



## Metro Detroit HELP Meeting Agenda



As facilitator you don't need to know everything about the subjects on the agenda. Just start the conversation to benefit the group. The group members who know about these issues will take it from there. This list is by no means a strict agenda. We want to keep the meetings relaxed and flowing. Use your own judgment.

1. Introduction of members (usually by first name only)
2. History of MDH
  - Chartered in 1980 as a support group, not social group
  - Methods of contacting MDH:
    - Telephone: 586-447-2699
    - US Mail:  
Metro Detroit HELP  
P.O. Box 8096  
Eastpointe MI 48021
    - Email: [info@metrodetroithelp.org](mailto:info@metrodetroithelp.org)
  - Website: [www.metrodetroithelp.org](http://www.metrodetroithelp.org)
  - Methods we use to contact members: confidential email mailing list--we don't give it to anyone, not even someone in the group
3. What can one expect?
  - Outbreak's
  - Medications: types, costs
  - Tests: Western Blot, cultures, Pocket
4. How do you tell a partner? - 2 schools of thought
  - First date
  - Let some time pass
  - Other members experience
5. Social life
  - Sponsored past social outings
  - Other social groups - Cleveland, Chicago, Indiana
6. General discussion
7. Financial
  - Voluntary donations - pass the hat
8. Motor City Friends announcements by the MCF coordinator
9. Request for volunteers
  - to lead the group for a meeting or two
10. Invitation to dinner and drinks at a local restaurant/bar