

JULY
AUGUST
SEPTEMBER
2022

THE HEARTBEAT

Advocating for you!



Photo taken at Day On The Hill
Terrance Bond, Dr. Tiye Link, Lashanda Smith, Senator Jeff Yarbrow, and Evaline Beard

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THE HEARTBEAT

HIV ADVOCACY ON YOUR BEHALF

by Maddie Langub, Advocacy Coordinator

Nashville CARES Advocacy and the Tennessee AIDS Advocacy Network work in tandem to foster education and awareness to the public as well as lawmakers to de-stigmatize HIV. House Bill 1214/Senate Bill 1165 during the 112th General Assembly would have changed the current HIV criminal exposure law by eliminating the requirement that those convicted be placed on the sex offender registry. After a difficult battle, the bill passed in the Senate, but was unfortunately stopped in the House after not receiving enough votes to pass.

The current law (TCA 39-13-109) states that if a person living with HIV knowingly exposes another individual they are subject to a penalty of a Class C felony, and includes the requirement that the offender be listed on the sex offender registry for a violent sexual offense. The current law does not require actual transmission of HIV, nor does it draw distinction between intentional harm, consensual relationships, or protective measures that may have been taken to prevent transmission.

While HB 1214/SB 1165 did not make it past the finish line this year, we are still making more progress than ever before. Having built a foundation of education about living with HIV, and why this law must change, this legislation has made an impact on lawmakers and put the voices of PLWH on their radar. Many legislators did not know these laws existed, much less were aware of how negatively it impacts PLWH. There has been great progress as we gain more ground to go forward. TAAN plans to reintroduce legislation to the General Assembly next year in January 2023. We will not give up, and will continue the fight to change the law, and de-stigmatize HIV.



As we continue to see negative and discriminatory laws passed in Tennessee and on a national scale, we must continue to hold power and hope. The advocacy team, advocates, and TAAN are continuing to push on, educate, and fight to change the laws that heavily affect the lives of those in the community by keeping in contact with legislators that have both supported and did not support the past bill. There is still so much misinformation and stigma surrounding HIV and education is essential in making the changes we want to see. The goal of advocacy and TAAN is to bring that education and awareness to the public as well as lawmakers. We can only do that with the help and voices of people in the community. There can be no work done without those who these laws directly affect.

TAAN is a vehicle for advocates and allies to make their voices heard for real change in our state. Legislators are elected to serve their communities and must be held accountable for the decisions they make. With advocacy, we can do that by getting connected with lawmakers and building relationships that can make a difference. Sending emails and calling your representatives is a great way to alert them of their constituents' wants and needs. There is a tool on the Tennessee General Assembly's website that allows you to find your legislator and provides their contact information. In the future we will have a tool on the TAAN website that will give messaging and contact opportunities to make your voices heard.

If you would like to be involved in advocacy, participate in events, and become a member of TAAN, please reach out to our advocacy coordinator, **Maddie Langub** at mlangub@nashvillecares.org

If you are interested in learning more about how to be an advocate, telling your story and sharing your experiences to help foster change, Shawn Mark leads the EPIC group that does just that. Advocacy is important work, and Community Engagement is a big part of that work. Through the EPIC group (Empowering Positive Influence in Communities) at Nashville Cares, Clients get a hands-on learning opportunity to take part in exercises designed to improve their communication, advocacy, and mentoring skills. Some of the recent lessons have centered around local community Councils and Committees such as the EHE (Ending the HIV Epidemic Committee), to telling one's story on a National or Global level, to representing PLWH at the TN State Capitol.

Taking time to reflect on how far PLWH have come and making an intentional effort to pay respects to the work that is currently happening in Advocacy is another component to the altogether atmosphere that makes this group not just a Skill Building Peer group but makes it EPIC!

Make sure to reach out to **Shawn Mark** to inquire about future opportunities to get involved with EPIC at smark@nashvillecares.org.

THE HEARTBEAT

WE WANT YOU TO JOIN OUR NASHVILLE CARES GARDEN GROUP



We officially built our new garden space! Thanks to the many helping hands that made this build possible! A special thanks to Nashville Foodscapes for designing the space and AllianceBernstein for supporting this amazing project!

Want to get involved? Join the Nashville CARES Garden Club! You will learn how to grow your own food and receive fresh produce every time you come hang out. Join us Tuesdays 9:30 – 10:30 at 633 Thompson Lane Nashville TN 37204.

Reach out to Marie at 615-840-3213 or mholzer@nashvillecares.org to get connected or learn more.

NUTRITION

You have the choice between regular food bags (pre-packaged produce, dried goods, greens & eggs) OR Choice Pantry (choosing the contents of your food bags) once a month:

Choice Pantry Dates:

- June 22nd
- July 13th
- July 27th
- August 10th
- August 24th
- September 14th
- September 28th



How to Sign up for Choice Pantry: reach out to your case manager to schedule a delivery or sign up through Bookings (only on either the 2nd or 4th Wednesday of each month) to pick up at the 633 Thompson Lane office

- We will be offering produce from a local farm, Bells Bend Neighborhood Farm which you can get when you come to Choice Pantry

How to Sign up for Regular Food Bags: reach out to your case manager to schedule a delivery or sign up any Tuesday through Friday through Bookings to pick up at the 633 Thompson Lane office



BEHAVIORAL HEALTH TEAM


Our therapists are available for counseling via telehealth.
Contact us to learn more about how we can support you!

HOW TO:

Calm down quickly when your emotions are intense!



All mammals have what is called the "mammalian diving reflex" which helps us reset our nervous system. This reflex is something we can use to calm our mind & body quickly - it is often used in a therapeutic approach called Dialectical Behavioral Therapy (DBT)

- 
- Fill a large bowl with very cold water
 - Leaning over, close your eyes, hold your breath
 - Put your face in the water for 15-30 seconds - being sure that the water is touching your face right below your eyes/above your cheekbones
 - OR - hold an ice pack to your face below your eyes/above your cheekbones for 30 seconds.

****Note:** Activating the dive reflex works to slow down the heart rate - if you have a heart condition, please do not utilize this technique without first consulting with your doctor.

We have telehealth or in-person appointments available.



THE BARKINGTON POST

SUN SAFETY CONCERNS FOR DOGS AND CATS

If your pet likes to lounge in the sun or spend time outside on sunny days, take precautions to help protect them from sunburn, which can lead to skin cancer.

PETS AND SUNBURN

Pets without hair, like the Sphynx cat or Mexican hairless dog, are certainly at risk for getting a sunburn. But any pet can get burned in areas that have no or minimal fur, including the tips of the ears, lips, and mid-section. For instance, pets who like to sunbathe on their backs can end up with a burned belly.

SYMPTOMS

Other pets who are more prone to sunburn include those who have thin or light-colored coats or suffer from health conditions that cause hair loss, such as [allergies](#) or [Cushing's disease](#). Additionally, if your pet has been shaved for surgery, you should be extra careful about their sun exposure.

You may also be surprised to know that indoor cats are at risk for sunburn. Regular windows do not filter out harmful UV rays so cats who like to nap in windowsills or snooze in sunbeams can get sunburnt. Cats with white or beige coats tend to have lighter colored skin, which can burn more easily.

Pets with sunburn will have the same symptoms as humans. For instance, the burned skin will appear red, dry, and cracked. It will also be painful to the touch, and your pet may wince when you try to pet them. Some pets will scratch or bite at the affected area while they whimper in pain. More severe cases of sunburn can result in blistering and fever.

TREATMENT

While a minor case of sunburn will generally heal on its own, you should bring your pet to the [veterinarian](#) if the burn is red and painful. They can assess the severity of the burn and recommend the appropriate treatment. This will usually involve shaving the affected area, carefully cleaning the burn, and applying a topical ointment. You may need to apply the ointment at home as well.

PREVENTION

The best way to prevent sunburn is to keep your pet out of the sun as much as possible, especially when it is at its hottest. Of course, this doesn't mean you shouldn't go outside with your pet, but you can take steps to keep them safe from sunburn:

- Use a pet-safe sunscreen on exposed areas of skin (more on this below)
- Have your pet wear clothing designed to provide sun protection
- Take walks in the early mornings or late evenings when the sun isn't as strong
- Stick to shadier routes when you're out with your pet



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What is PrEP NoW?

PrEP NoW offers an initial supply of PrEP to anyone who tests negative for HIV on the spot with no waiting period. HIV tests can be done at CARES or the Nashville CARES Clinic at My House with results in less than one minute with our free and confidential HIV rapid testing program. Those who test negative can immediately begin PrEP. Those who test positive can also begin HIV medications through the only Test and Treat program in Tennessee offered at the Nashville CARES Clinic at My House.

Clients also have the option of PrEP 2-1-1. This new way of using PrEP allows clients to take PrEP 2 pills 24 hours before sex and one per day for days following sex to prevent HIV. Both services will be offered on-going at the Nashville CARES Clinic at My House.

Nashville CARES and the Nashville CARES Clinic at My House began offering PrEP NoW (PreExposure Prophylaxis No Wait) at the Nashville PRIDE Festival June 25th-26th. In our inaugural weekend of offering PrEP NoW, nearly 300 people were tested for HIV with 77 starting on PrEP immediately!

For more information on our PrEP NoW, free and confidential HIV testing services, Test and Treat, or Rapid Start programs with Nashville CARES and the Nashville CARES Clinic at My House, please contact the HEARTLine for more information. 1.800.845.4266.



**NEW**

THE HEARTBEAT

ONCE-A-YEAR RYAN WHITE RECERTIFICATION

Now clients will only need to recertify with Ryan White once a year. The certification is for the Ryan White program and the Insurance Assistance Program. The Ryan White program is the payer of last resort for people living with HIV and provides medical coverage for HIV care for clients who do not have access to other insurance. Ryan White also funds programs that provide case management, food bags, transportation assistance, financial assistance, support groups, and behavioral health services. The insurance assistance program, IAP, assists with medical and medication costs for people living with HIV. Both programs have recertification criteria requirements. The Ryan White program has changed the requirements to meet new HRSA standards. Clients will only need to meet with their case manager once a year and provide proof of residency, income, and proof of being HIV positive and ID for recertification with the program.

Below are some facts on recertification to ensure that clients remained certified with the Ryan White Program/IAP:

- Clients must recertify with their case manager once a year, providing proof of residency and income. If not already on file, proof of being HIV positive and a picture ID must also be collected at this time. Clients will be required to sign releases and program agreements at this time also.
- Clients must have at least one face to face contact with their case manager per year. This does not have to be at the same time as the recertification, but it can be.
- Clients must recertify at least once yearly presenting all needed documentation. The recertification is not complete until all required documents are received, and documents signed electronically or in person.
- If clients do not complete the recertification process prior to the due date, the client will be disenrolled from the program. If this happens, clients need to meet with their case manager for a reenrollment into the Ryan White program. While disenrolled the client will be responsible for any premiums, copays, or other payments that IAP or the Ryan White program would pay.
- Client may recertify at any time prior to their due date. The date they recertify will determine their next due date (i.e. one year from the date of recertification).
- The annual recertification rule did not take effect until June 1, 2022, so all clients who have not recertified since June 1, 2022 will still need to complete their recertification prior to the six-month cycle end date.

Clients will still need to meet with their case manager every six months to perform a clinical assessment. One of the clinical assessments can be done at the same time as the Ryan White recertification. Clinical assessments, like recertification, are a time for the client and case manager to discuss the client's medical, mental, and overall health, medication, finances, housing, any life changes and set goals for the coming 6 months. Contact your case manager with any questions. If you are unsure of your case manager, please contact the HEARTLine.

RYAN WHITE PART B

THE HEARTBEAT

THE NASHVILLE CARES CLINIC AT MY HOUSE

Since the Nashville CARES Clinic at My House opened, we have provided care for hundreds of patients, including many of our beloved Nashville CARES clients. In addition to providing medical management and treatment of HIV, the Clinic also provides PrEP/PEP free of charge to those qualifying, and primary care, gender affirming care and sexual health care for those patients with accepted private insurance. We look forward to seeing you in the Clinic soon, to schedule an appointment please call 615-499-7406.



Your Clinic Team: Crystal | Kim | Alexis

If at anytime you receive a bill related to a visit or lab done at a visit to the Clinic, please contact the clinic or your case manager and we will work to get the issue resolved. It is important that Ryan White certification is up-to-date at the time of your visit.

The Clinic Hours

Weekday Hours: Mon-Fri, 8:30am-5:30pm
w/last appointment at 4:30 pm

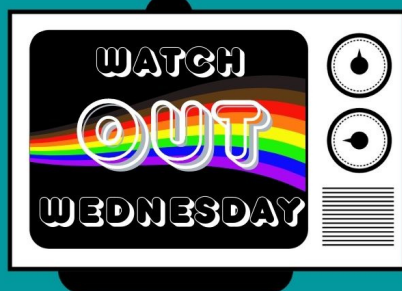
Weekend Hours: 2nd Saturday,
9:00am - 1:00pm
Last appointment at 12:30pm

442 Metroplex Drive,
Bldg D, Suite 200
Nashville, TN 37211
(615) 499-7406

Call our HIV/HEP-C
24 Hour Testing
HOTLINE
615-761-4474



MY HOUSE PROGRAMS



JULY SCHEDULE

July 6th - But I'm A Cheerleader

July 13th- The Adventures of Priscilla, Queen of the Desert

July 20th - Fried Green Tomatoes

July 27th - Running With Scissors

Every Wednesday 6pm-8pm
442 Metroplex Dr, Building D 37211



Join us each week for Watch OUT Wednesdays!

WOW will be every Wednesday from 6pm-8pm at our My House programs location (442 Metroplex Dr, Bldg D, 37211). Free snacks, HIV/Hep C testing, and safer sex supplies will be available. We hope to see y'all there!

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BUS PASS UPDATES



WeGo/MTA has begun using the new QuickTicket IDs instead of the old paper bus passes. In order to continue receiving bus pass assistance in Davidson Co, clients will need to do the following:

- Call your Case manager or the HEARTLine when you want your pass loaded – Make sure you have your QuickTicket ID available, as your case manager will need information from your ID in order to request the bus pass be loaded. You must contact your case manager each month to have your bus pass loaded.
- Provide your case manager or service navigator in the HEARTLine the 12-digit ID number and 3-digit security code on your ID.
- Your card will be loaded by the end of the next business day. We cannot guarantee your pass can be loaded the same day, so be sure to plan ahead.
- Once loaded, your pass won't be visible until you try to use it. Once you use the pass, it will activate.

If you have an issue or concerns, please call the HEARTLine for assistance.

Please note: If you are an Access Ride user, nothing has changed in our process at this time.



INSURANCE ASSISTANCE PROGRAM

For clients, whose premiums are paid by IAP:

- Each client should be receiving their premium statement each month from their insurance carrier.
- IAP does not receive a statement from your insurance carrier.
- Any changes that you receive should be reported to your Medical Case Manager(MCM).
- Failure to report premium changes can result in loss of insurance.

IAP Customer Service Assistance:

Gayle 615-921-0362

Shameka 615-921-0372



THE HEARTBEAT



CONDOM DELIVERY

IF YOU ARE IN NEED OF
CONDOMS AND/OR LUBE,
PLEASE CALL LISA AT
615-761-4474 OR EMAIL HER AT
LBINKLEY@NASHVILLECARES.ORG
TO MAKE ARRANGEMENTS.



**We offer counseling
services regardless of
HIV status**

Talk to us at nashvillecares.org
or 1-800-845-4266

CARES CLOSINGS THIS SUMMER SEASON

Below are the days that CARES will be closed this Summer season.

Independence Day ~ July 4

Labor Day ~ September 5

Title VI Notice

- All CARES services are offered to you without discrimination based on age, race, gender, gender identity, ethnic background, religion, disability, or sexual orientation.
- As a client, you will have open access to all of the Client Services: HEARTLine, Case Management, Behavioral Health, Peer and Practical Support Services. .
- As a client, CARES encourages you to take an active role in the decisions concerning your care and the services you receive.
- All information concerning you, your HIV status, and the services you receive at CARES are kept private and confidential.
- If you have concerns about the services or the way you have been treated at CARES, there is a formal grievance procedure for you to use or contact TN HRC directly at (800) 251-3589 or 312 Rosa L Parks Ave, 23rd floor Nashville, Tennessee 37243 or email at ask.thrc@tn.gov.

THE HEARTBEAT

GROUP ACTIVITIES

See calendar on last page for times and dates or all activities.



M.A.L.E.S. – Men Advocating Life Education Support

Every Monday that Nashville CARES is open, we will have a Men's Group. The only requirements to attend are to be HIV + and identify as male. Dinner will be provided. We discuss issues of HIV and anything that is going on in the lives of the attendees. We are lovers, fathers, sons, husbands, co-workers, friends, etc. We talk about all of those relationships, our lives, politics, social media, love, etc. Come out and enjoy a meal. Have a good talk. Meet some new guys. Without you, there is no group! **Weekly virtual meetings on Mondays from 5-6PM.** Contact **Lamont** at 615-906-2706 if interested.

Express Yourself: Opening Pandora's Box (For those who identify as Male Only)

Express Yourself is a welcoming and open vibe session for men of all walks of life to present individual poetry and spoken word or to simply observe the expressive nature of others. This group session serves to take a shot at the walls of toxic masculinity, as well as manifest the emotions, suppressed thoughts, and multiple views of men using the power of articulation in a supportive environment. The base topic will change with each session and the opening session will be an introduction to the experience ending with an exchange of thoughts on the works presented. Contact **Darrell** at HealthyU (615) 259-4866 X 233. **Weekly virtual meetings on Tuesday @ 5-6PM.**



Women's Group – S.W.E.E.T.

A group designed specifically for HIV+ women with a focus on providing social support and education for women living with HIV. This group provides a safe space that affirms and celebrates who we are as women and is ideal for women looking for a way to be connected with others living with HIV but unsure of where to start. Discussions are confidential. Meal provided. Contact **Temya** at (615) 259- 4866 ext. 330. **Virtual Meetings on the 4th Thursday of each month @1-2pm.**



Spiritual Connection

This is a group designed to promote hope and healing for people living with HIV, and their family/friends. Spiritual Connection assists in preventing many physical, mental and spiritual challenges leading to non-adherence to medication, depression, issues with forgiveness, stress from stigma and many other barriers that lead to unsuccessful decision-making and negative life events. We want to accentuate the healing and empowerment of each person as well as provide tools to live successfully with HIV. This group is focused on a broad set of principles that transcends all religions. Contact **Temya** (615) 259-4866 ext. 330. Registration not required, but RSVP is appreciated. Please review the calendar to confirm meeting type (in person or virtual). **Virtual Meetings Occurring the 2nd Friday of each month @ 1-2PM.**



THE HEARTBEAT



Silver Strong


A group for HIV+ people aged 50 and older. A supportive forum to talk about aging and HIV. Bring your life experiences and your questions. We'll discuss health issues older adults with HIV face, learn effective ways to deal with stigma, educate family and friends, and talk about dating and relationships. **Virtual Meetings occurring the 3rd Tuesday of each month.** Contact **Temya** at (615) 259-4866 ext. 330.



ASK-A-PHARMACIST


In partnership with various Nashville pharmacies, CARES provides opportunities each month for clients to talk with a trained pharmacist about their medications, HIV care, and other pharmacy-related topics. **Virtual Meetings occurring quarterly! We also have a library of virtual information.** Please contact the **HealthyU Staff** if interested in receiving videos to view electronically! 615-259-4866 ext. 270. TBA

Peer Check-in




Every month on the 1st Friday(Except January) Nashville CARES is open, we will have Peer Check-in. The only requirements to attend are to be HIV + We discuss issues of HIV and anything that is going on in the lives of the attendees. We are individuals usually living in many spaces with many hats. We talk about all of our relationships (share as much or as little as you want or nothing at all), our lives, politics, social media, love, etc. Come out and enjoy the fellowship and a lunch voucher (must attend for the entire session). Have a good talk. Meet some new folks. Check-in! Contact **Temya** at (615) 259-4866 ext. 330 or **Darrell** x233. **Virtual Session on the 5th Friday of the month!**

Healthy Relationships



This is a 3-session program designed to teach problem-solving and decision-making skills in order to reduce stress around disclosure. Each two-hour session uses a mixture of teaching, group discussion, and movie clips to make things fun and engaging! A meal is provided for each session and participants who complete all 3 sessions receive a valuable gift card! Contact **Darrell** (615) 259-4866 ext. 233 or **Temya** at ext 330. **Registration and Assessment REQUIRED. Meetings are Virtual Thursdays from 1-2pm.**

E.P.I.C. Training (Empowering Positive Influence in Communities)



At EPIC, we strive to empower People Living With HIV with the tools, knowledge, and skills to become influential in their communities by being leaders, members, and mentors. In our small group atmosphere. We talk about ways we can improve and inspire change starting from the local level and building upward. Our goal is to be champion representatives of our prestigious perspective by being informed, committed, and present. At EPIC, we understand living with HIV." The only requirement is that participants must be PLWH. Meetings are **2nd and 4th Tuesdays virtually with Shawn Mark at 12 Noon.** Contact **Shawn** at 629-401-8331.

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TSU-Partnership Nutrition and Budgeting Curriculum

Every Monday, Nashville CARES is partnering with TSU Cooperative Education to bring you the class Shop, Cook, and Eat within your Budget. Get the most for your food budget without hurting your wallet! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars. You will get top tips to help you SHOP, COOK, and EAT within your Budget. Contact **Temya** at (615) 259-4866 ext. 330. Participants receive kitchen supplies after completing the class. **Virtual Meeting will begin September 2022.**



IAMSTRONG

A plan you develop to help achieve a healthier you. Your plan will provide the tools to develop a HealthyU. What are your strengths? What are your resources? Are you STRONG? Ask for HealthyU staff to get your plan started today! Be a stronger you and recognize your own strength! **Virtual appointments occurring! Contact Dr. Tiye @ 615-428-4401.**



StartHere

StartHere is a 90-minute course designed to provide participants with the basics they need to know to understand and live with HIV, regardless of whether they are infected or affected. **Registration REQUIRED.** Family, friends, and partners are invited to share in this workshop with you. **Virtual Meetings Occurring! Contact Dr. Tiye at 615-428-4401.**



S.E.T. (Support, Encourage, Trust) Group Meeting

The S.E.T. Project will improve linkage and retention to care focusing on women breaking down isolation and stigma living with HIV. The programs include biweekly calls with Peers in the network, monthly meetings to develop peer mentoring and accountability. The S.E.T. Project includes bi-monthly social engagement with women in the program to build community and sisterhood. **Virtual Meetings Occurring 1st Friday of every month @ 1-2PM Contact Temya at 615-259-4866 ext. 330.**



UNDER CONSTRUCTION (A&D Group)

This group is for HIV+ individuals struggling with alcohol or drug use and provides an opportunity to learn and share recovery skills that can lead to better living. Contact **Temya** for more information at (615) 259-4866 x330. **Virtual Meetings occurring! Please review the calendar to confirm.**

THE HEARTBEAT



Living Well with Chronic Diseases for 50+

This course is facilitated by TSU Extension program. You will get the support you need and learn practical ways to deal with pain and fatigue. You will discover better nutrition and exercise choices, gain a better understanding of treatment options, and learn better ways to talk with your health care provider and family about health issues. **Contact Temya at (615) 259-4866 ext. 330 TBA**



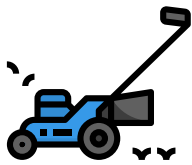
Shower Service

The Healthy University staff want to take the anxiety off our clients who are housing unstable and may not have a safe place to take a shower. We have partnered with Shower the People and will be offering clothing. Stay Tuned for locations TBA. Contact **Tiye** at (615) 259-4866 ext. 270 or your **Case Manager**.



Laundry Service

The Healthy University staff want to take the concern off our clients who may have difficulty going out to laundry facilities to clean their clothes because of COVID-19 restrictions. We have partnered with a laundry service and they will pick up, wash, fold and drop off your clothes on the schedule you set with them online. Please contact your Case Manager for referrals to obtain service and a laundry bag used **ONLY** for this service. **This service is free to you.** First-come-first-serve basis. Contact your **Case Manager** for details or call **Tiye** at 615-259-4866 ext.270



Need Some Help?

The CARE Team program can match you with volunteers to assist you with projects like Grocery Shopping, Light Housework, Indoor/Outdoor Painting, Yard Work, Laundry Assistance, Move Preparation, Social Support / Visitation, Limited Transportation. Volunteer assistance can be one-time, short-term, or long-term depending on your need and volunteer availability. Contact your **case manager** for more information or to be referred to the program.



Virtual Direct Client Care with a Volunteer

You can be matched with a volunteer who will video chat or phone call with you to check in on a consistent basis and just chat. Ask your **case manager** if you want to be matched with a virtual volunteer for video chat/phone call sessions.



Nutrition Changes

Clients must make an order with their Case Managers for one of the following:

- Client Pickup produce distribution on Tuesday-Thursday from 9-3pm

OR

- Choice Pantry and 1 bag of produce on the 2nd and 4th Wednesdays from 10-2pm

Contact Marie Holzer for any questions or concerns at mholzer@nashvillecares.org or 615-259-4866 X291.

THE HEARTBEAT

2022 SUMMER CALENDAR

All group meetings are subject to change in accordance to COVID-19 restrictions.

JULY

MONDAYS

Under Construction

10-11:30am - virtual

M.A.L.E.S. 5-6pm-virtual

TUESDAYS

Silver Strong

11-12:00pm on the 26th - virtual

E.P.I.C.

12-1pm - virtual 12th & 26th

Express Yourself

5-6pm - virtual

WEDNESDAYS

Choice Pantry 13th & 27th

THURSDAYS

Healthy Relationships

2:30pm - virtual

7th, 14th & 21st

S.W.E.E.T. Women's Group

1-2 pm on the 28th - virtual

FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Groups on the 1st

Spiritual Connection on the 8th

Game/Fun Day on the 22nd

Peer Check-in on the 29th

AUGUST

MONDAYS

Under Construction

10-11:30am - virtual weekly

M.A.L.E.S. 5-6pm-virtual weekly

TUESDAYS

Silver Strong

11-12pm on the 24th - virtual

E.P.I.C.

12-1pm - virtual 9th & 23rd

Express Yourself

5-6pm - virtual weekly

WEDNESDAYS

Choice Pantry 10th & 24th

THURSDAYS

Healthy Relationships

1-2:30pm - virtual 4th, 11th & 18th

S.W.E.E.T. Women's Group

1-2 pm on the 25th - virtual

FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Group on the 5th

Spiritual Connection on the 12th

Game/Fun Day on the 26th

SEPTEMBER

MONDAYS

Under Construction

10-11:30am - virtual weekly

TSU-TBA Class

1-2:00pm virtual starting weekly on the 12th

M.A.L.E.S. 5-6pm-virtual weekly

TUESDAYS

Silver Strong

11-12 pm on the 20th - virtual

E.P.I.C.

12-1pm - virtual 13th & 27th

Express Yourself

5-6pm - virtual weekly

WEDNESDAYS

Choice Pantry 14th & 28th

THURSDAYS

Healthy Relationships

1-2:30pm - virtual 1st, 8th & 15th

S.W.E.E.T. Women's Group

1-2 pm on the 22nd - virtual

FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Groups on the 1st

Spiritual Connection on the 9th

Peer Check-in on the 30th



NASHCARES



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NASHVILLE-CARES