POZ Women Focus Group: Feelings about being an HIV+ Woman in Today’s World

Facilitated by: Lisa Hamilton and Michelle Lundgren

An open forum where women could discuss anything and everything from:

- Expressing your feelings about being HIV+
- Being able to share your story and feel connected to other women
- Disclosing your status / Dating while positive
- Share advice, from personal experience with other women
- Discussion on how to empower ourselves and each other
- Discussion on trying to let go of anger and negative feelings
- Having faith in something bigger than ourselves
- Discussion on learning to take the time to take care of ourselves
- Discussion on condom usage
- How to ask questions with your doctor

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