



TEST POSITIVE
AWARE NETWORK

SUPPORT GROUPS AT TPAN

MONDAY

DAYTIMERS – Ongoing peer-led daytime support group for people with HIV.
10:30 AM – 12:00 PM

SPIRIT ALIVE – Non-denominational spiritual support group. [Call 773-826-7751 for information.](tel:773-826-7751)
7:30 PM – 9:00 PM

FUTURE FOCUSED 2.0 – Ongoing peer-led support group for those newly-diagnosed with HIV, or coming to terms with their status, & have gone through FUTURE FOCUSED.
7:30 PM – 9:00 PM

A.R.G.H. (Access Relationship Group for people living with HIV) – Topics will explore issues related to healthy relationships & maintaining a positive social life.
[Contact Brenda Barr, L.C.S.W. at Access: 773-271-1437.](tel:773-271-1437)
5:00 PM – 7:00 PM

CRYSTAL METH ANONYMOUS (CMA) – Open to anyone regardless of HIV status.
7:30 PM – 9:00 PM

TUESDAY

POWER – Group for men of color addressing high-risk behaviors related to HIV & Substance Abuse. [Contact Charlotte Moore at 773-989-9400 x280, or Clemmie Carthans at x281.](tel:773-989-9400)
1:00 PM – 3:00 PM

WOMEN'S RECOVERY GROUP – Support for HIV+/- women with a substance use/abuse history, or experience thru family, partner, etc. [Contact Julie Supple at 773-989-9400 x240.](tel:773-989-9400)
6:30 PM – 8:00 PM

BROTHERS UNITED IN SUPPORT (BUS) – Ongoing peer-led support group for HIV+ gay/bisexual men of African descent. Email: bbus267@gmail.com for information.
7:00 PM – 9:00 PM

POSITIVE PROGRESS – Ongoing substance abuse recovery group for HIV-positive people.
7:00 PM – 9:00 PM

WEDNESDAY

L.I.F.E. (Learning Immune Function Enhancement) – Nation's leading 13-week **closed** HIV-self-management & health-enhancement program addressing: social support doctor/patient relationship, self-assertiveness, nutrition, depression, life goals.
6:00 PM – 9:00 PM. [Contact Michael at 773-989-9400 x246; m.valdez@tpan.com.](tel:773-989-9400)

S.H.E. (Strong Healthy Empowered) – Ongoing peer-led support for HIV positive women.
6:30 PM – 9:00 PM

THURSDAY

POWER – Group for men of color addressing high-risk behaviors related to HIV & Substance Abuse. [Contact Charlotte Moore at 773-989-9400 x280, or Clemmie Carthans at x281.](tel:773-989-9400)
1:00 PM – 3:00 PM

FUTURE FOCUSED - Eight-week **closed** therapeutic support group for those newly diagnosed with HIV, or coming to terms with their status.
7:30 PM – 9:00 PM [Contact Michael at 773-989-9400 x246; m.valdez@tpan.com.](tel:773-989-9400)

DAYTIMERS – Ongoing peer-led daytime support group for people with HIV.
10:30 AM – 12:00 PM

LIVING POSITIVE – Ongoing peer-led discussion group of gay/bisexual HIV positive men.
7:30 PM – 9:00 PM

FRIDAY

NORTHSIDE NARCOTICS ANONYMOUS – Open to anyone regardless of status.
7:00 PM – 8:00 PM

SUNDAY

S.T.A.Y. (Subjects that Affect You) – A group for positive and negative men of color. Meets the last Sunday of each month. [Contact Jonathon at 773-989-9400 x273.](tel:773-989-9400)
6:00 PM – 9:00 PM

For more information, call Michael Valdez at 773-989-9400, ext. 246; email: m.valdez@tpan.com

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