



commonground

The Westside Community Center *Working Together to fight HIV*

PREVENTION FOR POSITIVES (PHIP)

HIV is 100% preventable.

We believe that empowering HIV positive individuals through education, awareness and support in a non-judgmental, caring environment helps prevent the spread of HIV.

Common Ground's PHIP Program (*pronounced fip*) provides that education and support to a growing number of our community members living with HIV on the Westside of Los Angeles.

PHIP is a Series of Five Workshops led by the agency's Client Advocate that explore:

- ❶ Life Goals: Short Term and Long Term
- ❷ The Impact of Living with HIV
- ❸ Staying Healthy
- ❹ Disclosing your HIV Status
- ❺ Risk Behaviors and Ways to Reduce Them

The workshops are held weekly and provide an opportunity for people living with HIV to candidly discuss the issues that have an impact on their lives and the lives of their loved ones. Over the course of the workshop, participants often develop friendships and support systems that continue for years. The incentive based program draws between six and ten participants for each series. Snacks and refreshments are provided for the clients.



Common Ground serves over 60 unduplicated clients annually through this program.

For more information about our Prevention Program, visit www.commongroundwestside.org.

“I didn't know how to tell my parents that I was HIV positive. The group has helped me learn how to have an open line of communication when it comes to disclosing my status.”