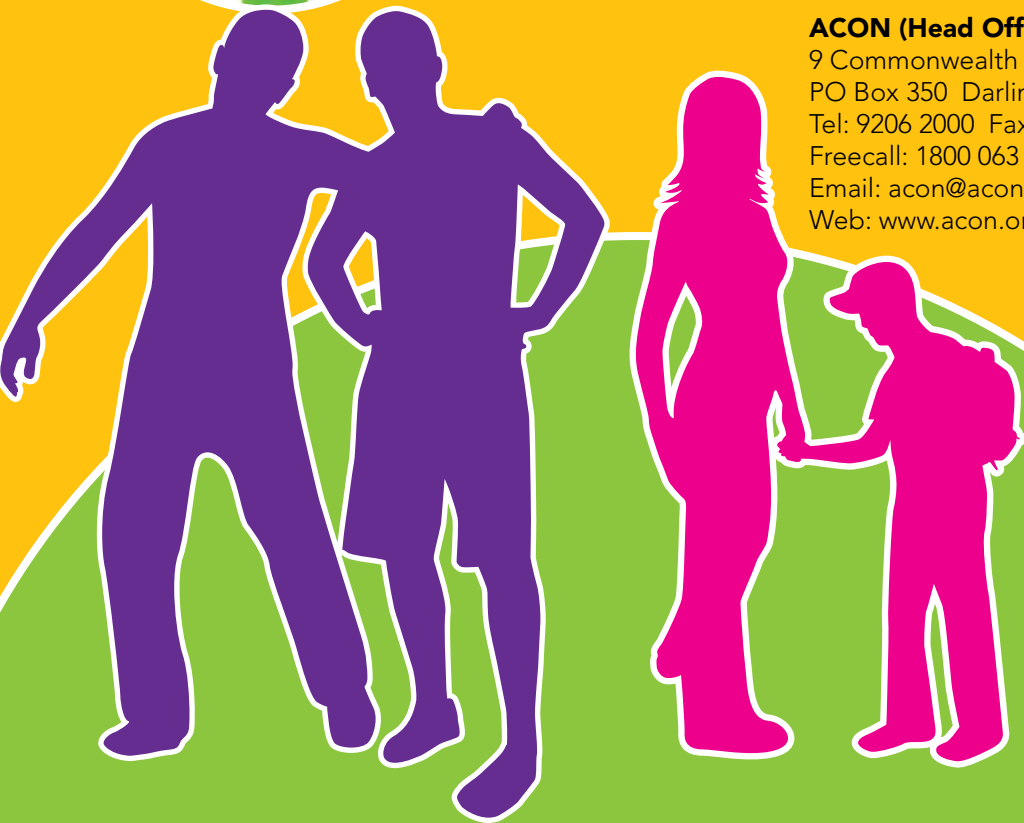


about ACON...

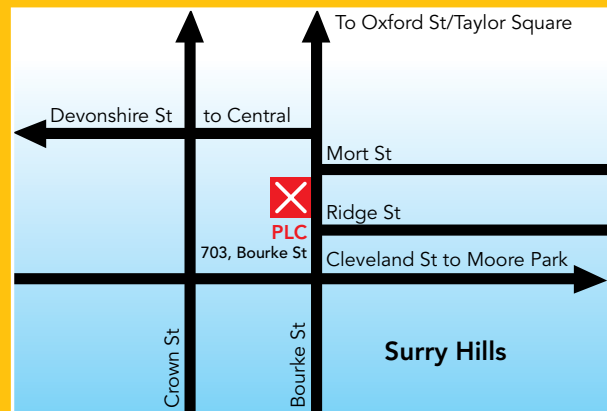
We provide information, support and advocacy for people living with HIV or at risk of acquiring HIV, including sex workers and people who use drugs. We're a community-based non-government organisation. This means the work we do is done in our community, for our community and by members of our community.



where we are...

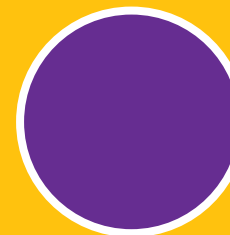
ACON's Positive Living Centre

703 Bourke St Surry Hills NSW 2010
PO Box 155 Surry Hills NSW 2010
Tel: 9699 8756 Fax: 9699 8956
Email: plc@acon.org.au
Web: www.acon.org.au/hiv/plc



ACON (Head Office)

9 Commonwealth Street Surry Hills NSW 2010
PO Box 350 Darlinghurst 1300
Tel: 9206 2000 Fax: 9206 2069
Freecall: 1800 063 060 TTY: (02) 9283 2088
Email: acon@acon.org.au
Web: www.acon.org.au



acon

BUILDING OUR COMMUNITY'S
HEALTH & WELLBEING

Positive Living Centre



courage • empathy • diversity • equality • partnership • community

what we do...

The Positive Living Centre (PLC) is a safe and private place where people with HIV can access information and services that can help improve their health and wellbeing. We also welcome the carers, partners and/or family of people with HIV. The PLC is a project of ACON.

why we do it...

For most people with HIV, health outcomes have improved dramatically over the last 10 years. However, many still face significant challenges and have specific information and support needs. Our team of caring and professional people works hard to help our clients meet their needs in a friendly and understanding environment.

how we do it...

Our range of free services includes:

- Counselling
- Peer support programs
- Information workshops/forums
- Complimentary therapies
- Vitamin and supplement service
- Skill building workshops
- Training opportunities
- Computer/internet (use and assistance)
- Life coaching
- Yoga instruction
- Social meals (twice a week)
- Community garden (in Newtown)

We also help our clients access other relevant services such as:

- ACON's Housing Service
- Bobby Goldsmith Foundation (BGF)
- HIV Community Team (Local Area Health Service)

And because we work closely with other HIV service providers, we can make referrals to help our clients get access to other relevant programs and services.

complementary therapies...

Our qualified volunteer therapists offer a range of therapies including:

- Swedish massage
- Remedial massage
- Lomi Lomi massage
- Acupuncture
- Bowen therapy
- Naturopathy
- Medical herbalist

support groups...

Genesis: a non-residential weekend workshop for gay men recently diagnosed with HIV.

Nexus: a monthly discussion group for gay men recently diagnosed with HIV.

Women's Day: a monthly event for HIV+ women

For more info, please contact:

ACON's Men's HIV Health Promotion Team
(02) 9866 8756 hivliving@acon.org.au

ACON's Women & Families Project
(02) 9866 8756 family@acon.org.au

volunteering...

Through our volunteering program, we help our clients return to work and/or study by providing a range of training and skills development opportunities.

what's on...

Our monthly newsletter has a calendar of all our programs, activities and events. Pick one up from the PLC, from ACON or from one of our partner organisations including BGF, the Albion St Clinic, the Sex Workers Outreach Project (SWOP) and many central Sydney GPs. You can also download it from the ACON website:

www.acon.org.au/hiv/plc/newsletter

