

THE AIDS HEALTH PROJECT

A HEALTH PROMOTIONAL EFFORT

"The AIDS Health Project groups help people to make positive responses to difficult challenges in their lives. They offer a safe environment to learn about risk reduction and to find support during this time of crisis."

**Jackson Peyton, Education Director
San Francisco AIDS Foundation**

NEW ADDRESS:

THE UCSF AIDS HEALTH PROJECT

333 Valencia Street
San Francisco, CA 94103
(415) 626-6637

WE
CAN.
CHALLENGE AIDS NOW!

Graphics: Buzz Bense Design
Typesetting: En Character Typography
Printing: Printmasters



Are you worried about AIDS?



THE
AIDS
HEALTH
PROJECT

THE AIDS HEALTH PROJECT

We are the AIDS HEALTH PROJECT

We know how overwhelming it can be to face the AIDS epidemic. We know AIDS is a disease which does not discriminate on the basis of race, sex or sexual orientation. We know that a test for the suspected AIDS virus, HTLV-III, can heighten fears and anxieties about the disease because of uncertainties surrounding the test. We know how scary it can be to feel hopeless and isolated in the face of this horrible disease. And we know how difficult it can be to make personal changes and stick to them.

The **AIDS HEALTH PROJECT** has worked with hundreds of people as they confront such sensitive issues as health, drug and alcohol use, and sexuality. We are devoted to supporting people "at risk" for AIDS, people with AIDS, and those with AIDS-Related Conditions as they explore their needs and feelings, and to help them make choices about their health behaviors.

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



The staff of the AIDS HEALTH PROJECT

"I joined a stress reduction group with both curiosity and skepticism. The weekly meetings soon became a unique place to receive support different from what friends provide. The stress didn't magically disappear, but the groups helped me learn how to cope with it better. The groups also convinced me that my peers both support and encourage personal health behavior changes."

Michael Helquist, Journalist

"The educational support groups offered to our members by the AIDS Health Project have provided much needed help in allaying anxieties about this disease. We want our members to stay healthy, and we hope other community organizations will also take advantage of the Project's services."

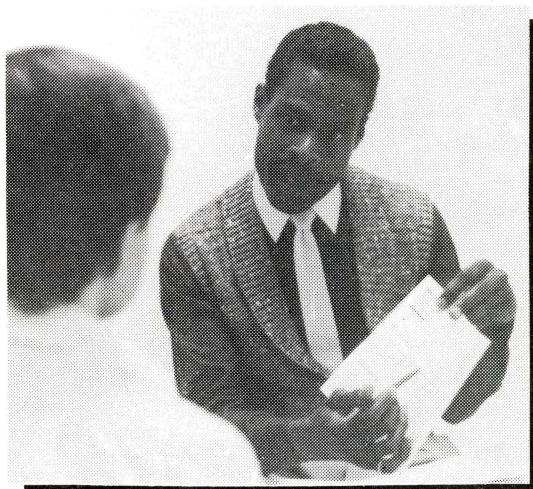
the Co-Chairs of Dignity/San Francisco

Who we are:

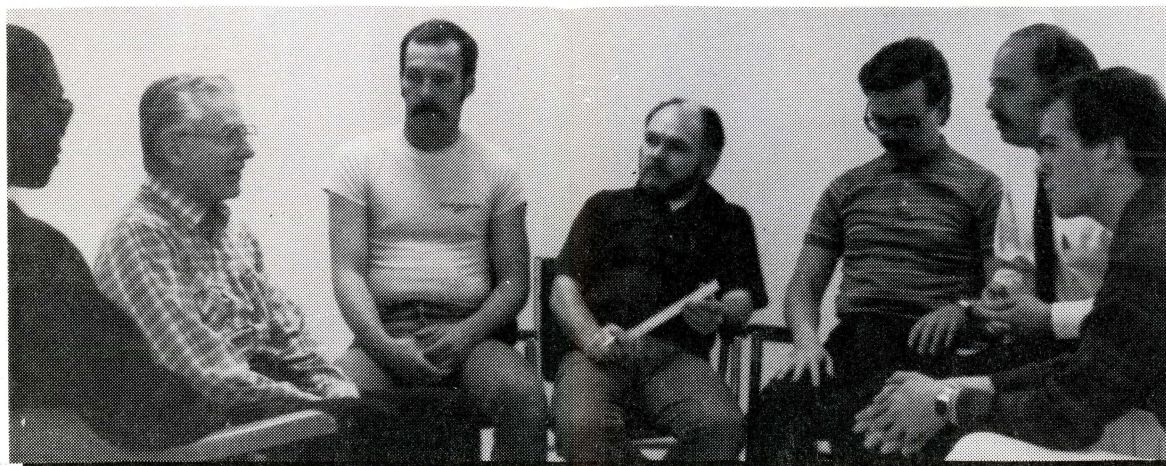
The **AIDS HEALTH PROJECT** is a supportive health promotion program for people at risk for AIDS, and those with AIDS and AIDS Related Conditions. Our Project is sponsored by the University of California, San Francisco, and funded by the City of San Francisco, Department of Public Health.

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.



An individual health consultation.



Group members enjoy support while learning to stay healthy.

Making changes doesn't have to be lonely.

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 manner.

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.

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.

"The Project's educational and stress reduction groups have been exactly the help needed by friends and clients I've referred to the Project. In combatting AIDS, the groups have been crucial."

Tim Wolfred, Coordinator of Men's Services, Operation Concern

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. The group focuses on communication between partners and how decisions are made by the couple.

How to participate in our programs:

If you're interested in participating in our programs or finding out more about our services, call

626-6637

People with AIDS may call Judy Macks or Calú Lester at 821-8830 for more information on our free services available to them.

If you have concerns about drug and alcohol use and AIDS, call Barbara Faltz or Scott Madover at 821-8764.