

Empower

mind.

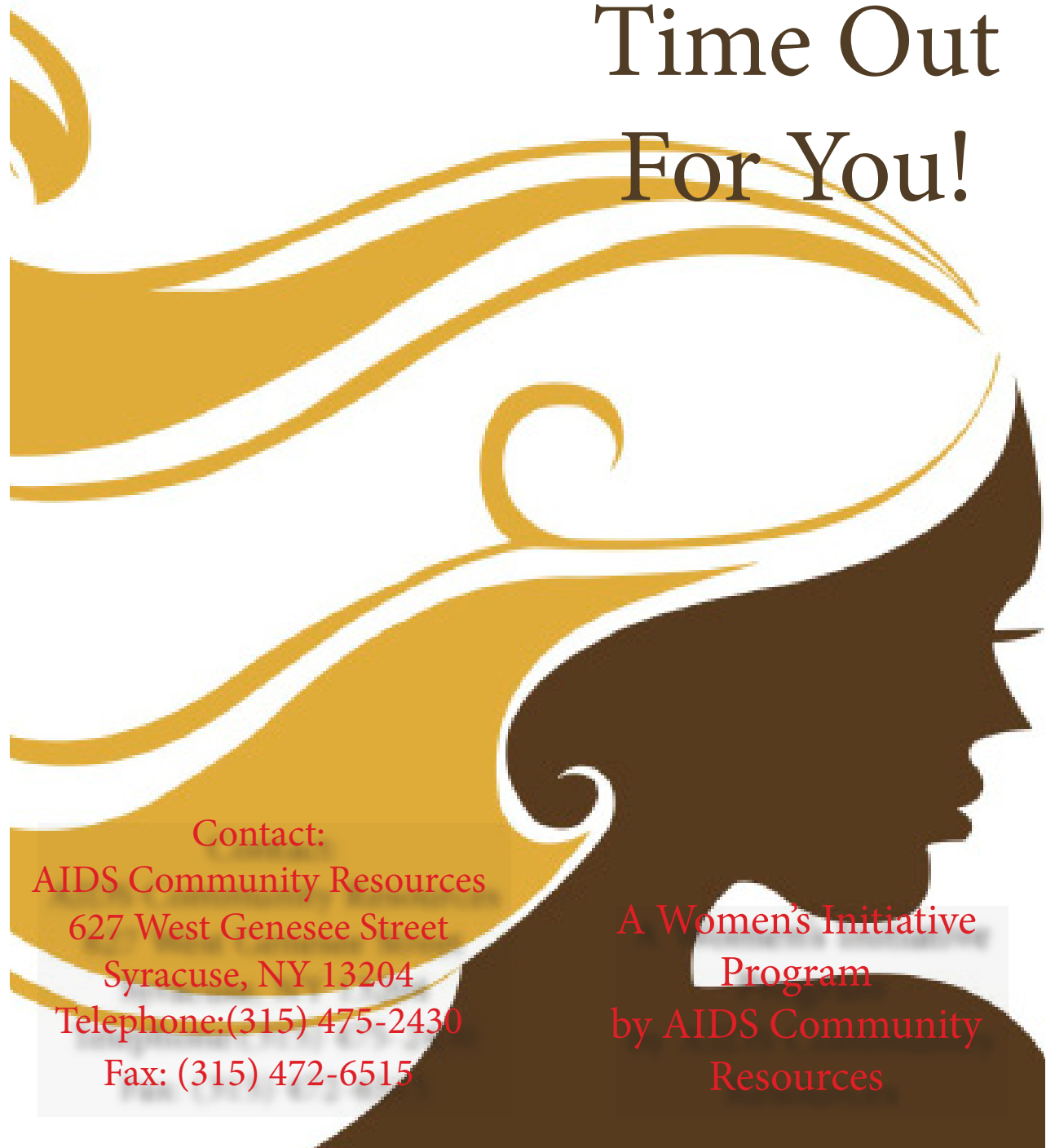
Empower

spirit.

Empower

yourself.

Time Out
For You!



Contact:

AIDS Community Resources

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A Women's Initiative
Program

by AIDS Community
Resources

Program

Sessions

Services



A six session program on sexuality, communication with partners, self-esteem, and empowerment for women. Walk away with the knowledge to gain better control of your life and your relationships.

1. A New Outlook on Sexuality

Increase participants' awareness and understanding of the multidimensional nature of sexuality and to improve self-esteem.

2. My Rights

Explore, and practice using, the basic principles of effective communication.

3. Getting Through to People

Learn how non-verbal messages, words, and phrases hamper communication.

4. Woman Care Self-Care

Reproductive health information.

5. Choices For Today's Women

Expand knowledge of human sexual behavior and safer choices for intimate relationships.

6. Talking About Sexuality

Explore strategies to improve communication with a sexual partner; employ role-playing and communication skills to negotiate intimate practices.

- Community-based outreach
- Individual risk-reduction counseling and case management
- HIV and STD testing
- Monthly support meetings

