

## **Living with Herpes Workshop Series Frequently Asked Questions**

Q: I'm newly diagnosed with genital herpes and need information. Will this workshop help me?

A: Absolutely. This workshop is structured to help newly diagnosed people gain information, knowledge and skills in a safe, supportive environment,

Q: I'm not newly diagnosed, but would still like to learn more about herpes and how it affects my life. Can this workshop help?

A: Yes. While the information in this workshop is geared towards the newly diagnosed, there is plenty of useful general information about how to cope with herpes.

Q: Is this group confidential?

A: Yes: we are highly committed to a confidential space. The group takes place at a private counselling office and no one outside of fellow group attendees will know why you are there.

Q: Are there group rules?

A: We ask that all group members respect confidentiality, and treat other members with respect. All other group rules and guidelines will be determined by the group in the first session.

Q: Do I need to attend all the sessions?

A: We highly recommend this. The workshop spans four sessions and covers new information with each session.

Q: What is the criteria for attending the workshops?

A: If you have genital herpes and want to learn more about your condition and how to manage your health, you are welcome! We are open to people of all relationship statuses, genders, sexual orientations, ethnicities, backgrounds and lifestyles.

Q: My partner does not have herpes, but I want them to attend to learn more. Can I bring them?

A: At this time, Living with Herpes is structured solely for people who have herpes. However, couples groups are planned for the future. If you are interested in attending a couples group, please contact us for more details.

Q: Is group participation mandatory?

A: We ask that you participate to the degree to which you are comfortable. The group will be small and interaction is encouraged: at the minimum, we ask that you listen respectfully to other members and participate in the group exercises.

Q: Do I have to RSVP to attend?

A: Yes. The workshops are structured as small groups and have a maximum number, so we ask that you contact us by telephone or email to confirm attendance.

Q: I don't want to attend a group at this point in time, but want to talk to someone one-on-one. Is this possible?

A: Yes. Dragonstone Counselling has counsellors available for one-on-one time, including low-cost, needs-based rates.

Q: What is the cost of the workshop series?

A: Each session is \$10 for a 2 hour session, and there are four sessions, making the total cost \$40. However, no one will be turned away for lack of funds – please email us at [jderoo@copy-cat.ca](mailto:jderoo@copy-cat.ca) if you would like to attend but are unable to afford this.

Q: Where does the workshop take place?

A: The workshop is held at Dragonstone Counselling, a private counselling office located in Kitsilano area of Vancouver. For the privacy of our clientele, the address is only available to confirmed clients: the exact address will be given to you upon your RSVP.

Q: I'm a health care worker who wants to learn more – can I attend these workshops?

A: For now, Living with Herpes workshops are designed for peer participation with HSV+ people, which means only people with herpes will be present. However, we also offer customized information sessions on herpes geared to health care professionals – please contact us to find out more.

Q: Can you do customised versions of this workshop?

A: Yes. We hope to run this workshop series again configured for specific populations, including LGBT, couples, and youth. We welcome your suggestions as well.

For more information, please contact group facilitator Jenn De Roo at [jderoo@copy-cat.ca](mailto:jderoo@copy-cat.ca), or 604-726-2183.