

**May 29-31, 2009**

A Lambda Award Winning Program



Southwestern  
Pennsylvania

# Healing Weekend

*Healing lives by changing minds about HIV*

A weekend of friendship, support,  
and fun in a peaceful setting

## Mission Statement

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HIV is a virus that has been made more virulent by the addition of moral, ethical, social stigma and fears. Society as a whole, including health care providers have engaged in profound silence regarding HIV. HIV is a virus surrounded with isolation, whisperings, judgments and negative energy. These factors let HIV multiply and infect our society. A strong interest exists consciously or unconsciously to keep HIV silent and in the closet.

The Southwestern Pennsylvania Healing Weekend is the attempt to breakdown the silence, social stigma, moral and ethical myths, and isolation associated with HIV. A range of persons with disabilities associated with HIV community along with many others bravely come together for the purpose of ending isolation, finding support in each other and fighting the virulence of HIV brought on by negative forces.

The Healing Weekend provides a powerful experience of support, camaraderie, re-imagining of oneself, creating alliances, and changing perspectives, which affects not only the participants but also society as a whole. This is done by the attitudes and willingness of participants and staff alike to go forward from this retreat experience and be seen as a group of individuals united in the fight against the virulence of HIV.

# Highlights

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- Two nights lodging in double rooms with private bath
- All meals and snacks
- Workshops that focus on healing body, mind, and spirit
- Time with old and new friends in a safe and supportive atmosphere
- Keynote address and resource information
- Small groups for support and sharing
- Bodywork through massage, reiki and more
- Bingo games and Movies
- Chaplain and services
- 12-Step Meeting

## Healing Weekend

### **Who is invited?**

Everyone living with HIV! This includes newly diagnosed people, long-term survivors, as well as partners, significant others, parents, children 18 and over, buddies, support group leaders, and caregivers. Everyone wishing to attend must register using the enclosed form.

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### **Accommodations & Roommate Preferences**

To protect confidentiality, the name and location of the facility will be provided to registrants only. Detailed contact information and directions will be provided with registration confirmation. The facility is a fully modernized conference center. Rooms sleep two in separate beds with private shower and bath. However, be prepared to bring your own sleeping pillow.

The facility is smoke-free. Smoking may be permitted in outdoor areas only. The facility does not permit pets.

While our facilities do not allow us to guarantee roommate requests, we will make every attempt to meet requests for roommates. Persons with no roommate request will be assigned to a same sex roommate. We must ensure that each room has two persons in it, otherwise we are charged at the single room rate which is substantially higher.

## **The Purpose of the Healing Weekend is:**

- To create a safe and supportive environment for persons living with the HIV virus to retreat from the daily struggles and discover a sense of self that is empowered, supported, and acknowledged as a whole and healthy person.
- To be supported by business, social and service organizations in the community to build stronger networks of providers working with HIV as a disease to enable a more unified front in challenging the many facets of this virus.
- To raise consciousness about HIV, promoting social change in the HIV community through community building and social actions, and the community at large by creating awareness of the ongoing epidemic.

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## **No Smoking or Open Flame in Any Building**

All buildings at the facility are smoke-free and all rooms are equipped with smoke and open flame detectors that automatically summon campus security, alert the local fire department, and trigger the sprinkler system. The facility charges a clean-up fee of \$600 to anyone who violates the no-smoking/no open flame policy. Smoking may be permitted outdoors. If you choose to light up, please do so outdoors so that we can all (especially anyone who might have to pay the clean-up fee) enjoy a weekend without any "smoking surprises."

## Healing Weekend

### **ZERO TOLERANCE & PENALTIES—*Illegal Drugs and Alcohol***

The Healing Weekend is intended to promote the physical, mental, and spiritual well being of all participants. While it is not our job to judge other's actions, it is our responsibility to do our best to provide a healthy and safe experience for all. The use of recreational drugs or alcohol is not appropriate to the goals of the Weekend and will not be permitted. Persons using or possessing either will be asked to leave immediately by their own means.

### **Costs**

Cost per person for the Healing Weekend is \$250. This covers housing, meals, snacks, and all activities for the Weekend.

Those able to pay should submit the full amount with Registration by check payable to **Persad Center**.

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### **Cancellation & Refunds**

Since there are only limited spaces available, please contact the committee at 412-441-9786, ext. 312 if you are unable to attend for any reason (see the *No Show Policy*). This may permit another person to go.

Applicants who cancel by **May 7, 2009** are eligible for a \$15 partial refund of their deposit. This applies only to those who have already paid a \$25 deposit . Refunds will be issued after the Healing Weekend.

### **Clothing**

It is advisable to bring clothing for hot as well as cool weather. More information is provided with the registration confirmation.

It is our sincere hope that all participants enjoy and benefit from the Healing Weekend experience as much as possible. To that end, we again remind you that this is a ***zero tolerance for illegal drugs, alcohol and/or smoking in any building.***

**Registration—Deadline for registration is April 23, 2009.**

Please mail your completed Registration Form including:

- Signed and dated *Agreement of Confidentiality*
- Signed and dated *Code of Conduct*
- Full payment (\$250) or a \$25 deposit and completed Scholarship Application

MAIL TO: Persad Center, Inc.  
Healing Weekend  
5150 Penn Avenue  
Pittsburgh , PA 15224

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**Medical Needs**

The Southwestern Pennsylvania Healing Weekend will have medical personnel on hand to respond to emergencies but not for any individual's regular, day-to-day medical needs. We simply do not have the resources for that. If you have needs that you can plan for, please make appropriate arrangements and submit these to the registration committee for prior approval. If you have any questions about this, please contact us at 412-441-9786, ext. 312.

We reserve the right, based on medical or mental health assessments, to refuse admittance or to request early departure if participants are not capable of providing for their own needs. This is for your protection. In case of emergency, staff will notify the local emergency response services for transportation to an appropriate facility. All costs of such treatment and transportation are the responsibility of the participants.

**Caregivers**

If you require assistance with daily activities (e.g., bathing, dressing, personal hygiene, getting from one place to another) you must be accompanied by a caregiver who can assist you with those needs. Caregivers are required to sign a Caregiver's Agreement and everyone attending is required to sign an Agreement of Confidentiality and abide by the rules of the Weekend.

## Healing Weekend

Persad Center, Inc.  
5150 Penn Avenue  
Pittsburgh, PA 15224  
412-441-9786, ext. 312

*The support of the following organizations makes the Southwestern Pennsylvania Healing Weekend possible:*

Allegheny General Hospital—Positive Health Clinic  
Conemaugh Community Care Management (CCM)  
Consumer Advisory Board (CAB) of SWPAPC  
Southwestern Pennsylvania AIDS Planning Coalition  
Lambda Foundation  
Mon Valley AIDS Task Force  
Pennsylvania/MidAtlantic AIDS Education and Training Center (PAMAAETC)  
Pittsburgh AIDS Center for Treatment (PACT)  
Pittsburgh AIDS Task Force (PATF)  
Persad Center, Inc.  
Pitt Men's Study  
Ryan White Fund  
Shepherd Wellness Community