



March/April 2004

Volume 6, Issue 1

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***AIDS Walk New York
Fill The Streets! Raise Money!
FIGHT AIDS!***



You are invited to come out and walk with GMHC at the 19th Annual AIDS Walk New York! This 10 kilometer (6.2 mile) fundraising walk will take place on Sunday, May 16th beginning and ending in gorgeous Central Park.

Last year, over 45,000 caring and compassionate New Yorkers came out and raised more than \$5 million for GMHC!

Of that total, 399 registered clients, staff and volunteers on the GMHC Team raised an awesome \$94,390 placing 4th out of the top 20 fundraising teams.

Registering for this year's team is easy! You can:

- Visit the AIDS Walk website at www.aidswalk.net/newyork
- Call the AIDS Walk office at 212/807-9255.
- Make sure to indicate that you would like to join the GMHC Team (#1001).

And, if you would like to volunteer to help produce the event, simply call or stop by the AIDS Walk office on the 2nd floor of the GMHC building. There are many opportunities to get involved between now and the day of the AIDS Walk.

Come join the fun!

***Are You Looking for a Job?
Would You Like Job Training?***

Many GMHC clients have approached us because they've come to a point in their lives where they are considering transitioning to work. If you are one of these people, we understand that it can feel overwhelming to make the switch to working.

We are here to help! Get assistance with everything from the basics, such as writing and updating your resume and practicing your interviewing skills, to figuring out which jobs are best for you and building your confidence so that employers will be aware of all that you have to offer them. We also have a job developer who can help with job leads!

You can attend an information session, held on the first Wednesday of the month from 2:00-3:00, Room 405. For more information, call Michelle Aubin, Coordinator of Administrative Workforce Development, at 212/367-1015.



Gay Men's Health Crisis
Program & Volunteer Services
The Tisch Building
119 West 24th Street
New York, NY 10011

www.gmhc.org
212/367-1000

Emergency Numbers:
212/894-3750, x6442 (English)
212/894-3750, x6443 (Spanish)

Program Services News
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Information included in the Program Services News is provided by GMHC staff, volunteers and clients.

This issue of the Program Services News is sponsored in part by the following:

RESEARCH VOLUNTEERS

Male and Female HIV+ MARIJUANA smokers (age 21 – 50) with weight loss needed to evaluate the effects of medications on mood and performance. Require 8 visits (9:00 a.m. –5:00 p.m.) to the NYS Psychiatric Institute.

Compensation for time: \$560 – 640.

Call 212/543-5175 for information.

Issues of Crystal-Meth Use Among Gay Men

GMHC’s Institute for Gay Men’s Health has began the roll-out of a campaign addressing the issues of crystal-meth use among gay men. The campaign is in response to data linking new HIV and syphilis infections to crystal-meth use, as well as clients accessing GMHC services as a result of crystal-meth use.

The campaign targets gay men, and other men who have sex with men (MSM), in New York City who use crystal-meth or might contemplate its use. In addition, the campaign is designed to reach those who have close inter-personal relationships with gay men who use crystal-meth, to convey the primary messages to as wide an audience as possible. The campaign’s primary theme is HIV prevention and the accompanying messages create a social marketing context by:

1. Identifying crystal-meth use is dangerous
2. Encouraging the practice of safe sex
3. Providing a resource for support through GMHC, which provides counseling and other services to crystal-meth users so they may strategize how to practice safer sex, as well as how to reduce or stop their use.

The campaign has been developed after close consultation between the Institute and the Communications department. It will be implemented via several different mediums to ensure that its reach is maximized. These implementation strategies are:

1. Gay media advertising
2. Venue posters
3. Palm-card distribution

Different messages will roll-out via the above mediums over the next couple of months. The messages have been developed after examination of recent research literature on the issue of crystal-meth use among gay men and other MSM. Further, each message was refined after consultation with the substance use counseling staff from the Institute, based upon their experience of working with crystal-meth users.

The messages will be delivered from several different perspectives, including that of an HIV negative person, as well as an HIV positive person. They will feature scenarios that focus on HIV transmission, peer group pressure to use crystal, as well as the link between internet and crystal use.

For further information regarding the campaign, please contact Russell Westacott on 212/ 367-1368.



DHEA for DEPRESSION

For HIV+ men and women with mild to moderate symptoms of depression lasting 2+ months.

All eligible participants see a psychiatrist regularly. 8-week study plus 2-4 months of additional DHEA treatment. Compensation provided for monthly assessments & lab visits.

Dr. Judith Rabkin 212/543-5762
Columbia Presbyterian Medical Center – NYS Psychiatric Institute

New Study:
Lexapro for Depression and Memory Problems

For HIV+ men and women with depression lasting 2+ months and experiencing cognitive problems.

All eligible participants see a psychiatrist regularly. 2+ months trial of Lexapro (escitalopram) including psychiatric and cognitive evaluations. Compensation provided.

Dr. Judith Rabkin (212) 543-5762
Columbia Presbyterian Medical Center - NYS Psychiatric Institute

Research Study for FATIGUE

For HIV+ men and women with severe and persistent fatigue.

All eligible participants see a psychiatrist regularly. Four-week trial, plus two months of additional treatment. Compensation provided.

Dr. Judith Rabkin (212) 543-5762
Columbia Presbyterian Medical Center - NYS Psychiatric Institute



GMHC's Legal Services Department Forums for March & April 2004

Your Rights and Responsibilities as an HIV+ Employee: Answers the following questions and more...What if they ask about my health in a job interview? Should I tell my employer my HIV status? Will my job still be there if I do take medical leave? **1st Tuesday of each Month, March 2nd, April 6th, 6:30 p.m. – 8:00 p.m., Room 720**

New Debt Management Clinic: A monthly seminar on debt management for people with HIV/AIDS. **1st Thursday of each month & 3rd Thursday of each month, March 4th, April 1st, 6:00 p.m. – 7:30 p.m., Room 700/705; March 18th, April 15th, 2:00 p.m. – 4:00 p.m. Call 212/367-1040 for the room number.**

Immigration and HIV Forum: A monthly forum in English and Spanish on immigration issues for people with HIV/AIDS. **Thursdays, March 17th, April 21st, 6:00 p.m. – 8:00 p.m., Room 700/705**

Housing Forum: A monthly forum to answer clients' questions regarding housing issues, such as, rent arrears, repairs, rent abatement, landlord/tenant issues. **March 9th, April 13th, 6:30 p.m. – 7:30 p.m., Room 410**

The Palm Center's Coordinated Care Units Forums

Attention: 50 + Population

Benefits Forum

Tuesdays, March 15th, April 19th, Room 405, 7:00 – 9:00 p.m.

A monthly forum where clients and the general public can learn about government benefits for those who are HIV positive. The forum is open to the public and no registration is required. For more information, contact the Client Advocacy Unit Helpline at 212/367-1125.

The Return to Work Forum

Thursdays, March 18th, April 15th, Room TBA, 1:00 – 3:00 p.m.

This forum will discuss the effects of working on benefits such as Medicaid, SSI, SSDI, HASA (formerly DASIS) and Public Assistance. Registration is required. To register, please call the Client Advocacy Unit at 212/367-1125.

The facilitator for both of the forums mentioned above is Frank Cevasco, Assistant Director in the Client Advocacy Unit of the Palm Center's Coordinated Care branch.

"Are You HMO+? "/

"Eres HMO+" in Spanish

These seminars offer information on private insurance and an update on the changing Medicaid coverage. They are offered monthly in Spanish and English. Please contact Alexandra Remmel for more information at 212/367-1143.

Early last summer you may have seen flyers inviting clients who are over 50 years old to participate in focus groups. These groups were formed to determine if there was a desire and/or need for specific activities tailored to clients who are 50 years and older. We had a very good response, and a good turnout for the two focus groups, held in July and August. Out of that effort has formed the Over 50's Planning Group.

Members have met on several occasions, where interests have been expressed and plans for further action made. The group is eager for more people to join and participate.

There were a number of interests expressed:

- a Support Group specifically for people over 50 [if you're interested, call Group Services at x1457 – if they have enough people interested (6 minimum), they will consider implementing one]
- socialization activities
- opportunities for mentoring
- exercise classes, sensitive to the needs of an older population
- medical and research presentations geared to issues for the over 50 group
- a regular column in this newsletter that address issues of interest to this group
- book club, and talk by authors about subjects of interest to people over 50.

The next meeting of the Over 50's Planning Group is scheduled for March 31st at 4:00 p.m. on the 12th Floor.

If you are interested in attending, call *Gaetana Manuele* at 212/367-1190 or *Sandy Regenbogen* at 212/367-1187.

Save The Date

NY Association on HIV Over Fifty (NYAHOF) is holding its
Spring Conference on Tuesday June 8, 2004
9:00 a.m. to 1:00 p.m.
Room 405/410

The event will be hosted for the second year in a row by
Gay Men's Health Crisis, Inc., The Tisch Building,
119 West 24th Street, New York, NY 10011.

Happenings in the Nutrition & Wellness Program

Cooking Class

Classes are held on the second Tuesday of each month from 11:00 a.m. – 1:00 p.m. in the Child Life Pantry, located on the 2nd floor.

Nutrition and the Immune System

This workshop is offered the third Wednesday of each month from 2:00 p.m. – 3:30 p.m. on the 12th floor.

Love Your Liver



This workshop is offered on the second Thursday of each month from 2:00 p.m. – 3:30 p.m.

Body Mass Assessments

This test is offered on the third Friday of every month from 2:00 p.m. – 3:00 p.m. on the 12th floor.

Strength Training Exercise Class

All classes are taught by certified fitness instructors. Beginners, intermediates and advanced exercisers are all welcome. Mondays, 12:00 p.m. – 1:00 p.m.; Wednesdays, 12:30 p.m. – 1:30 p.m.; Fridays, 12:00 p.m. – 1:00 p.m., Wellness Room 1149.



For more information about the workshops, or to sign up for any of the classes, call 212/367-1080.



GMHC is planning to have a major presence at this march, as we believe that it is critical that HIV and AIDS issues and women living with HIV/AIDS be visible and present. To that effect, we are beginning our planning and organizing work. We would like to encourage anyone and everyone interested to get involved, as we start to plan our agency-wide participation. We will also be speaking with our partners, clients, and volunteers to bring the many messages of our communities to bear on this important occasion. Please get involved now so that the issues and concerns of your constituents are a part of GMHC's presence in Washington. For more information on how GMHC is getting involved, call 212/367-1000 or look for flyers throughout the building.

Women's History Month

Women Inspiring Hope and Possibility

Tuesday, March 16, 12:30 p.m. to 2:00 p.m., Room 410.—“**Women's Reproductive Health: Developments in Microbicides and Emergency Contraception**”—A discussion with Jen Curry of the Harm Reduction Coalition and Destiny Lopez, Emergency Contraception Access Campaign. *What are Microbicides? What is Emergency Contraception?* Discussion will begin with the basics and move into a deeper discussion of policy issues surrounding these options, developments in the campaigns for access, as well as advocacy opportunities. *Hosted by the Public Policy Department.*

Thursday, March 18, 6:30 p.m. to 8:30 p.m., Room 410—“**Women Inspiring Hope and Possibility: Personal Testimonies of Heterosexual Women in the HIV/AIDS Epidemic**”—Heterosexual women living with HIV and AIDS will be able to come together and share their stories, gather support and look at ways to enhance their lives. Refreshments will be served. *Hosted by Women & Family Services.*

Friday, March 19, 11:00 a.m. to 1:00 p.m.—“**Forum on Carbohydrate Confusion**”—With a \$25 billion industry projected for the year 2004, low-carbohydrate products are flooding the food markets everywhere, and increasing consumer confusion as to where they fit (or do not fit) into their diet. Through hands-on activities, participants in the forum will learn how to identify healthy and unhealthy carbohydrate foods, and begin to understand where carbohydrates (or “carbs”) fit into the diet of a person living with HIV. *Facilitated by the dietitians of the Child Life and Nutrition & Wellness Programs.*

Wednesday, March 24, 6th floor—“**Free Walk-in Testing for Women**”

The Geffen Testing Center will be offering free HIV testing and complimentary hand massages to women in honor of Women's History Month. Registration begins at 2:30 pm and testing will be conducted from 3:00 p.m. to 7:00 p.m. Testing will be offered on a first-come, first-serve basis and will be limited to the Testing Center's capacity on this day. Please sign-up early.

Monday, March 29, 10:00 am to 12:00 pm, Room 405/410—“**Pandemic: Facing AIDS**”—A film screening and discussion with co-producer/director, Rory Kennedy. *Pandemic: Facing AIDS* is a powerful documentary (produced by Moxie Firecracker Films, in association with The Bill & Melinda Gates Foundation and HBO) that follows the personal stories of people from five countries who are living with AIDS, cutting through the overwhelming statistics and putting a human face on the global epidemic. Award-winning filmmaker Rory Kennedy and her crew tell the stories of women and men from around the world coping with HIV and AIDS, and watch as they brave sickness, stigma, and even death with courage and strength. Rory Kennedy is a the co-founder of Moxie Firecracker Films, an independent documentary production company that she runs with partner, Liz Garbus, Kennedy has produced and/or directed award-winning documentaries for HBO, Lifetime Television, A&E, Court TV, the Oxygen Network and Learning Channel, covering a variety of topics including the global AIDS crisis, human rights, domestic abuse, poverty, and drug addiction. *Hosted by the Communications Department.*

Tuesday, March 30, 10:30 a.m. to 12:00 p.m.—“**Seasons of Love: Part II**”

A panel discussion with women volunteers at GMHC spanning three decades of HIV and AIDS. The panelists will reflect on how volunteering impacts their lives and their visions for volunteering in the future. *Hosted by the Watanabe Volunteer Center.*

All events are free, open to the public and will be held at GMHC, The Tisch Building, 119 W. 24th Street. For more information, please call (212) 367-1016.



Treatment Education Workshops for March & April 2004

March 2004

Monday, March 1st, 2:00 p.m. to 3:00 p.m., Treatment Discussion Group

Have you been thinking about attending a Treatment Education and Adherence workshop? Do you have questions, comments or concerns about your treatment options? Come to this discussion group to learn how to make use of the Treatment Education and Adherence program.

Tuesday, March 2nd, 1:00 p.m. to 3:00 p.m., Making Sense, Making Choices

A solid introduction into the world of HIV disease and treatment. Covers the basics of the ways that HIV damages the body and the treatments to fight it.

Tuesday, March 9th, 11:00 a.m. to 1:00 p.m., Women's Workshop

This workshop is designed to address women's health issues affecting HIV positive women. We will explore topics such as common vaginal infections, sexually transmitted infections, adherence issues, and doctor-patient relationships.

Wednesday, March 10th, 1:30 p.m. to 3:30 p.m., Special Topic: Opportunistic Infections

A discussion on fungal, bacterial, viral, and protozoal infections that take the opportunity to infect individuals with compromised immune systems.

Tuesday, March 22nd, 2:00 p.m. to 4:00 p.m., Special Topic: Hepatitis C and HIV

Hepatitis C has become a serious co-infection for HIV positive people. Come learn about Hepatitis C basics - What it is, how it is diagnosed, treated, and possible interactions with HIV medications.

Tuesday, March 23rd, 7:00 p.m. to 9:00 p.m., Ask The Doctor—HIV and Dermatological Conditions

A workshop that lets you ask our doctors about all of your treatment concerns. This month's topic: HIV and Dermatological Conditions, presented by Dr. Mimi Buchness, currently in private practice, Clinical Associate Professor at New York Medical College and Associate Attending at St. Vincent's Hospital.

April 2004

Monday, April 5th, 2:00 p.m. to 3:00 p.m., Treatment Discussion Group

Have you been thinking about attending a Treatment Education and Adherence workshop? Do you have questions, comments or concerns about your treatment options? Come to this discussion group to learn how to make use of the Treatment Education and Adherence program.

Tuesday, April 6th, 1:00 p.m. to 3:00 p.m., The Role of Treatment Education in Client Services

It has been estimated that service providers spend up to 20% of their time talking with clients about treatment concerns. This workshop examines how treatment information can best be integrated into social service interactions.

Wednesday, April 7th, 2:00 p.m. to 4:00 p.m., Adherence Workshop

A lot of people take medications to fight HIV. These drugs are very powerful at fighting HIV, but the virus is very tricky. If we don't take antivirals at the same time every day, the virus can learn how to make the drugs stop working. Come learn new and exciting ways to manage your medication schedule.

Tuesday, April 13th, 2:00 p.m. to 4:00 p.m., Side Effects Management

This workshop will discuss common side effects associated with HIV infection and its treatment, such as nausea, diarrhea, vomiting, and dry mouth, as well as elevated blood sugars and fats. Peripheral neuropathy will also be covered.

Tuesday, April 20th, 4:00 p.m. to 6:00 p.m., Making Sense, Making Choices

A solid introduction into the world of HIV disease and treatment. Covers the basics of the ways that HIV damages the body and the treatments to fight it.

Thursday, April 22nd, 9:00 a.m. -1:00 p.m., Working Conference for Providers

Gain new skills and information to help your clients with the complex world of HIV treatment, health and wellness.

Tuesday, April 27th, 7:00 p.m. to 9:00 p.m., Ask The Doctor!—How HIV can affect Eyesight

A workshop that let's you ask our doctor's about all of your treatment concerns. This month's topic: How HIV can affect Eyesight, presented by Dr. Christopher Coad of Chelsea Eye Associates.

Registration is required for all workshops.

Just dial 212/367-1330, press 832 when you are asked to enter an extension.

Treatment Education Library

Mondays & Thursdays – 11:00 a.m. to 1:00 p.m. & 2:00 p.m. to 5:00 p.m., **Tuesdays & Wednesdays** – 11:00 a.m. to 2:00 p.m. & 3:00 p.m. to 5:00 p.m. & **Fridays** – CLOSED Please check our monthly library schedule, or call 212/367-1458; hours are subject to change.

What's New at GMHC? The Creation of the Michael Palm Center for AIDS Care and Support

One thing is certain, living with HIV or AIDS is an ever changing landscape. To be responsive to these changes GMHC must periodically re-evaluate the way things are done. Over this past winter, GMHC program staff participated in a comprehensive planning process intended to strengthen the agency's response to the changing environment and the evolving needs of clients infected and affected by HIV and AIDS. In particular, this planning process focused on how new clients access services at GMHC, and how service coordination for clients could be improved.

A consultant facilitated discussions with staff and volunteers about their experience with current intake and referral systems. As a result of this assessment, three planning principles were identified that would guide the development of the **Michael Palm Center for AIDS Care and Support**. These planning principles are:

- **Engagement:** Easy access and assessment for new and returning clients,
- **Efficiency:** Alignment of service functions to ensure immediate engagement and connection to care,
- **Effectiveness:** Emphasis on care coordination, and enhanced counseling and support services to meet the diverse needs of GMHC clients.

The creation of the "Palm Center" will enable new clients to access the agency more easily. The realignment of client services will facilitate fast and effective assessment and referral of clients both inside and outside the organization. Ultimately the Palm Center will provide a more comprehensive array of individual and group support that are responsive to the complexity of needs for people at risk for HIV, and those infected and affected by HIV.

The New "Palm Center" is made up of two branches, the Coordinated Care Unit and the Counseling and Support Unit.

The Coordinated Care Unit entails a reorganized and augmented "front door" that will ensure effective assessment of client needs leading to immediate linkage to care. The unit will include the following functions and services:

- 1) Intake and Assessment,
- 2) Client Advocacy, and
- 3) Case Management.

An interdisciplinary team approach will be utilized to engage, triage, and care plan for new clients.

The Counseling and Support Unit involved a realignment of individual and group interventions that will enable clients to maximize their care options within the agency. Improved coordination of care will be matched with an array of counseling and support models to meet the evolving needs of our clients. Programs within this unit include:

- 1) Short-term mental health (therapy readiness),
- 2) Buddy Support (in home individual support),
- 3) Prevention Case Management (individual and group counseling), and
- 4) Group Services, including GMHC's Life Steps program.

GMHC continually strives to be on the cutting-edge of service delivery, policy making, and education, and we are very excited about the creation of the Michael Palm Center for AIDS Care and Support. Heading up this new department at GMHC is Mr. Sal Florio, C.S.W., and C.A.S.A.C, who comes to us from the Albert Einstein College of Medicine, where he was the Director of Clinical Services for the Division of Substance Abuse. Look forward to learning more about Mr. Florio and meeting with him personally in the next few months.

We hope that you will experience the positive changes at GMHC and welcome you to stop by the fourth and fifth floors!



The Wellness Program's Adult Continuing Education Program

Lottery Registration

Tuesday, May 4th
12:00 - 2:00 p.m.

Wednesday, May 5th
5:00 - 7:00 p.m.

Thursday, May 6th
2:00 - 4:00 p.m.

Drawings for Scholarships

Friday, May 7th

Registration for Winner of the Scholarships

Tuesday - Thursday, May 11th - 13th
Times to be posted and announced

For clients that are interested in participating in the lottery drawing, it will be held on Friday, May 7th, on the 12th floor. If you are awarded and don't come in to register for it by 4:00 p.m. on Thursday, May 13th, we will draw another person's name from that school to take your scholarship. As a reminder, only clients of the Wellness Program (formerly the Learning Center) are eligible to receive scholarships through this program. Scholarships are for tuition only, and it is the client's responsibility to pay for any material fees, books or supplies for the classes taken. If you have questions, please direct them to Donna Pine on the 12th floor, or call her at 212/367-1420. If you aren't a member of the Wellness Program and would like to become a member, call Joanne Rodriguez at 212/367-1122.



NEW COMPUTER LAB TO ARRIVE AT GMHC IN THE SPRING

GMHC is proud to announce the installation of a 24 stations computer lab complete with an interactive self-taught curriculum. The computer lab is donated through SUNY's Center for Workforce Development and will be available for use for GMHC clients, volunteers and staff. The state of the art computers are equipped with programs ranging from high school proficiency and ESL to office skills, health care worker and customer services representative as well as a home improvement series including carpentry and electrical repair.

The lab will be located on the 11th floor and managed by the Watanabe Volunteer & Work Center. Look for the Grand Opening sometime in May.



*Daylight Saving Time
begins at 2:00 a.m.
on April 4th, 2004.
Please remember
to set your clocks
ahead one hour.*

April is Volunteer Appreciation Month

by David Crawford, CTRS, Coordinator, Life Steps Program & Editor, Program Services News

Why volunteer? Or perhaps the question is: Why do people want to volunteer? The answers are as diverse as our volunteers. Personal fulfillment and giving back to the community are two reasons often given for volunteering. Many people choose to volunteer at GMHC because HIV/AIDS has affected them personally. Volunteers recognize a need and choose to act on it. Volunteering is an act of social responsibility without concern for monetary rewards. Since its beginning, GMHC has depended heavily on the numerous, invaluable hours worked by volunteers.

April is Volunteer Awareness Month at GMHC, and we salute each and every volunteer who works in our programs. Volunteers help prepare and serve our meals, run support groups and classes, provide complementary therapies, help out at the Theater Desk and Treatment Library, answer phones, make appointments, help with our special events, play the piano during meals, provide social support to clients through the Buddy Program, and even stuff envelopes. While we officially recognize what they do this month, volunteers are appreciated and touch our hearts each day throughout the year.

In *At Wit's End*, Erma Bombeck speculates on a world without volunteers: "The hospital was quiet as I passed it. Rooms were void of books, flowers and voices. The children's wing held no clowns . . . no laughter. The reception desk was vacant." (1975, Field Enterprises, Inc.) Our programs mirror this situation. Without our volunteers, our world would be a bleak one. So when you see our volunteers this month, send a smile or a friendly thank you their way. They deserve it!

If you have any questions about volunteering at GMHC, you can contact any of the following people:

Jeff Rindler, Director, Terry Watanabe Work and Volunteer Center, 212/367-1018

Frank Carson, Assistant Director, Volunteers, Training & Community Education, Terry Watanabe Work and Volunteer Center, 212/367-1087

Teresa Sosa, Coordinator, Volunteer Intake, Terry Watanabe Work and Volunteer Center, 212/367-1011

Tommy LoConti, Assistant Coordinator, Volunteer Services, Terry Watanabe Work and Volunteer Center, 212/367-1008.

Groups, Classes & Activities from The Wellness Program

Monday:	10:00 a.m. –12:30 p.m. 11:00 a.m. - 4:00 p.m. 12:00 p.m. – 1:00 p.m. 1:00 p.m. – 2:30 p.m. 2:00 p.m. – 4:00 p.m.	Painting Class Massage Exercise Group Haircuts Life Drawing	2nd floor Art Room Room 1150 11th floor Wellness Room 12 th Floor (every other Monday; by appt. only) 2nd floor Art Room
Tuesday:	11:00 a.m. – 1:30 p.m. 12:00 p.m. - 1:00 p.m. 1:00 p.m. – 4:00 p.m. 1:15 p.m. - 3:00 p.m.	Haircuts Chiropractic Care Individual Shiatsu Swedish massage	12 th Floor (by appt. only) Room 1200 Room 1145 Room 1150
Wednesday:	12:30 p.m. – 1:30 p.m. 1:30 p.m. – 2:30 p.m. 1:15 p.m. – 3:00 p.m. 4:00 p.m. – 6:00 p.m. 6:00 p.m. – 8:00 p.m. 6:30 p.m. – 8:00 p.m.	Exercise Group Chiropractor Swedish massage Arts and Crafts Sculpture Group A Cappella Singing Group	11th floor Wellness Room Room 1200 Room 1150 2nd floor Art Room 2nd floor Art Room 12th floor Dining Room
Thursdays:	11:00 a.m. – 12:30 p.m. 12:30 p.m. – 1:30 p.m. 4:00 p.m. – 6:00 p.m. 4:30 p.m. – 5:30 p.m. 6:30 p.m. – 8:30 p.m.	Yoga Class Feldenkrais Group Shiatsu Massage Reiki Circle Full-Body Acupuncture	11th floor Wellness Room 11th floor Wellness Room Room 1145 Room 720 Room 620
Fridays:	12:00 p.m. – 1:00 p.m. 6:00 p.m. – 8:00 p.m.	Exercise Group Sculpture Group	11th floor Wellness Room 2nd floor Art Room

If you have any questions about any activity, please call the Wellness Program at 212/367-1420.

GMHC Telephone Directory

GMHC's Main Number	212/367-1000	Legal	212/367-1040
Access & Assessment (Intake)	212/367-1122	Life Steps	212/367-1130
Adult Mental Health	212/367-1286	Meals Program	212/367-1420
Advocacy Helpline	212/367-1125	Nutrition and Wellness Program	212/367-1080
Buddy Program	212/367-1180	Prevention Case Management	212/367-1189
COBRA Case Management	212/367-1060	Proyecto P.A.P.I.	212/367-1386
Gay Gotham	212/367-1382	Early Engagement Case Management	212/367-1178
GMHC Website (www.gmhc.org)	212/367-1510	Soul Food	212/367-1372
Group Services	212/367-1379/1457	Substance Use Counseling & Education (SUCE)	212/367-1354
HIV Counseling and Testing (The Geffen Center)	212/367-1100	Theater Desk	212/367-1420
Hotline & A-Team	212/807-6655	Treatment Education	212/367-1458
	800/AIDSNYC	Treatment Education Library & Cyber Café	212/367-1455
TTY (Deaf Access—email—hotline@gmhc.org)	212/645-7470	Watanabe Volunteer and Work Center	212/367-1030
House of Latex Project	212/367-1377	Women and Family Services	212/367-1267
Institute for Gay Men's Health	212/367-1353	<i>In an emergency, when the regular numbers do not work, please call 212/894-3750, x6442 (English) or 212/894-3750, x 6443 (Spanish) to find out if GMHC is open.</i>	