



# Confidential, Caring, Committed.

Take a positive step right now.

Call us toll free at: 1-800-358-1144

After dialing, wait for the  
Fletcher Allen Health Care operator.  
Then ask for extension 4594.

The **Comprehensive Care Clinic** teams  
are here to help.



**Comprehensive Care Clinics**  
**1-800-358-1144 EXT. 4594**

*The call is toll free and confidential*

## VT M4M

**PROMOTING GOOD HEALTH AMONG MEN WHO HAVE SEX WITH MEN & TRANSGENDER**

### VT M4M WEBSITE [www.vtm4m.net](http://www.vtm4m.net)

Health issues for Vermont's gay and bisexual men, and transgender.

Facts about Vermont M4M

Information about specific diseases

Alcohol, drugs, mental health, sexual health

Safety issues such as assault and violence

Resources in Vermont

Calendar of events

Special Populations:

Men who are HIV+; Men over 50; Men under 25; Transgender

### M4M NEWS DIGEST

E-mailed on the 20th of each month, the Digest covers health topics of interest to M4M and MTF transgender. To register for the free digest, e-mail to [margoc@tds.net](mailto:margoc@tds.net) with "Subscribe VT M4M Digest" in the subject heading.

### WEEKLY M4M CALENDAR

E-mailed on Fridays, provides social as well as support information for MSM and the transgender community. While also available at [www.vtm4m.net](http://www.vtm4m.net), you can get a copy e-mailed to you by sending an e-mail to [margoc@tds.net](mailto:margoc@tds.net) with "Subscribe VT M4M Calendar" in the subject heading.

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