

**Treat Yourself Right**

# Online Hui

- For Heterosexual women & men; Bi or transwomen living with HIV
- To provide a safe and confidential space to come together, to learn and discuss how to flourish as a person living with HIV.

# Online Hui

## Stigma and Isolation

**43%** reported having a mental health condition compared with 20% of the general population of Aotearoa

NZ Stigma Index Study 2020



# Treat Yourself Right

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Let us work together



Ehara taku toa ite toa takitahu,  
engari he te toa taki tini  
My strength is not that of an individual  
but that of the collective

## Treat Yourself Right

A series of peer Zoom hui  
for heterosexual women and  
men, bi and trans people,  
living with HIV.

**Contact** Judith to register  
[info@positivewomen.nz](mailto:info@positivewomen.nz)

### Join us

Dates	Topics
13 Jul	HIV Disclosure
3 Aug	Social space
7 Sept	Medications
5 Oct	Social space
2 Nov	Intimacy & Relationship (incl U=U & Law)
Break - to be resumed Feb	
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Positive Women	