

Positive Change

A Workshop for HIV-Positive Men and Women.

Assess
Learn
Discuss
Participate

- Current coping skills for substance abuse/dependence.
- New skills for coping with addiction.
- Harm Reduction and 12 Steps.
- Thoughts→Emotions→Behaviors.
- Self Care and Social Skills.
- Creative workshops—discover the creative you!

Tuesday mornings
10 a.m. - 12 p.m.
BCA

2800 Third Street | San Francisco | CA | 94107
Take MUNI: T-line to 23rd Street stop.

