Participants were recruited from two hospital-based clinics in Pretoria (Steve Biko Academic Hospital & Kalafong Hospital) and one in Cape Town (Groote Schuur Hospital). These are all state-run hospitals. 15 participants from Cape Town and Pretoria, have been recruited as peer-mentors who will assist in running future groups.

Participants were divided into groups of 10-15 people, based on their age, they were able to communicate amongst themselves and with a facilitator about a range of topics including HIV, stigma, relationships, general health and careers. Guest speakers were also invited to lead discussions on particular topics.

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