

**What happens during a meeting?**

At each meeting you and the other group members will sit in a circle with two facilitators and talk about different issues. You can join in fun activities that help build decision-making skills. You also will watch short movie clips.

All the clips are about times when disclosure or safer sex decisions might need to be made. You can think about, discuss, and act out how you might do things differently from the movie characters.

Snacks are provided during breaks.

Want more information on “Healthy Relationships”?

Contact:

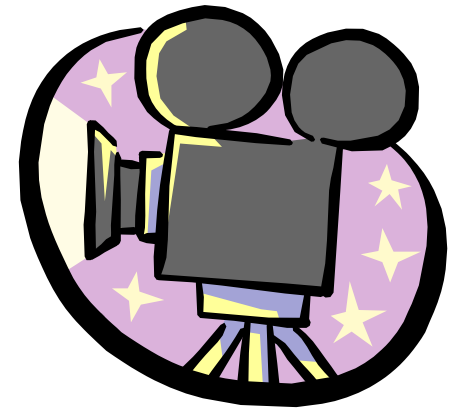
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# “Healthy Relationships”



Support Group for  
Deaf People who  
have HIV



## What is Healthy

### Relationships?

**Healthy Relationships** is a program for small groups of Deaf men or women living with HIV/AIDS. Knowing that the lives of persons living with HIV/AIDS are stressful, the program aims to build coping skills to reduce stress. These skills involve:

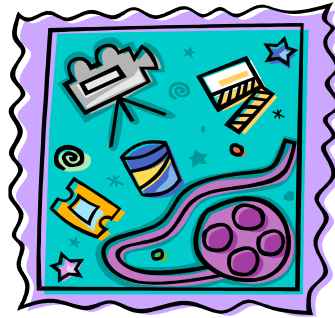
- solving problems,
- making decisions, and
- negotiating choices.

The skills are applied to three life areas:

- telling HIV status to family and friends,
- telling HIV status to sex partners, and
- building healthy and safer relationships.

**Healthy Relationships** does not tell people that they should disclose.

Group members use the skills to make informed decisions about disclosure and sexual behaviors.



### Healthy Relationships is:

- Interactive
- Fun
- Educational
- Stress-reducing

### Healthy Relationships is

#### NOT:

- Lectures
- Classes
- Forums
- 12-step program

## How can I take part?

Call or email Rich about how the program might benefit you. If you decide you want to take part, Rich will help you complete a survey. You will then be able to join a group with 5 to 12 people who are Deaf or Hard of Hearing and also have HIV.

## When/Where are the

### meetings held?

Groups meet for two hours, usually once a week, for 5 to 8 weeks. Meeting times vary, so ask Rich about the current schedule when you call. If you need help with childcare or transportation, let Rich know when you sign up.

We will tell you where the meeting will be after you meet with Rich because the meeting site is confidential.