



Alliance Virtual Support Groups

Alliance invites you to join our series of virtual support groups. Connect with our community and learn about topics like harm reduction, treatment adherence, living in balance, safer sex, stress management, self-esteem, coping, and more.

Monday

Breakfast Group

11:00am – 11:30am
(Zoom)

Facilitator: Jada LeGrand
(nakikiya@alliance.nyc)

Open to anyone, this is a safe space to congregate and talk as if we were in the breakfast or lunch room.

YMSM Group

3:00pm – 3:30pm
(Zoom)

Facilitator: Naheem Escort
(naheem@alliance.nyc or 646-565-7893)

Open to MSM ages 18-29, talk about safer sex and learn negotiating skills around sexual encounters, and stress management.

Tuesday

Women's Group

11:00am – 11:30am
(Zoom)

Facilitator: Josephine Ledda
(josephine2@alliance.nyc)

Open to all people who identify as women, this is a general support group to work on emotional support, coping skills, and peer discussions.

Treatment Chat

2:00pm – 2:30pm
(Zoom)

Facilitator: Sam Rodriguez
(sam@alliance.nyc or 646-831-6789)

Open to anyone, Treatment Chat shares strategies for adhering to medication and talking with your doctor or pharmacy.

Wednesday

Living In Balance Group

11:00am – 11:30am
(Zoom)

Facilitator: Jean-Pierre Louis
(jean@alliance.nyc or 478-227-7209)

Open to anyone affected by substance use, Living in Balance helps you address issues that may have been neglected during addiction with a practical, user-friendly substance use treatment curriculum.

Transgender Womens Group

2:00pm – 3:00pm
(Zoom)

Facilitator: Ada Suriel
(ada@alliance.nyc or 347-378-6108)

My social room is a group for Transgender Women. The purpose of the group is to create a space that is supportive, social, and safe. A space where you can be yourself, have fun, and meet new people.

Thursday

RAICES Group

11:00am – 11:30am
(Zoom) Facilitator: Maria Madrid
(maria@alliance.nyc)

Open to all Spanish-Speaking individuals, this harm-reduction-based support group covers safer sex, substance use, coping with triggers, emotional support, and more.

Friday

Seeking Safety Support Group for Spanish Speaking Women

12:00pm – 1:00pm
(Zoom) Facilitator: Ada Suriel
(ada@alliance.nyc or 347-378-6108)

Open to Spanish-Speaking women, this group helps individuals build skills to deal with past traumas, such as domestic violence, substance use, and assault, and current life issues, like self-esteem, and how to ask for help and develop good coping skills.

MSM Group

2:00pm – 2:30pm
(Zoom) Facilitator: Naheem Escort
(naheem@alliance.nyc or 646-565-7893)

Open to all MSM, talk about safer sex and learn negotiating skills around sexual encounters, and stress management.

Connect with us Weekly!

Contact the group facilitator for information on how to join **before** the start of each group.

Questions? Call us at
1-855-427-2692
or 212-645-0875, x0.
Leave a message, and
we will call you back.

 **The Alliance
for Positive Change**

www.alliance.nyc - (212) 645-0875