

Women of color have experienced a 20% increase in rates of new HIV infections and AIDS cases in the U.S. Although African-Americans and Hispanics account for 13% and 11% of women in the U.S, respectively, they account for over 80% of all female HIV cases and 81% of all female cases of AIDS.

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Clinical Directors Network
www.CDNetwork.org

In partnership with:

*Bedford Stuyvesant Family
Health & Wellness Center.*

For more information about
Wellness C.I.R.C.L.E

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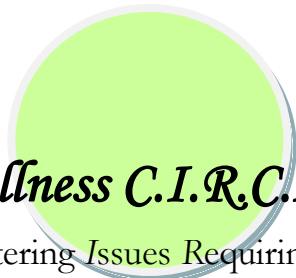
or
(212) 382-0699 ext. 240

Wellness C.I.R.C.L.E



Women's Group

*Bringing stress
management and a healthy
living style for women living
with HIV*



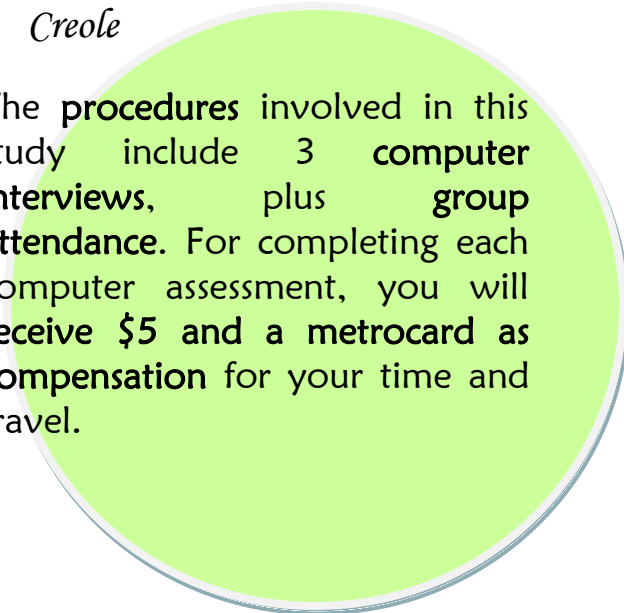
Wellness C.I.R.C.L.E

(Centering *Issues Requiring Caring, Loving Energy*) consists of 16 weekly (4 months) **two-hour group sessions** with 6-8 other HIV+ women. Each session will **provide information** on healthy responses to stress, anxiety reduction **skills**, anger **management**, and interpersonal conflict resolution skills. Group participants will also receive information on nutrition, physical activity, and healthy lifestyles changes.

Previous studies in Cognitive Behavioral Group Therapy have experienced many **benefits**, including **better** nutrition, **reduced** depression, reduced sexual risk, and **better quality of life**.

Criteria for participation in *Wellness C.I.R.C.L.E*

- ♥ *Women*
- ♥ *18 years or older*
- ♥ *Diagnosed with HIV/AIDS*
- ♥ *Fluent in English, Spanish or Creole*

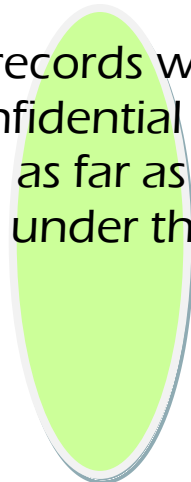


The **procedures** involved in this study include 3 **computer interviews**, plus **group attendance**. For completing each computer assessment, you will receive **\$5** and a **metrocard** as **compensation** for your time and travel.

You have the right to:

→Take part or decline participation in this group.

→If you decide to participate you have the right to withdraw from the group at anytime.



→Your records will be kept confidential (private) as far as possible under the law.