

Living with Herpes Workshop Series Information Sheet

An initial diagnosis of herpes can create feelings of shock, disbelief, even devastation. Although one in five people have genital herpes, the virus remains highly stigmatized, misunderstood and feared.

The Living With Herpes workshop series is a peer-based education and therapy group geared towards people who have been diagnosed with herpes and want to learn more about coping with their diagnosis and managing their health.

Living with Herpes takes a holistic approach, focusing on empowerment through education, communication skills, and self care. It is open to people of all relationship statuses, ethnicities, genders, sexual orientations, lifestyles and backgrounds. The workshop series is composed of 4 sessions of two hours each, taking place March 4, 11, 18 and 25, 2010, from 7- 9 PM. During the workshops, participants will work with a small peer group of six to eight people and a facilitator.

Week 1, March 4	Herpes 101: Basic information
Week 2, March 11	Newly diagnosed: Reactions and coping
Week 3 March 18	Transmission and risk management
Week 4, March 25	Communication and self care

Suggested cost is \$10 per person per workshop, for a total of \$40 for 4 two hour sessions. However, no one will be turned away due to lack of funds.

About the Facilitator

Jenn De Roo is a counselling intern with Dragonstone Counselling, in Kitsilano, Vancouver. Jenn has developed numerous workshops on sexuality with a focus on harm reduction and sex positivity, and has presented information about safer sex and risk management of sexually transmitted infections at numerous venues including UBC, SFU, and Douglas College. She has also helped develop a support manual for people newly diagnosed with HIV for BC Persons with AIDS.

For more information, please contact group facilitator Jenn De Roo at jderoo@copy-cat.ca, or 604-726-2183.