



HEPATITIS C STIGMA HURTS



We understand because we, too, deal with stigma targeting HCV+ people in the workplace, when meeting new people, at the doctor's office; even with close friends and family. Educating ourselves and others is the key to ending stigma.

CONFIDENTIAL:

We keep each other's identity, HCV status, and any other personal or contact information we choose to reveal in the support group (or on the support phone) secret. What is discussed in the group, stays there.

RESPECTFUL, POSITIVE, POLITE:

Observe "clean and sober" policy.
Don't talk over someone else. Listen, then respond.
Only discuss hepatitis C - related issues in the group.
Keep to the topic and give everyone a chance to comment. (We all think and talk at different speeds.)
Accept and explore differences of opinion.
Avoid the phrase "You should...!"
Help others to feel welcome and safe.



HepCBC won 1st prize in category in Victoria Day Parade
May 25, 2011 - Victoria, BC



Hepatitis C Education
and Prevention Society

HEPATITIS C-POSITIVE PEOPLE SUPPORTING ONE ANOTHER



WHERE and WHEN can I enter a HepCBC SUPPORT GROUP?

IN VICTORIA, BC AREA:

4th Tuesday of every month (except December)
7:00 pm
1947 Cook St. (VIHA Health Unit) Meeting Room
Evening entrance is around corner to the right.
Drop-ins welcome.

IN VANCOUVER, BC (LOWER MAINLAND) AREA:

Phone (604) 576-2022 for information.

IN NANAIMO, BC (MID-ISLAND) AREA:

Phone (250) 740-6942 for information (nurse).

FOR OTHER LOCATIONS, SPECIAL NEEDS, HELP WITH STARTING A GROUP, OR PHONE SUPPORT:

Phone (250) 595-3892 for referral or support.

CONTACT INFORMATION

MAILING ADDRESS:

PO Box 46009, 2642 Quadra Street,
Victoria, BC V8T5G7 CANADA



OFFICE and SUPPORT PHONE:

(250) 595-3892 (This is usually answered by volunteers.
If you leave a number and short message, a peer volunteer knowledgeable about hepatitis C issues will call you soon.)

FAX: (250) 595-3865

EMAIL: info@hepcbc.ca

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Eagle photograph contributed by
Ramana Waldhaus of Haida Gwaii

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Don't ask me how I caught it.



Ask me how I'm doing!

Regular monthly peer support meetings
Peer support phone line
Lending library

Hepatitis C Peer Support



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IS THIS THE HEPATITIS C SUPPORT YOU NEED?



GROUP MEMBERS

Anyone whose life is affected by Hepatitis C who wishes to discuss and share hepatitis C-related issues in a supportive, confidential, "clean and sober" forum is welcome to participate:

- HCV+ individuals
- Supportive friends and family members
- Occasionally members of the medical community may be invited to present information or answer our questions; they normally do not attend entire session.



Community members support HepCBC's participation in the annual Victoria Day Parade

SUPPORT FOR THOSE WHO

- Have recently been diagnosed as HCV+
- Are going through treatment
- Are (pre- or post-) transplant liver recipients
- Have longterm, chronic, or advanced hepatitis C
- Are contemplating HCV treatment or research trial
- Want to discuss alternative treatments, diets, supplements, and exercise
- Have other health complications due to HCV
- Want to support a HCV+ friend or family member

"This was the first time I've ever told anyone outside the doctor's office that I have hepatitis C. It feels great to be totally honest with others in the same boat!" - support group member at the end of the first session



A TYPICAL MEETING (~90 MINUTES)

- Welcome new members
- Review ground rules
- Quick self-introductions
- Deal with concerns of new members first
- Other members do a quick check-in, share any new issues they're dealing with or questions for the group
- New information, announcements, presentations from members (occasionally guest speakers or DVD)
- Wrap up: making sure everyone had a chance to say what they needed to, and that all questions and problems have been addressed as well as possible
- Closing: informal discussion, browsing library books, DVDs, and pamphlets; some people making plans for activities outside the group; hugs, laughter, and tears

GROUP FACILITATORS

- All have had (or still have) hepatitis C and...
- Have demonstrated they can safely be trusted with confidential information
- Have gone through a short training on dealing with emergency situations and verbal conflict
 - Try to stay updated about issues and current research
 - Are NOT counselors, and not medical or legal experts



HIGHLIGHTS OF HepCBC'S HISTORY

- 1996 -- HepCBC incorporated in British Columbia
- 2000 -- HepCBC took over monthly publication *hepc.bull* (published continually since 1996) and Peppermint Patti's FAQ's (updated regularly)
- 2001 -- HepCBC became a registered charity (#86800-4979-RR0001).
- 2002 -- established website www.hepcbc.ca

ACTIVITIES

- Education and prevention activities include publications, website, and outreach (into prisons and schools).
- Awareness and anti-stigma activities include parades and World Hepatitis Day memorials and health fairs.
- Support activities include phone/email referrals, pamphlets for recently-diagnosed, and support groups.
- We also train and monitor volunteer activities.
- We partner with national and international groups.



Pepper, whose owner died of hepatitis C, and Grasi, a Brazilian student volunteer

IF YOU'D LIKE TO DONATE MONEY OR TIME

-- All HepCBC's services are provided for free. We are a small registered charity which struggles financially from month to month. We are hoping to re-open our office and re-hire a paid executive director some day soon. Until then, volunteers maintain our services with the bare minimum of expense. Gifts of time, expertise, and money are greatly appreciated! Consult www.hepcbc.ca or a group facilitator for details.