



Long-Term Survival and Living with HIV Postcard Activity

Fall 2015 CAB Retreat

Inspiration

“If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.”

-Dr. Martin Luther King, Jr.

Postcard Activity

- Use one index card to write a postcard message.
- Draw on the opposite side of the index card.
- OPTIONAL: Use the second index card to write your personal goals for the next year to submit to the CAB time capsule.

Postcard Activity

- Break into small groups.
- Share postcards and stories in small groups.
- Submit future goals into CAB time capsule.

Prompts

Dear me,
So you've just been
diagnosed. Let me tell you
what I know now about
what it means to survive...



What to write

- What would you write to someone newly diagnosed about survival?
- What do you wish you could write to your past self about living with HIV?
- What would you write to the HIV-affected community about what it means to survive?

What to draw

- Person, place or thing.
- How does what you've written make you feel?
- What does it make you think about?