

THE AIDS HEALTH PROJECT

Dear Colleagues:

Our community continues to face the demands of the AIDS epidemic.

Although most people at risk for this disease have begun to make changes in their behavior to reduce their risk, we all know there are large numbers who have not. As health care professionals, we need to join together to assist these people.

At the **AIDS Health Project**, we have established a variety of programs to provide people with the support and tools they need to protect themselves from exposure to AIDS and to prevent its spread. We have designed our programs to be affordable and time limited—which allows them to fit well with other forms of therapy provided elsewhere. We work to provide services which are sensitive to the *specific* needs of our clients who come from diverse cultures and sexual orientation.

We know change isn't easy. That's why we're here.

The Staff of
the AIDS Health
Project

NEW ADDRESS:
THE UCSF AIDS HEALTH PROJECT
333 Valencia Street
San Francisco, CA 94103
(415) 626-6637

This project funded by the Department
of Public Health, City and
County of San Francisco.

THE AIDS HEALTH PROJECT

A HEALTH PROMOTIONAL EFFORT

Educational Support Groups

WE
CAN
CHALLENGE AIDS NOW!

THE AIDS HEALTH PROJECT

Who we are:

The **AIDS Health Project** is a supportive health promotion program for people at risk for AIDS, and those with AIDS and AIDS Related Conditions. Our Project is sponsored by the University of California, San Francisco, and funded by the City of San Francisco, Department of Public Health.

What we do:

We provide low-cost educational support groups. No one will be turned away for lack of funds. These groups run for 8 weeks and are focused on various aspects of creating a healthier lifestyle, including AIDS prevention. The groups meet once a week for two hours and are led by mental health professionals who are knowledgeable and sensitive to persons at risk.

Groups for People at Risk for AIDS

The Integrated Health Group

This group assists participants to review their health and sexual behaviors, and to express their feelings related to the AIDS crisis. Participants are encouraged to develop goals for health and sexual behaviors, and are supported in making those changes. Feelings of hopelessness and helplessness are redirected to make positive lifestyle changes in a sex-positive and gay-positive manner.

The Stress Management Group

This group assists participants to assess the level and types of stress in their lives, to understand the physiological and psychological effects of stress, and to learn techniques to help modify these effects. Various approaches are presented, including progressive muscle relaxation, meditation, guided imagery and visualization, problem solving and social support as ways to reduce stress. Participants are encouraged to practice the exercises and develop an ongoing stress management program.

Hot and Healthy Sex

Participants explore ways to find greater satisfaction in their sex lives, while remaining within the guidelines for healthy sex. Sexual alternatives, sex play, communication, and sexual self-esteem are discussed in a non-threatening, supportive atmosphere.

Groups for people with AIDS Related Conditions

Available for people with "serious" or "mild to moderate" AIDS Related Conditions, these groups combine aspects of stress management, healthy sex, and integrated health. The groups focus on the development of coping skills and the psychological aspects of living with ill health.

Groups for People with AIDS

The Stress Management Group provides training in stress reduction, relaxation and visualization.

The Couples Group assists couples in which at least one partner has AIDS to share their feelings and explore their experiences in a group setting. This group focuses on communication between partners and how decisions are made by the couple.

How to refer:

Persons with AIDS may call 821-8830 and speak to Judy Macks, M.S.W., for more information on services available to them.

Those considered to be "worried well" or those with AIDS Related Conditions may call the AIDS Health Project at 626-6637. An appointment will be made with one of our staff for a one hour health consultation where a mutual decision will be made about which group would best meet the client's needs.