

POSITIVES BEING POSITIVE

The group you are in will have its own collective personality and will run as the group wishes it to, but to help you get started, here are some suggestions and guidelines you might want to consider which could help to have the group run more smoothly.



1. It is best to set a starting and ending time and stick to it.
 2. If someone is unable to attend he/she should call someone who has been designated for this reason, so that the members of the group won't worry.
 3. Members of the group should come to the meeting **drug and alcohol free**.
 4. Members of the group should **not be physically or verbally abusive**. This group is for mutual self-support. Talking in turn is easy and listening is a learning experience. Politeness leads to less stress in the group.
 5. One of the best ways to start a meeting to do a simple check-in; "Hi my name is ___" Then you can add whatever the group decides; treatment regime, new AIDS news of the week, etc. What will come out of the checkin is a topic for the evening, and if one does not come forth you might consider one of the following:
 - * insurance issues : how do you get disability?, how does COBRA work?
 - * who do you tell that you are positive? when is the right time? do you need to tell anyone?
 - * am I going to the right doctor? do my doctor and I communicate? how could we do this better? is my doctor up-to-date on treatments?
 - * can I still have a loving relationship? how do I relate to my sexual self? if I'm positive and my friend is negative how can we make our relationship work? how do I deal with intimacy?
 - * are there things we can do to influence our society as a group of positive people? should we be political?
 - * how do we cope as a positive people? what is depression? what do we do about depression? how do we make positive social support systems?
- These topics and many more will come up and much can be learned from talking them through.

Should problems arise and you want some help with the group please call Pierre at
476-6430

We can help and support each other and live better lives and this is one very positive step in doing so. One other thing you might want to do is to share names and phone numbers. this is public service of **THE AIDS HEALTH PROJECT** 476-3902