are newly addressing issues related to HIV. Topics include: disclosure of HIV status; work-related issues; health care and medication decisions; medication side effects; substance use; challenges of sex, relationships, and intimacy; and identifying community resources. For more information about ASAP services, please call 415-476-3902 and ask to speak with the triage clinician on duty.

SEX AND SOBRIETY AT ALLIANCE HEALTH PROJECT

A 14-week group focusing on topics such as navigating sober sexuality and attaining emotional intimacy. For gay and bisexual men with at least six months of current, continuous sobriety from their drug(s) of choice. For more information about ASAP services, please call 415-476-3902 and ask to speak with the triage clinician on duty.

STRONG AND PROUD AT ALLIANCE HEALTH PROJECT

An empowering and supportive eight-week group for lesbian, gay, bisexual, transgender, and queer people who have concerns about trauma, substance abuse, or other aspects of mental health. For more information about ASAP services, please call 415-476-3902 and ask to speak with the triage clinician on duty.

PEER-FACILITATED SUPPORT GROUPS AT ALLIANCE HEALTH PROJECT

Ongoing weekly volunteer-facilitated peers groups for people at any stage of living with HIV to give and receive support. Day and evening times available. Topics include relationships, long-term survival, sex, dating, aging, body image, isolation, community, and other issues related to living with HIV. Participation requires a three-month commitment. For more information about ASAP services, please call 415-476-3902 and ask to speak with the triage clinician on duty.

CLINICIAN FACILITATED HIV/AIDS SUPPORT GROUPS AT ALLIANCE HEALTH PROJECT

Ongoing weekly clinician-led groups for people at any stage of living with HIV. Give and receive support around living with both HIV and mental health challenges such as depression and anxiety significant enough to cause serious disruption in usual life functioning. Day and evening times available. Topics include relationships, disclosure, isolation, depression, HIV and psychiatric medication concerns, and other HIV and mental health related issues or concerns. Participation requires a three-month commitment. For more information about ASAP services, please call 415-476-3902 and ask to speak with the triage clinician on duty.

SHANTI HIV SERVICES- L.I.F.E. EXPERIENCE

Wednesdays 6:30pm – 8:30pm|Eureka Valley Rec Center, 100 Collingwood Street, 94114 Description: An HIV+-centric group for topic-driven discussion and activities. Drop-in or contact John at jolesen@shanti.org or (415) 674-4713 for more information.

SHANTI HIV SERVICES- VENT SUPPORT GROUP FOR AFRICAN-AMERICAN WOMEN

Wednesdays 10am – 12pm, 730 Polk Street, 94109 A safe space where African-American individuals living with HIV can vent and receive support.

SHANTI HIV SERVICES- WOMEN EXPERIENCING SUPPORT GROUP

Every Fri. 9:30am – 11:30am|Shanti, 730 Polk Street, 94109 A supportive environment for all HIV positive women. A place to check-in, get support, meet new people, and have breakfast. Kelly at khansen@shanti.org or 415 674 4704

SHANTI HEPATITIS C/HIV CO-INFECTION SUPPORT GROUP Every Mon. 4pm – 6pm Contact John at jolesen@shanti.org or (415) 674-4713 to join. A weekly closed support group for gay/bi men living with HIV/HCV co-infection.

SHANTI YOGA FOR HIV+ HEALTH Tuesdays 4:15pm – 5:30pm Contact Clayton at crobbins@shanti .org or 674-4716 to join us.

SHANTI'S DROP-IN SERVICE CENTER Open Tuesday through Thursday, 9:30 AM — 12:30 PM. The Drop-in Service Center is a comfortable and safe gathering place where clients can drop-in and: Meet and connect with peers. Receive emotional and practical support from a Client Advocate, or Shanti Peer Support Volunteer. Access resource materials or referrals regarding HIV medication/treatment trials and studies, housing, medical and mental health care, food and nutrition, support groups, counseling, free showers, and other community services in San Francisco. Access complimentary local phone service, coffee and pastries (when available), clothing and books (when available). Just sit and enjoy a cup of coffee in a safe and supportive atmosphere.

SHANTI PEER SUPPORT VOLUNTEER PROGRAM Shanti peer support volunteers are trained in the Shanti Model of Peer Support. Volunteers are then matched with a single client, and provide weekly emotional and/or practical support, based on the individual client's needs. Practical Support may include assisting with laundry, house cleaning, grocery shopping, medication pick-up and delivery, and assisting with the completion of forms related to housing, disability, medical and mental health services, etc.

SHANTI INDIVIDUAL HEALTH COUNSELING Shanti offers individual health counseling for people who are interested in making health-supporting changes in their lives. The goal of individual health counseling is to support clients in developing health-protective routines and addressing the psychological, social, and biological Cofactors that can impact overall health and well-being. Although individual health counseling is emotionally supportive and caring, it is not psychotherapy. Referrals for mental health counseling can be made during your health counseling session.

SHANTI CLIENT ADVOCACY Shanti's Client Advocates are available to assist clients at Shanti's Drop-in Service Center **Tuesday through Thursday, 9:30 AM—12:30 PM**, as well as at Black Coalition on AIDS, Instituto Familiar de la Raza, San Francisco General Hospital, and St. Mary's Hospital. For more information regarding Peer Advocacy, **contact (415) 674-4726.** Client Advocates have intimate knowledge and experience with HIV disease and treatment, other HIV-related health issues, health-enhancement strategies, and navigation through health care system for persons with HIV/AIDS, and support clients by: Assisting clients in evaluating their needs, including those related to medical or mental health care, food, shelter, clothing, transportation, substance use treatment, and benefits, and connecting clients with the appropriate vital support services. Providing support with treatment adherence or medical appointment compliance (including accompanying clients to medical appointments, and advocating with medical providers). Providing harm reduction counseling. Providing general emotional and practical support, including assistance with medication pick-up and delivery and completion of forms related to housing, disability, medical and mental health services, etc.

ABOUT THE SHANTI L.I.F.E. PROGRAM®

The Shanti L.I.F.E. Program® is the nation's leading HIV self-management and health-enhancement program. L.I.F.E. provides participants with the knowledge, motivation, skills, and support necessary to establish and maintain health-protective routines. **FOR INFORMATION ABOUT UPCOMING TRAININGS IN SAN FRANCISCO FOR MORE INFORMATION, PLEASE CONTACT JACKSON BOWMAN, EMAIL OR AT 415-674-4755.**

Our Program Goals:

1. **Optimizing health outcomes for people living with HIV** by assisting participants in improving their performance on biological, psychological, and social Cofactors that can impact health.
2. **Reducing the number of people who become infected with HIV** by assisting participants in reducing HIV transmission risk behaviors and other health-risking behaviors.

Is L.I.F.E. Effective?

Clinical program evaluation of L.I.F.E. shows that participants:

- Reduce overall health problems (by 27-44%) and overall personal problems (by 38-50%);
- Decrease drug/alcohol use and other health risking behaviors;
- Increase adherence to HIV treatment and other health routines;
- Increase the amount and quality of trusted support in their lives; and
- Improve coping with grief, depression, and Survival Stress.

THROUGH L.I.F.E.'S INNOVATIVE AND EFFECTIVE LEARNING METHODS AND GROUP PROCESSES, L.I.F.E. PARTICIPANTS IMPROVE THEIR HEALTH OUTCOMES IN AS FEW AS 12 WEEKS.

How L.I.F.E. Works L.I.F.E., which stands for *Learning Immune Function Enhancement*, is based on scientific research that connects our performance on certain biological, psychological, and social *Cofactors*, to immune system functioning, disease progression, and overall health. These Cofactors have been shown in HIV disease and other life-threatening illnesses to trigger symptom onset, speed up or slow down disease progression, and impact survival time. Cofactors have also been shown to impact physical, social, and psychological aspects of quality of life. When people living with HIV/AIDS or other illnesses understand the dynamic relationship between mind and body, and improve their performance on certain Cofactors, then they may benefit from improved physical and psychological health and well-being.

Cofactors to HIV+ Health and Wellness A Cofactor is a life issue that can impact health. Research shows Cofactors can slow down (HIV, cancer, or Hepatitis C) disease progression; help to reverse existing disease symptoms or AIDS-related conditions; enhance immune system functioning; increase adherence to health routines including medication/treatment protocols used to treat disease or symptoms; and improve one's ability and willingness to choose health-supporting behaviors over health-risking behaviors.

L.I.F.E. participants explore their performance on 26 Cofactors and receive the knowledge, motivation, skills, and support necessary to set and reach goals related to their Cofactor performance and health. By increasing health-supporting Cofactor performance and reducing or eliminating health-risking Cofactor performance, participants can greatly increase their potential to develop and maintain wellness.

UCSF ALLIANCE HEALTHCARE PSYCHOTHERAPY, OR "TALK THERAPY,"

(HIV) helps people with a range of mental health or emotional concerns to deal with stress, manage their symptoms, and function at their best. It can also uncover personal strengths that may be hidden by their problems. AHP's licensed mental health professionals and professionally supervised interns use individual psychotherapy to address a broad range of mental and emotional health concerns: depression; anxiety; loneliness; feelings of guilt, shame, or inadequacy; a feeling of being out of control; and grief and loss. For more information please call 415-476-3902 and ask to speak with the triage clinician on duty.

The vast majority of AHP psychotherapy clients experience relief and a capacity to respond to their life challenges in fewer than 20 sessions of weekly psychotherapy. After conducting a comprehensive mental health assessment, which sometimes includes consultation with outside providers, AHP recommends one of two formats to our psychotherapy clients:

- **Time-Limited Individual Psychotherapy:** Up to twenty 50-minute sessions of individual therapy designed to identify solutions that address a client's specific goals and concerns.
- **Psychiatric Care Management:** Individual sessions, scheduled as needed, to address the concerns of persons living with chronic disabling mental health disorders, support psychiatric treatment adherence, and promote optimal functioning. Therapist and client evaluate the client's needs and progress toward goals annually

Obtaining Psychotherapy or Psychiatric Care at AHPPlease contact us at 415-476-3902 for more information or to schedule an Intake. Or drop-in for an Intake—Monday through Friday from 9:00AM to 11:00AM at the AHP Services Center, 1930 Market Street—and ask to speak with the triage clinician on duty.

UCSF ALLIANCE HEALTHCARE MEDICAL AND ASSERTIVE CASE MANAGEMENT ASAP

provides case management services to people who get their primary medical care from a county HIV clinic and for people who have trouble getting primary medical, mental health, and substance abuse treatment in San Francisco. Case managers facilitate intensive interactions with clients to help them adhere to treatment, obtain stable housing, and link to other health and social services.

BAY POSITVES PROGRAMS & SERVICES 701 Oak St (415) 487-1616

BAY Positives provides an array of counseling, case management, and other support programs, as well as linkages to other San Francisco youth agencies. Services are delivered in a setting which offers a safe haven, where HIV-positive youth can drop in to receive any support they want when they want it. • Youth and Family Counseling • Drop-In Center • Linkage and Referral Services • Individual Risk-Reduction Counseling • Prevention Case Management • Social and Recreational Events • Support Groups • Weekend Intensives

FINANCIAL ASSISTANCE, MEALS/GROCERIES, BENEFITS COUNSELLING and ADVOCACY, EMPLOYMENT AND HOUSING SUPPORT, LEGAL HELP

AIDS EMERGENCY FUND 12 Grace Street, suite 300. (415) 558-6999 Client Hours: Moneay-Friday 10am-12:30pm, 1:30-4pm.

AIDS Emergency Fund responds compassionately to the AIDS crisis by providing immediate, short-term financial assistance to help people disabled by HIV/AIDS to cover their basic human needs and stabilize their living situations. **TO APPLY** You may visit our office in person, or call us at 415-558-6999 for a referral to one of our collaborative intake agencies. If you are incapable of applying in person, a social worker or someone with your financial power of attorney can conduct business for you.

QUALIFICATIONS AND DOCUMENTATION To qualify for assistance from AEF, you must meet the following eligibility criteria and provide the following documentation: You must have a medical diagnosis stating you are disabled (unable to work) by HIV or AIDS. Please provide a current, original letter of diagnosis from a local medical doctor stating that you are medically disabled (unable to work) due to HIV or AIDS. You must be a resident of San Francisco County. Please bring your picture I.D with San Francisco address, or other verification of residence. Your current monthly income must be $1436.25 or less (this figure is subject to change based on annual review by our Board of Directors). Please provide current proof of monthly income, such as a printout or award letter from State Disability, EDD, Social Security, or General Assistance, or a bank statement showing direct deposits. If you have no income, a social worker can attest to that for you in a letter.

HOW GRANTS MAY BE USED Once all these documents have been provided and your AEF file is complete, you are eligible to receive up to $500 of assistance. The exact figure will be determined by AEF staff and may be less than $500. This money may be used to pay for: Rent , Utilities (gas, electric, water)* , Phone , Medical Insurance Premiums , Medical Expenses not covered by insurance (including optical and dental) , Pre-arranged funeral costs (payment can only be made prior to a client's death) , *Given the emergency nature of AEF's services, AEF will only pay that portion of utility or phone bills that are delinquent or past-due.

AIDS LEGAL REFERRAL PANEL

ALRP's mission is to help people with HIV/AIDS maintain or improve their health by resolving their legal issues.

ALRP accomplishes this mission by providing free and low-cost legal services to people with HIV/AIDS in the San Francisco Bay Area. ALRP is the *only* institution in the San Francisco Bay Area solely dedicated to providing free and low-cost legal assistance and education on virtually any civil matter to persons living with HIV/AIDS. This includes such widely disparate areas as housing, bankruptcy/credit, immigration, employment, insurance, confidentiality matters, family law, government benefits, and public accommodations. We accomplish this mission through either direct representation of clients by one of ALRP's seven attorneys or by careful placement of clients with one of ALRP's 700 Panel attorneys.

Call us if you need legal help. We're here for you.

1. Call (415) 701-1100 ext. 314 for Housing matters.
   Call (415) 701-1100 ext. 313 for Immigration matters.
   Call (415) 701-1100 ext. 330 for all other civil legal matters.
2. Leave a message.
3. You will receive a return call within 24-48 business hours.

ALRP Legal Help is Not a Luxury. We meet basic human needs. Taking on landlord/tenant cases, we help prevent hopelessness and homelessness. Handling immigration cases, we seek to prevent discrimination and persecution. Handling insurance disputes, ALRP safeguards access to health care. Advocating for people who rely on disability benefits, we secure a vital source of income. Providing wills and durable powers of attorney, we help individuals retain their dignity and ensure that their decisions will be carried out.

POSITIVE RESOURCE CENTER

785 Market St (415) 777-0333 9:00 am -5:00 pm, Monday- Friday

Positive Resource Center remains the only place for people living with or at risk for HIV/AIDS to get comprehensive benefits counseling and employment services in San Francisco.

- Professional benefits analysis, advocacy, and counseling about accessing public and private financial and health care benefits such as Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI), long-term disability, health insurance, life insurance, and Medi-Cal.
- Representation before administrative law judges for reconsideration of disability denials.
- Employment and vocational rehabilitation planning, counseling and coordination, job development and job search assistance, support groups, and computer access and training for clients entering or re-entering the workplace.
- Regular workshops/clinics designed to equip people with HIV/AIDS to consider and develop employment goals and plans as well as understand their legal rights and responsibilities concerning benefits, employment, housing, and credit.

PROJECT OPEN HAND

Project Open Hand provides home delivered meals, groceries and nutrition counseling to people living with HIV/AIDS. Medical research has shown that nutritious food is one of the most powerful weapons available for fighting the effects of HIV/AIDS. At Project Open Hand, our goal is to feed the body, mind and soul, through healthy meals, groceries and nutrition information, all delivered with love, by our dedicated staff and volunteers. Please call the Client Services Hotline at (800) 551-6325 or 415-447-2326 to schedule an intake appointment with a case worker. You must bring with you a valid California photo identification with a San Francisco address (or other proof of San Francisco residency) and the eligibility form provided below, signed by your physician. Your intake appointment will be at our San Francisco location.

Project Open Hand San Francisco 730 Polk St San Francisco, CA 94109 (415) 447-2300

San Francisco Hours:

Meal Pick-up: 1:30 – 3:30 pm, Monday – Sunday (365 days/year)

Grocery Center: 11:00 am – 4:00 pm, Wednesday – Saturday; 9:00 am – 4:00 pm on Tuesday

Client Services Department: 9:00 am – 4:00 pm Monday – Saturday

AIDS HOUSING ALLIANCE/SF believes in a world where all people have a safe, decent and affordable home. Toward that vision we prevent homelessness for people with HIV/AIDS by protecting the housing we already have, providing resources to secure new housing, and promoting public policy to expand opportunity for all. Our goal is to become the largest housing services provider and largest employer of people with HIV/AIDS in San Francisco. We operate on a drop-in basis Members sign starting around 12:30 pm on Mondays and Tuesdays. No one will be admitted who has not signed in by 1 pm. Folks will be seen on a first-come, first-served basis. Bring ID, letter of diagnosis and proof of income - if you have them. We are unable to provide phone / email counseling or to set up special appointments for intakes.

Our Clinic: People seeking services must attend our Drop In Clinic on either Monday or Tuesday from 1pm to 5pm. Our services are first-come, first-served, so people tend to line up early. Sign in starts at 12:00 and ends at 1:00. Doors open at 12:30 PM. No one will be admitted who has not signed in by 1:00. Bring ID, letter of diagnosis, and proof of income – if you have them. Also: bring a magazine, a book, knitting, crochet, or that outfit you have been meaning to sew, because it can take all afternoon to be seen. 350 Golden Gate Ave, San Francisco, CA 94102 (415) 552-3242

Housing Referrals: Access to information on available housing opportunities – especially those available to disabled folks existing on less than $1000 per month, is a major barrier to housing stability for people with HIV/AIDS in San Francisco. There are also cognitive, linguistic, and educational barriers for some people that inhibit the ability to accurately complete complicated affordable housing applications. As disabled people with HIV/AIDS, we went thru this in our own housing search and are bringing back what we have collectively learned to share this information with our community.

Back Rent Assistance: It is always preferable to prevent homelessness in the first place. Unfortunately, many of us are losing our housing when we lose our jobs due to the economy or illness. AIDS Housing Alliance/SF has developed a complimentary suite of financial services that can help preserve the housing of our members who are experiencing a temporary economic emergency. Because we do not require a member to be disabled in order to receive services, we are the only source of emergency financial assistance for those of us who are still working and at risk of losing our housing.

Move-In Deposits and First Month's Rent: Coming up with move-in costs are difficult for most of us in San Francisco – the 2nd most expensive housing market in the country. This is especially difficult for people living on a fixed income, especially those who have had to spend all of their income on SRO hotels without access to kitchen facilities. AIDS Housing Alliance/SF has developed a unique zero-interest loan program that provides the dignity of a hand up, instead of a handout. Because us disabled folks are likely to remain poor for the rest of our lives, we have developed an 'evergreen' program that people who pay back their loans can continue to access as long as they are in need. Wrap-around money management and financial literacy education is available to loan program participants.

Rent Subsidies: Sometimes people need a little more time to get back on their feet. AHA RENTS is a shallow rent subsidy program for people who are at imminent risk of homelessness due to a sudden, catastrophic loss of income – such as getting laid off. Recipients are required to participate in an approved job training program or be working between 15 – 25 hours per week to qualify.

Tenant's Rights Counseling: It is much better to protect the housing people already have, than to try to find replacement housing. Especially when people have become disabled and do not have the income to qualify for replacement housing. We provide counseling on tenant's rights under San Francisco's rent control laws. We also educate people on their responsibilities so that people do not unknowingly make themselves vulnerable due to lack of knowledge.

NATIVE AMERICAN HEALTH CENTER 160 Capp St, (415) 621-8051

Circle of Healing is a culturally diverse staff of the Native American Health Center that serves the Bay Area community. We are open to all with a focus on serving the Native community. We provide prevention & HIV/AIDS and HCV services in a caring, supportive, culturally rich, and community-focused environment. Our goal is to offer a spectrum of service from prevention into treatment, which includes education, practical support, coordination of services & advocacy. We focus on helping our clients reach their desired goals. Please call for availability of enrollment of medical services: 415-621-8051.

We serve individuals who are: HIV positive, At risk for HIV, HCV, and/or Substance Abuse, Family & friends of HIV infected **We offer confidential:** HIV/HCV counseling, testing and referral, HIV/HCV rapid testing (results in 15 minutes), Nurse case management, Primary medical care, Peer advocacy, Referrals to medical, dental, traditional consultants, mental health services, and residential treatment services, Substance abuse support, Prevention case management,**HIV Rapid Testing Hours:** We accept walk-ins and appointments; to schedule an appointment, please call Laura Cedillo, Prevention Specialist at 415-621-4371, ext. 500
Mondays 10:00-1:00 and 2:00-4:00 **Tuesdays-Fridays** 10:00-1:00 & 2:00-4:00 If you arrive before 10:00 or after 4:00, we will ask that you wait in the Medical waiting room. Staff takes lunch from 1:00-2:00.
415-621-4371 Prevention Services

LUTHERAN SOCIAL SERVICES: AIDS FINANCIAL SERVICES

Many of the people living with HIV/AIDS in San Francisco are homeless or marginally homeless; and many have substance abuse or mental health issues that make it difficult to maintain stable housing. Our program provides this community of vulnerable people with money management and representative payee services that help them regain the financial stability necessary to find and maintain adequate housing.
AFS' Money Management and Representative Payee program focuses on one aspect of the intensive services needed to create a stable living environment—financial management. To accomplish this, AFS:

- Provides the money management and representative payee services that ensure its clients' rent will be paid both promptly and accurately.
- Establishes relationships with landlords who, because of a guaranteed rent payment, will open an impossibly small housing market to clients whose previous difficulty managing their money made obtaining and maintaining housing nearly impossible.
- Provides support to clients to help them manage prudently whatever remaining funds they have after their rent is paid.

The program values and beliefs of the AFS program include: non-judgmental service; a culturally competent approach regarding gender, mental health, substance use, or other issues; client trust in workers; transparency of the process of providing services; accessibility of the program; a safe and inviting environment; and a customer service approach.

WESTSIDE COMMUNITY SERVICES: HIV SERVICES

As one of the first community-based mental health agencies in the country, Westside Community Services has been rebuilding lives and restoring families for over 45 years.
Westside Community Services is dedicated to improving the psychological, spiritual and physical health of our community residents. Our clients represent a diverse range of individuals and families facing emotional crises; overwhelming life circumstances; and those experiencing severe and debilitating mental health challenges. As a wellness and recovery oriented agency our goal is to provide services based on the needs of our community that have been defined by our community. We are an agency that was created by the local community for the community.

WESTSIDE AIDS HOME CARE SERVICE

Westside's AIDS Home Care Service allows hundreds of San Franciscans living with disabling HIV/AIDS to remain in their homes during the later stages of their illness. Providing home care services helps clients maintain quality of life both physically and psychologically. The home care resources provided through Ryan White Title I monies through the City and County of San Francisco, the State General Fund, and the Medi-Cal AIDS Waiver Program provide much needed support at a time when the funding systems for the healthcare system are struggling.

WESTSIDE AIDS CASE MANAGEMENT

Westside's AIDS Case Management Services provides a system of assessment, planning, service procurement, delivery, coordination, and disease monitoring to people with disabling HIV/AIDS. The services enable people suffering from HIV-related illnesses to obtain the medical, social, and home care services they need to sustain them through their illness. Westside is focused on serving African Americans and other underserved populations, those with prior diagnosis of mental illness, substance users, and those with limited financial resources.

Westside's Case Management Services optimize the client's self-care capabilities, promotes efficient use of resources, and stimulates the creation of new services
1153 Oak Street | San Francisco, CA 94117 | tel: 415.431.9000

DENTAL CARE

HIV/RYAN WHITE DENTAL CLINIC Appointments/Info: 415 355 7527 DROP-INS WELCOME
TOM WADDELL URGENT HEALTH CLINIC 50 IVY Street (Lech Walesa) btw. Van Ness and Polk Street and Hayes and Grove Streets 415 355 7527 Tuesdays and Wednesdays 8:30am—4pm
Some Fridays 8:30am-4pm * alternating, see calendar

SOUTHEAST HEALTH CENTER 2410 Keith Street btw. Carrol Ave and Armstrong 2 blocks from T– muni stop @ 3rd and Carrol Ave 415 671 7066 Thursdays 8:30am-4pm
We provide comprehensive dental treatment: Full diagnostic exams, cleanings, fillings, extractions Available by referral on a case by case basis:Root canal therapy, crown/bridges, dentures
TO QUALIFY YOU MUST BE: Able to meet federal poverty income requirements, An SF resident (Picture ID required) HIV+ please bring a letter of diagnosis and recent lab results, Over 18 years old
Medical Drug Interactions with Street Drugs: A resource by and for drug users, compiled by Julia Klems, Needle Exchange Emergency Distribution, Berkeley CA http://www.berkeleyneed.org/resources/

USEFUL WEB INFO ABOUT STREET DRUGS + MEDICATION INTERACTIONS

HIV MEDICATION and STREET DRUG INTERACTIONS: The University of Liverpool has created very nifty Drug Interaction Tools and Charts. You customize your own search by choosing from an alphabetical list of drugs (that includes HIV medications, psychiatric mediations, over the counter medications, antibiotics, street drugs etc.) and then you view your results. The website will create PDF file for you (if you want it) categorizing your results. You will have information about drugs that should not be coadministered, Potential interactions that may require close monitoring, alteration of drug dosage or timing of administration, whether no clinically significant interaction expected, or instances where there are no clear data, actual or theoretical, to indicate whether an interaction will occur. Click here to check it out! http://www.hiv-druginteractions.org/Interactions.aspx

METHADONE INTERACTIONS WITH ANTI-HIV DRUGS, MEDICATIONS FOR OPPORTUNISTIC INFECTIONS AND PSYCHIATRIC DRUGS From PWA Health Group April 16, 1999 Because many medications for HIV and for the prevention of opportunistic infections are broken down by the same liver enzymes that metabolize (break down) methadone, these drugs may cause changes in the way you respond to your methadone dose. http://www.thebody.com/content/art4753.html

AIDS ACTION COMMITTEE has a great resource page for folks who want more information about drug/drug interactions and the lastest research. http://www.aac.org/get-info/health-library-topics/drug-interactions.html

PROJECT INFORM believes it is possible to create the first generation free of HIV and hepatitis C within the next decade. To achieve that dream, we focus our work in four areas: drug development, bio-medical prevention, education and health care access. Project Inform at http://www.projectinform.org

AIDS EDUCATION GLOBAL INFORMATION SYSTEM The largest free access virtual HIV and

AIDS information database in the world providing info for clinicians, patients and anybody else who wants to learn about the history and latest developments in HIV/AIDS treatment and research. www.aegis.org

THE BODY: DRUG INTERACTIONS www.thebody.com/Forums/AIDS/Starting/Archive/Interactions/

TORONTO VIBE: HIV AND PARTYING
http://www.actoronto.org/home.nsf/pages/torontovibeHIVandpartying

CRYSTAL NEON: THIS SECTION OF WWW.CRYSTALNEON.ORG IS INTENDED FOR HIV+ GAY AND BISEXUAL MEN WHO USE CRYSTAL METH/ICE AND OTHER PARTY DRUGS.
http://projectneon.org/learn/hiv101/

TWEAKER.ORG

DRUG INTERACTIONS: HIV MEDICATIONS, STREET DRUGS AND METHADONE by James Learned and Maia Szalavitz People Living with AIDS New South Wales Health "A Night With Tina" interviews with HIV+ guys who have experience partying with speed.
http://www.plwha.org.au/PLWHA/attachments/FS8%20A%20night%20with%20Tina.pdf

GRIEF/BEREAVEMENT GROUPS and SURVIVOR SUPPORT

GRIEF/BEREAVEMENT GROUPS Sponsored by: Catholic Charities Location: St. Gabriel's, 2559 40th Avenue SF CA 94116 When: First and Third Tuesdays from 7:00PM - 9:00PM Contact Person: Elaine (415) 564-7882

GRIEF/BEREAVEMENT GROUPS Sponsored by: Hospice by the Bay Location: 1540 Market Street Suite 350. (Market near Van Ness) When: Wednesdays 6:30-8PM Contact Person: Carol (facilitator) and Heather Certik (415) 626-5900

GRIEF/BEREAVEMENT GROUPS Sponsored by: The Compassionate Friends is a national nonprofit, self-help support organization which offers friendship and understanding to families who are grieving the death of a child of any age, from any cause. There is no religious affiliation. There are no membership fees or dues, and all bereaved family members are welcome.Location: in the Community Meeting Room in the Taravel Police Station, 2345 24th Avenue (near Taravel & 24th).When: The San Francisco meetings are held the second Wednesday of each month at 7:30 p.m. Contact Person: e-mail: cwhallum@sbcglobal.net.

GRIEF/BEREAVEMENT GROUPS Sponsored by: Visiting Nurses and Hospice Location and contact: Gaylene Newquist, L.C.S.W. - (415) 750-6800, ext. 67511 When: Thursday evenings - 7:00 - 9:00 P.M. Ten week closed group. $5.00 - $25.00 donation requested for each meeting. No one is turned away due to inability to pay. For those who have experienced the recent death of a loved one due to chronic or terminal illness or sudden death

LET'S KICK ASS is a grassroots movement of long-term survivors, positive and negative, honoring the unique and profound experience of living through the AIDS epidemic. We're dedicated to reclaiming our lives, ending isolation, and envisioning a future we never dreamed of. Sign up to join the Let's Kick ASS movement envisioning a future we never dreamed of...together. We are doing some pretty cool things. Town halls, coffees, movies, museums, social media campaign, research, ending isolation, building a connected community of strong long-term survivors. Why not join us? We won't share your email with anyone and we will not send a shitload of emails either. But fight the isolation and sign up! **Please "like" us: facebook.com/AIDSSurvivorSyndrome sign up**