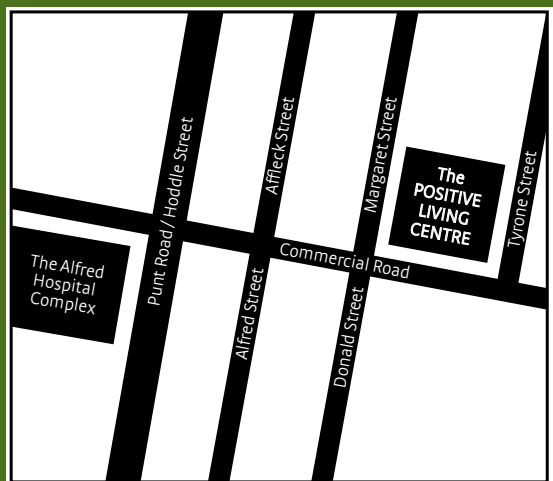


Find the Positive Living Centre

The centre is situated in the old Braille library at 51 Commercial Road South Yarra, Melbourne



The Victorian AIDS Council / Gay Men's Health Centre (VAC/GMHC) HIV Support Services are run through the Positive Living Centre (PLC) in Prahran. The PLC is a vibrant and safe environment for all people living with HIV.

The PLC's main aim is to enhance the health and well-being of HIV positive people, through the provision of social, emotional, recreational, and skills-based services and activities.

Many PLC services are provided free-of-charge and are delivered by a range of skilled facilitators, staff, and volunteers. Services and activities include

- Financial assistance legal advice.
- Meals and pantry items.
- Exercise, yoga and pilates classes.
- Massage and acupuncture.
- Naturopath and vitamart service.
- Resources and referral to other HIV related supportive services.

For more details, see www.vicaids.asn.au/community-centre-plc

For more information

Contact the Peer Support & Health Promotion Officer at the Positive Living Centre

Phone: (03) 9863 0444

Mobile: 0418 392 660

Email: peersupport@vicaids.asn.au



The Victorian AIDS Council / Gay Men's Health Centre

6 Claremont Street, South Yarra VIC 3141

Phone: (03) 9865 6700

Fax: (03) 9826 2700

www.vicaids.asn.au

HIV+ Peer Support

A GUIDE TO
HIV+ Peer Support at
the Positive Living Centre,
a service provided by the
Victorian AIDS Council /
Gay Men's Health Centre



Who we are & What we do

The Victorian AIDS Council / Gay Men's Health Centre works to confront the continuing challenges of the HIV epidemic and, increasingly, the GLBTI community's broader health concerns.

VAC/GMHC was formed in 1983 as a central part of the Victorian community's response to HIV. We are a community organisation, funded primarily to deliver health promotion, care and support to those living with and those at risk of HIV and STIs.

From the beginning, we have worked in a way that has capitalised on interaction and interdependence with affected individuals and communities and our response to the continually changing epidemic has always been in partnership with them.

HIV+ Services

VAC/GMHC offers a range of services for HIV positive people across all of its three sites in South Yarra and St Kilda in Melbourne.

These include:

- Counselling services to help cope with the initial period after diagnoses and to manage the emotional effects over time.
- Medical services, including antiretroviral treatment and advice.
- Community support programs and residential services.
- Financial and legal assistance.

For general information about our HIV support services see www.vicaids.asn.au/living-with-HIV

What is HIV+ Peer Support?

Peer Support is support, knowledge, care, and emotional, social and practical help provided by people who have faced the same challenges and issues as you.

HIV+ Peer Support Groups at the Positive Living Centre provide a safe and supportive environment where key topics about living with HIV are explored.

Whether recently diagnosed, or living with HIV for a number of years, HIV+ peer support groups can be a great way to meet other men who share this life experience.

The Peer Support and Health Promotion Officer operates out of the Positive Living Centre and provides a friendly, confidential support to men living with HIV. Additionally, the Peer Support Officer supervises the running of HIV+ Peer Support Groups in consultation with volunteer facilitators.

HIV+ Peer Support Groups

The groups operate for approximately 6-8 weeks and are run by trained facilitators who are also HIV positive.

Our HIV+ Peer Support groups are open to all HIV+ men and provide a non-judgmental and supportive environment.

Participants decide all topics for discussion. Some of these topics may include:

- Relationships (partners, family, friends)
- Disclosure
- Medications and complimentary therapies
- Managing stress and 'Mental Wellness'
- Staying healthy
- Other HIV related services
- Sex and Sexually Transmitted Infections (STIs)

Testimonials from participants

'I walked away from the Peer Support Group feeling so much better about myself.'

Tony

'There's nothing better than meeting others who are in the same situation.'

Samuel

'There was a lot I didn't know about living with HIV before joining the Peer Support Group. I'm glad I decided to participate.'

Jeremy

'The Peer Support Group provided a safe environment for me to talk about living with HIV... I realised I'm not the only one who feels the way I do.'

Ron

'The Peer Support Group gave me the opportunity to meet others facing similar challenges. I learnt that there is no right or wrong way to deal with things, and everyone's journey is unique.'

Ryan

