

## **Aid for AIDS Africa**

### **12<sup>th</sup> Annual Ghana Humanitarian WELLNESS Tour**

**Starting AUGUST 12<sup>th</sup> until AUGUST 23<sup>rd</sup>**

**2010**

#### **Hello Friends and Supporters!**

Once again Aid for AIDS Africa (AFAA) is planning another Humanitarian trip to Ghana. Our focus is on WELLNESS. We are inviting all who want to support health and healing in Ghana. Come share your experiences and talents **however** you can. We will find a place for your abilities and the resources you choose to bring. **We will present life affirming educational talks via the media and directly to the Ghanaian community through forums and clinics at selected venues.** We are not limited in any way as to what we can do in this regard. So, join us and offer what you do best to help us manifest the holistic intention our board has set in motion through this humanitarian effort. Our focus this year will be providing informational and hands-on services in the following three areas:

- 1. Supporting HIV Support Groups** especially children living with HIV
- 2. Recovery and Treatment for Addiction**
- 3. Strengthen our connection to the Spiritual Communities**

These are tools for Wellness. Other related areas of support are welcomed such as medical providers, health educators, Spiritual practitioners, psycho-social and physical therapist.

**Aid for AIDS Africa recognizes the need to support people living with HIV/AIDS as a primary focus,** however, this must include the health of the entire family even the marginalized parts of the family such as children, substance abusers and people with alternative lifestyles. This is why we have chosen to focus on the areas mentioned. Stigma and fear have caused many living with HIV to be abandoned by their families and also by themselves. We will provide recovery from HIV related workshops sharing our experiences of LIVING with HIV/AIDS. Through education and the example of the experiences of others, we are providing an opportunity to

choose again. Choosing a healthier response to life challenging issues is our goal. It is our belief that HIV support groups and peer advocacy can best exemplify this concept. AFAA will continue to build support for these groups by helping to develop programs and establishing exchange programs with African and American HIV service providers.

New to our experience since 2004 is working with the **Recovering community from addiction** which is in it's infancy in Ghana. The 1st 12 Step meeting dealing with addiction was initiated by members of that fellowship who traveled with us as part of our 2004 humanitarian mission. Since then we have delivered thousands of dollars of recovery literature and recorded information as seeds for recovery in Ghana. Since our visit last year a recovery related HOUSE (Hopeful Way) has opened through our friends in NA and AA and is requesting support to keep the focus on recovery. Both NA and AA will hold meetings in this facility. It can also house members of these fellowships traveling to Ghana providing an opportunity to support the development of the 12 step program process. AFAA members will also support organizations working with HIV and recovery from addiction with workshops such as anger management and Living Clean. We have observed HIV and addiction are closely related and are fueling the new infections in Ghana. We will help people recovering from addiction deal with depression and withdrawal from the various drugs available in Ghana including crack, heroin and alcohol.

Traveling on outside of the capital city of Accra, we will visit the Village of Hope, (made famous by Oprah Winfrey) a children's home (orphanage) where many of the children are orphaned due to HIV and addiction. We will also visit the slave castles in Cape Coast as well as the rainforest made famous for the Ariel walkways through the canopy of the forest trees. This experience can only be found in 3 places on the planet. In addition to this we will have a fun day with music and dancing on a Volta River cruise.

We have included in our trip, visits to Children's Homes, AIDS service organizations and HIV support groups as well as the faith-based organizations. We will also be working with our partners at the government hospitals at Korle-Bu Teaching Hospital and the Ghana Police Hospital. Also traveling with us will be people living with HIV/AIDS and recovering addicts. We will support each other in this vision of Wellness we hold as a reality for Ghana through raising the conscious awareness of our oneness

with Perfect Health.

**Join us in 2010 as a HEALTH AMBASSADOR!  
I promise it will be a Life changing experience!**

**TOUR PACKAGE: - AIR TRANSPORTATION: R/T Airfare from SFO to Accra Ghana: is \$2,995: Ground Transportation and accommodations with continental breakfast in Greater Accra and Cape Coast are included. This package is based on double occupancy and is good until May 1<sup>st</sup>. A single room is \$500 more. Depending on airfares after May 1<sup>st</sup> the cost could increase.**

**(Expenses are Tax-deductible using Aid for AIDS Africa's non-profit exemption)**

**HUMANITARIAN TOUR DONATION:**

**1ST PAYMENT (NON REFUNDABLE) \$500 DUE BY April 1st**

**2ND PAYMENT \$1500 DUE MAY 1st**

**3RD PAYMENT \$995.00 DUE by JULY 1st**

The quote above is for cash, check or money order payments. [You can use credit cards via PAYPAL](#) by logging on to our web-site at [www.aidforaidsafrica.org](http://www.aidforaidsafrica.org) you must add 3% additional to your base charge for credit card use on PAYPAL. Your payments are tax deductible using AFAA's 501c3 non profit status.

Contact Maurice Graham with questions and/or to get more information about this important work. I can be reached at 415 345-0058 or e-mail me at [Afotay@sbcglobal.net](mailto:Afotay@sbcglobal.net). The 2010 itinerary will be posted as soon as all details are finalized. [www.aidforaidsafrica.org](http://www.aidforaidsafrica.org)