

African–Caribbean Women’s Group in Ottawa



Sizoqhoba
Afia

Dushyire Hamwe

Esan Akugba

Anina Koulina Sawa

Dandaro reMadzimai

Zambe Bolingo

Welcome

Bienvenue

What is the group for?

The African and Caribbean women living with HIV/AIDS in Ottawa need their own confidential space in a special place where they can come together to share their experiences about living with HIV/AIDS, support each other and share information and resources.

Group activities

All the support activities below are provided by the women in the group:

- Fun group activities to build sisterhood
- International Cuisine/Cuisine Internationale
- Home and hospital visits for support when needed
- Supportive phone calls between group members
- Guest speakers to talk about different topics of interest to the women
- Encourage women to take leadership roles
- Child care will be provided in case of emergency depending on availability

Who can participate?

Women from African and Caribbean communities who are HIV positive, and their children. Child care is provided on site during group time.

Our goal

To create a confidential, peer support network of African–Caribbean women PHAs (people living with HIV/AIDS).



Made possible by



AIDS Committee of Ottawa

The Living Room

Phone: (613) 563-0851

Toll Free: 1-800-461-2182 (ON and QU)

(For drop-in hours,
please contact TLR directly)



55 Eccles Street, Ottawa, ON K1R 6S3

Phone: (613) 238-8210

www.swchc.on.ca

When and where?

The group meets once a month, on a Saturday, from 12–6pm at:

The Living Room,
at the AIDS Committee of Ottawa
251 Bank Street, Suite 700
Ottawa, ON K2P 1X3



For more information

Please contact:

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