



building community for people  
living with, affected by, or at risk  
for hiv or aids

[www.asgva.org](http://www.asgva.org)

At the AIDS/HIV Services Group (ASG) we offer a variety of wellness services to the community regardless of HIV status or ability to pay. In addition to these listed events, groups, and classes, we offer care coordination, mental health support, and life coaching. All listed events are at ASG unless otherwise noted. Check out our website and newsletter for more information on services or call Hannah Green, Public Relations Coordinator at 434.981.2160.

### ***Workin' It***

*Every Wednesday at 11:00 a.m.*

Learn the skills you need to get the job you want! To sign up for this professional job readiness program, call Rob at 434.981.2134. Next 6 week session starts January 18.

### ***SISTA***

Join strong, empowered women for real talk about relationships, communication, and cultural pride. To join a SISTA group in your area call Kisha at 434.981.6069 or DeKeace at 434.981.2144.

### ***Hope for Healing***

*Every Tuesday at 2:00 p.m.*

This confidential group provides support for people living with HIV or AIDS who are interested in addressing substance use in their life. Call Jorie at 434.981.2108 for more information.

### ***Project Thrive***

*Every Thursday at 6:30*

Project Thrive is a dinner series for gay or bisexual men living with HIV or AIDS. Each week local professionals present on a health-related topic, such as nutrition, exercise, and stress management. You can even visit a chiropractor through this program! We are creating more Project Thrive groups, so please contact Hannah at 434.981.2160 if you are interested in participating!

### ***CLEAR!***

CLEAR! (Choosing Life! Empowerment! Action! Results!) is a series of life-coaching sessions designed to help you live your life to the fullest! To enroll call Meghan at 434.981.2178.

### ***Yoga for Life***

Free yoga and meditation offered at ASG every Wednesday at 1:00 p.m. starting January 4<sup>th</sup>. All are welcome!

953 Second St SE - Charlottesville, VA 22902 - [www.asgva.org](http://www.asgva.org) - 434.981.2160  
*25 years of building community for people living with, affected by,  
or at risk for HIV or AIDS*