



Support Groups

Primer Yo

Spanish-speaking women with HIV
Fridays 1130AM
Zoom/In-Person
858-776-5367

Seeking Safety

English-speaking women with HIV who have experienced trauma or substance use
Zoom/In-Person
12 week sessions, call or text for info: 858-776-8485
** Groups offered in both English and Spanish*

Seeking Safety

English-speaking youth with HIV (ages 18-30 years) who have experienced trauma or substance use
In-Person
12 week sessions, call or text for info: 619-743-8334

Young Adult Support Group

English-speaking youth with HIV (ages 18-30 years)
Tuesdays 3PM
In-Person (outdoors)
619-743-8334

Moms Meet Up

English-speaking expecting and postpartum moms with HIV
Thursdays 4PM
Zoom/In-Person
858-776-5339