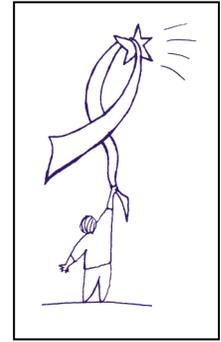


Please Support the Real Treasures of TIHAN —  
the Programs that Keep People Living Well with HIV!



The true treasures of TIHAN are the people we serve, people living with HIV who come to us seeking support and care.

Those who come to TIHAN seeking support services often arrive facing difficult challenges. Sometimes, the challenges are **physical**, results of an immune system under attack, keeping them unable to fight off opportunistic infections.

Sometimes, the challenges are **social and emotional**, caused by depression, isolation, and discrimination.

And many times, the challenges are **financial**, the result of living on minimal fixed disability income that doesn't cover the rising costs of living, especially living with HIV.

**TIHAN's volunteers help** enroll these men and women into care, informing them of TIHAN's programs and services, and ensuring that they are aware of all available services--medical care, social support, case management, financial assistance, nutritional support, and other needed services. **We help people to live as well as possible with their HIV.**

**Caring volunteers from TIHAN offer a welcome** of compassion, and an atmosphere of **respect and inclusion**. We help **empower CarePartners to live** fully and independently. We **invite** them to our weekly breakfasts, **provide** care packages, **connect** them with their peers through our Poz Cafe program, **advocate** for their needs, **support** their children through back-to-school supplies and holiday gift programs, **link** them with other services, **and offer** CareTeam support when needed.

**You can help us provide these basic needs and help people to LIVE WELL by making a tax-deductible donation to support people living with HIV.**



Some of the CarePartners living with HIV who courageously share about their lives and how TIHAN makes a difference.

Read these stories at [www.tihan.org](http://www.tihan.org)

**Yes, I want to help make a difference in the lives of those living with HIV/AIDS. I want to sponsor the people and programs as I have indicated below with my donation to TIHAN.**

**Options for supporting TIHAN and those we serve:**

- \$ 500 One year worth of meals for five people living with HIV
- \$ 100 One year worth of meals for one person living with HIV
- \$ 50 Six months worth of meals for one person living with HIV
  
- \$ 500 Six months of CareTeam support for a person living with HIV
- \$ 100 One month of CareTeam support for a person living with HIV
  
- \$ 300 Six months of Link Specialist support for 10 people to receive advocacy, information, and referral
- \$ 50 One month of Link Specialist support for 10 people to receive advocacy, information, and referral

"If you can't feed a hundred people, then feed just one."  
--Blessed Mother Teresa of Calcutta



**To make a donation online**, visit our secured website [www.tihan.org](http://www.tihan.org) or <https://tihan.ejoinme.org/MyPages/DonationPage/tabid/104399/Default.aspx>

If you would prefer, you can call us and make a credit card donation by phone (299-6647) or mail your check to TIHAN, 2660 North 1st Avenue, Tucson, Arizona 85719.