

AWARE Overview

AWARE aims to provide participants with practical help and knowledge to manage their HIV diagnosis, gain confidence, build resilience and make informed decisions around the various issues that may confront them after a HIV diagnosis.



Local guest speakers to help navigate the care system



Food & beverages provided at each session



Meet other guys in the same situation in a safe, confidential & supportive environment



Unique and fun activities incorporated into group sessions

At the end of the 6-weeks, AWARE participants will be given a complimentary outing provided by Impulse Group Orlando.

**Transportation assistance is available throughout the duration of the AWARE program if needed.*

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I wish I had made the decision to go sooner. Thinking I could do it alone was challenging and no one has to ever feel like this cross should be carried alone. What the guys at AWARE do is make you feel like you belong, give you the answers to the endless questions and the resources and knowledge. Because at the end of the day knowledge is power. - I.G.H.

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Enroll in AWARE

Space is limited.
Please contact us by phone or email:

(321) 209-5353
AWARE@impulsegrp.org

AWARE

Achieving Wellness and Reaching Excellence

“

I liked how close and safe we all felt at the end of every class. Some days, I was waiting desperately to get back to class cause I needed that safe place where I could feel like I belong somewhere and that my life is not over - H.A.

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AWARE is made possible by:



www.impulseorlando.org



A confidential support & counseling group for men ages 18-30, newly diagnosed with HIV.

AWARE

Achieving Wellness and Reaching Excellence



Testing positive for HIV often leaves a person overwhelmed with questions and concerns. It is important to remember that HIV is a manageable disease that can be treated with HIV medicines. HIV medicines cannot cure HIV, but they can help people with HIV live longer, healthier lives.

All of your emotions and questions are natural. Learning more about HIV will help to answer your questions. You do not have to manage on your own – having someone to talk to about your feelings can help.

AWARE was created to provide you a free & confidential environment to get answers to your questions and a peer-support system to help link you to community and medical HIV resources.

You are not alone. Take your time to process how you are feeling. Although finding out you have HIV is a big piece of news to come to terms with, remember that many people are living long, healthy and fulfilled lives with HIV.

What is AWARE?

AWARE is a no-cost, 6-week, closed, counseling and educational group led by a licensed mental health counselor. AWARE was created to reduce fears, misconceptions, and isolation surrounding a recent HIV diagnosis.

- Explore & understand HIV and its impact on your life
- Understand how HIV & your immune system work
- Get an overview of current and future treatments
- Work out when & who to tell about your status
- Take charge of your own health

What do I do now?

The first step after testing positive is to see a health care provider, even if you do not feel sick. Prompt medical care is the best way to stay healthy.

People with HIV work closely with their health care providers to decide when to start treatment and which HIV medicines to take. Making these decisions begins with an HIV baseline evaluation.

Is AWARE right for me?

Research shows that individuals with greater support have better health outcomes than individuals who lack such support.

How can I enroll in AWARE?

Please contact us by phone or email:

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I have better understanding of the diagnosis. It offered me peace of mind, something no medication can ever give you. And finally, it showed me many ways to find more support and it told me where to go and who to ask if I have any further questions.

