



Integrity

HIV transmission is serious

It is not inevitable

You can make changes

Health is precious

So are you

And so are your partners

Accept help

You are worth it

Infected or not

Be honest with yourself

You want to feel good

inside

You want sex to be good

You want to be healthy

Take the first steps

Don't do it alone

That's why we're here

You CAN be in touch with your own integrity...



Banish HIV



CELEBRATING 25 YEARS
HGLHC
Hartford Gay & Lesbian
Health Collective
Be Well Be Yourself

HGLHC

1841 Broad Street
Hartford CT 06114

Tel: (860) 278-4163

Email: info@hglhc.org

CRCS

Comprehensive Risk Counseling
and Services

Hartford Gay and Lesbian
Health Collective

Integrity

A program that
provides one-on-one time
with a trained HIV
Prevention Counselor



Already have HIV? Took risks and could have been exposed to HIV? Want to make changes? Help is at hand...

Integrity



The HIV Virus

Pretty isn't it? Yet too many of us seem to want to catch it, or seem not to care if we give it to someone else. What's wrong with that picture?

The truth is—we often don't consciously know why we take the risks we do. In our moments of clarity we know our behavior is putting us and others at risk but we carry on doing the things we do nonetheless.

What gets in the way? What stops us from being safe? Maybe we haven't a clue. Maybe we know all too well. It's not that we don't care, but it's just too hard to make the changes we want to make.

Or maybe we are not sure we even care. Maybe we avoid, maybe we deny the risk. For some of us, life is not easy or simple.

Ask yourself: why become a statistic when help is available right here!

Set yourself free from sexual risk-taking!

Here at HGLHC we have an opportunity to provide ongoing counseling for men who have sex with men

Would it help you to:

- understand your own sexual risk-taking behaviors?
- release some of the energy behind those compulsions?
- feel less caught up in a culture of internet or bookstore hook-ups?
- be more honest about being positive?
- feel good about protecting partners?
- become less co-dependent?
- feel good to have support in achieving sexual sobriety?

Whatever is keeping you at risk, or putting others at risk—we want to STOP the HIV virus, pretty as it is, from spoiling any more lives.

CONTACT US FOR AN APPOINTMENT!



Integrity

is a one-on-one multi-session prevention counseling program that is designed for men who have sex with men. Its purpose is to offer support to those at high risk of getting or giving HIV.

The aim is to STOP this virus in its tracks!

Please call HGLHC for more details and to make an appointment.

Or email: info@hglhc.org

HGLHC

1841 Broad Street
Hartford CT 06114



Tel: (860) 278-4163