

# GROUP DESCRIPTIONS

live  
well

## STEP

Monday & Wednesday syringe exchange program that also offers overdose reversal trainings. Lapeer and Genesee County residents can receive a free overdose reversal kit.

Contact:

Bryon | [bboston@wellnessaids.org](mailto:bboston@wellnessaids.org)  
Anwar | [aanderson@wellnessaids.org](mailto:aanderson@wellnessaids.org)

## SUPPORT GROUPS FOR PLWH (V)

**TRIAD** - support group for PLWH who had a substance use disorder and/or mental health diagnosis. Focuses of self-care and coping skills.

Contact: Erika | [ehumphrey@wellnessaids.org](mailto:ehumphrey@wellnessaids.org)

**Chronic Stress & Pain Management** -- Support and skill building to better manage chronic pain and day-to-day stress.

Contact: Jo | [jrichardson@wellnessaids.org](mailto:jrichardson@wellnessaids.org)

## SAFE SPACE CHILLROOM (V)

Virtual chatroom featuring LGBTQ+ films

### GAME NIGHT (V)

Virtual game night .

### CURRENT E-VENTS

Current events venting session.

Contact: Rachel  
[rstrickland@wellnessaids.org](mailto:rstrickland@wellnessaids.org)

## TOBACCO SUPPORT GROUP (V)

This group provides support around tobacco reduction through learning new techniques. This group is for PLWH & offers \$10 incentive per meeting.

Contact: Angela  
[abonham@wellnessaids.org](mailto:abonham@wellnessaids.org)

## SAFE SPACE SUPPORT GROUPS (V)

**Age of Diversity**- a support group for LGBTQ+ individuals. This group is open to the community.

**Trans & Beyond**- a group aimed towards all ages to get support around being non-binary, non-conforming, and/or transgender. This group is also open to the community.

**Asexual & Grey-Sexual Support**- a group for people who identify as asexual and grey-sexual. This group is also open to the community.  
Contact: Rachel - [rstrickland@wellnessaids.org](mailto:rstrickland@wellnessaids.org)

## RESPOND & REVERSE

A free community webinar on Naloxone & Narcan overdose response. Free kits available for residents of Genesee & Lapeer counties after the completion of training.

Bryon | [bboston@wellnessaids.org](mailto:bboston@wellnessaids.org)  
Anwar | [aanderson@wellnessaids.org](mailto:aanderson@wellnessaids.org)

## FLINT PRIDE

A 3 day virtual celebration of LGBTQ+ Pride, including entertainment, vendors, seminars, a raffle, & much more!

Contact: Teresa  
[tspringer@wellnessaids.org](mailto:tspringer@wellnessaids.org)