

Phoenix Workshops

providing support and assistance
to people living with HIV
considering a positive life change



bobby goldsmith foundation

practical emotional financial support

Phoenix Workshops

Are you looking to:

- Return to work or study
- Develop and learn new skills
- Find alternatives to paid work such as volunteering
- Initiate a 'life change'

Then consider the "Phoenix Workshops"

A new series of 9 weekly workshops will commence at Newtown on Wednesday 28 April 2010. Topics to be covered include:

- Setting realistic and achievable goals
- Managing a balanced and healthy lifestyle
- Finding the resilience to initiate change
- Disclosure—you and the law
- Financial planning and budgeting
- Developing your résumé

For more details and to register your interest, please contact Kit Ayers or Peter Thoms at BGF on 02 9283 8666, Freecall 1800 651 011 or via email to phoenix@bgf.org.au

For many people living with HIV, success with treatments continues to have a significant and positive effect on their health and wellbeing. They can look forward to a new and more positive future.



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