



NEWLY DIAGNOSED WORKSHOPS

Are you struggling to come to terms with your HIV diagnosis?

Our workshops will help you deal with your diagnosis and gain the knowledge and tools to live with HIV.



'A safe space to talk without judgement, meeting other people and [getting] important information that I needed to know'

'The team are amazing, wonderful, warm presenters. I feel I have made friends for life and am not alone'



Dates and booking details

You need to be available for all 3 sessions. Let us know if you need support with local travel costs or mobile data to access these workshops.

Light refreshments will be provided.

Places are limited, so for more information and to book a place call **07741 321216**.

Email **paul.bray@tth.org.uk**

