

PARN—Your Community

AIDS Resource Network

159 King Street, Suite 302

Peterborough, ON K9J 2R8

Phone: 705-749-9110

Toll Free: 1-800-361-2895

Fax: 705-749-6310

Email: getinformed@parn.ca

Charitable Registration

Number: 133564740RR0001



United Way
Peterborough & District
Change starts here.

August 2016

In This Issue

Central East Opening Doors

Welcome Adam Kelly

Join PARN's Board

PARN Annual General Meeting

Red Scarf Project

Board of Directors

Chair: Mark Phillips

Vice Chair: Alison Rodgers

Treasurer: Megan Mattos

Members at Large:

Cheyenne Buck

Sarah Frank

Mark Smith

Bunny Smith

Hours of Operation

Monday: 9:30 am—5.00 pm

Tuesday: 9:30 am—5.00 pm

Wednesday: 9:30 am—1.00 pm
3.00 pm—5.00pm

Thursday: 9:30 am—6:00 pm

Friday: 9:30—5.00 pm

Note: The PARN office is closed from Monday, August 1 through Friday, August 5, 2016. We will re-open at 9:30 am on Monday, August 8.

Central East Opening Doors



Connecting the Dots in HIV Care

October 12th, 13th and 14th, 2016

Fern Resort—Lake Couchiching

The Central East Opening Doors Committee looks forward to offering a supportive and creative learning opportunity that fosters an open dialogue and a fresh outlook on HIV.

You can find all of the registration and programming information on Pages 5-6.

What's Going On? August 2016

PARN Offices will be closed—Monday, August 1 to Friday, August 5

The PARN office is closed from Monday, August 1 through Friday, August 5, 2016. We will re-open at 9:30 am on Monday, August 8. You can get Harm Reduction Supplies during the closure at Fourcast (130 Hunter St. W, Unit 200).

We apologize for any inconvenience.

Rainbow Youth Program

Every Thursday*

3:30 - 5:30 pm

Suite 302-2, 159 King Street

**Drop-In will not take place on Thursday, August 4 due to PARN office closure. The program will resume on August 11.*



HEP-C Community Programs August 2016

Peterborough Hep C Testing & Treatment

Every Tuesday & Thursday, 9am - 4pm
@ Positive Care Clinic, 159 King Street

Peterborough Hep C Drop In

Tuesday, August 2—9.30am - 12.30pm
@ PARN, Suite 302-2—159 King Street

Port Hope Hep C Support Group

Wednesday, August 24—10am - Noon
@ PHCHC, 99 Toronto Street

Lindsay Hep C Support Group

Friday, August 12—10am - 1pm
@ KLCHC, 108 Angeline Street

Haliburton Hep C Support Group

Friday, August 19—10am - 1pm
@ HFHT, 7217 Gelert Street

Office Hours at PARN

Monday: 9:30 am—5 pm

Tuesday: 9:30 am—5 pm

Wednesday: 9:30 am—1 pm; 3 pm—5 pm

Thursday: 9:30 am—6 pm

Friday: 9:30 am—5 pm

The Positive Living Room

This program is open to anyone attending The Positive Care Clinic on Thursday mornings. We open at 10 and run until 11:30am. Join us Thursdays for a light breakfast, coffee and conversation while you wait!

**M4M: Movies 4 Men—A Gay, Bi, Trans,
MSM Movie Club Presents:**

To Be Announced

Check PARN's Facebook page for details.

Join Peterborough Pride at Behind Closed Doors
September 10, 2016—7:30-10:30 pm
Get your tickets at PARN or Lansdowne Place

On September 10th from 7:30 to 10:30pm join Pride for Lansdowne Place's annual fun private shopping event.

For Pride this is a great opportunity to do outreach to more of the community and we share the ticket proceeds with nine other community organizations.

Tickets are only \$5 and are on sale now at the PARN Office (159 King Street, Suite 302), Customer Service at Lansdowne Place (tell them you want Pride to get the money), and by emailing us at participate@peterboroughpride.ca



BEHIND CLOSED DOORS
The Most Exciting Private Shopping Event of the Year!
Saturday, September 10th from 7:30pm to 10:30pm

TICKETS ON SALE NOW!

ONLY \$5 GETS YOU ACCESS TO

- Well-to-Well Discounts
- Get Spotted to WIN Your Purchase
- Get Paid to Eat*
- Enter for a Chance to WIN a \$1000 Shopping Spree

Purchase your tickets through us today!
** Limited tickets available for purchase **
at the mall doors on Sept. 10th for \$10 each

Thank you to our Sponsors

WOLFE **CHEX TELEVISION** **FRESH RADIO 100.5**



1st Annual Peterborough Pride 3-Pitch Softball Tournament

Saturday, August 13, 2016—Bowers Park Field (765 Brealey Drive)
\$25 or PWYC

Sign up as a team or individually—Fun Day—All skills welcome

Contact Kim Kennelly (kennellykimberly@gmail.com) for more information and to register.

You can get your Harm Reduction
Supplies at FOURCAST (130 Hunter St. W, Unit
200) while PARN is closed from August 1-August 5

Harm
Reduction
works
@
PARN



FOURCAST

HIV Support Services @ PARN

Introducing Adam Kelly—New HIV Support Services Program Coordinator

I am excited to be joining the staff, clients and partners of PARN as the Support Services Program Coordinator. Although this is a new role for me, I am not a stranger to PARN and the great programs and services they provide. In 2011, I became acquainted with PARN through a student placement and continued to volunteer while I continued my education in psychology. Since then I had the opportunity to work with PARN through the Community Health Centre in Oshawa providing hepatitis C outreach and support over the last year and now have joined the team at PARN fulltime to provide HIV support to those living in the four counties.

I'm looking forward to actively assisting with putting the principles of GIPA/MEPA into practice and connecting with the people living with and affected by HIV and/or AIDS in new and meaningful ways. The most exciting part of filling this role will be hearing from existing PARN members and connecting with new members to share ideas and topics that will make us a stronger community. I also would like to extend a standing invitation to stop in and see me, give me a call at 705-749-9110 ext. 205 or send an email adam@parn.ca to connect and get to know me as well as share your thoughts, ideas and direction for your support programs at PARN.



Committee Members Needed

Project Inform—This group works to amplify the voice, increase levels of involvement, empower individuals, and improve support services for people living with HIV in Peterborough and the Four Counties by: encouraging diversity of voices and participation, creating meaningful programs, and influencing decision making at all levels of PARN activities. Members can participate by Skype, and/or phone. Please contact Brittany at 705-749-9110 or brittany@parn.ca for the application and/or more information.



HIV Survivors Group

Are you HIV positive? Why not come and join us for lunch on the 3rd Thursday of every month? We meet at the PARN office from noon until 2pm. A truly positive space run by positive peers. To find out more please contact Mark Phillips at markyfund@aol.com

Office Hours in August

Please note that the PARN offices will be closed from Monday, August 1 to Friday, August 5. We will reopen at 9:30 am on Monday, August 8.

HIV Support Services @ PARN

Register for Central East Opening Doors—October 12-14, 2016

Goals of the Central East Opening Doors Conference

To enhance the local community capacity to provide effective counselling and support to people living with and/or affected by HIV and/or AIDS.

To promote meaningful partnerships between service providers, people living with HIV and/or AIDS, and other community members to identify and meet the needs of local community.

To promote anti-oppression and social determinants of health approaches to HIV and/or AIDS related support and counselling.

Registration Information (see Program and Schedule on Page 6)

The first day of the conference is reserved for people who are living with HIV and/or AIDS.

Double-occupancy accommodations for people living with HIV over Wednesday and Thursday nights, including all meals and snacks, are free of charge.

Double-occupancy shared room (2 beds) is \$75.00 per night. Single occupancy is available at an additional charge. Day only registration is \$25.00 and includes lunch and snacks. The registration deadline is Friday September 15th at 5pm. You will be notified of the status of your registration application after that date. The cancellation deadline is Friday September 23rd, 2016.

	Day 1	Day 2	Day 3
Breakfast	N/A	8:00 - 9:00	8:00 - 9:00
Break	N/A	10:45 - 11:00	10:45 - 11:00
Lunch	12:30 - 2:00	12:30 - 2:00	12:30 - 2:00
Break	3:30 - 3:45	3:30 - 3:45	N/A
Dinner	6:00 - 7:30	6:00 - 7:30	N/A

To register online for Central East Opening Doors 2016, please visit:
www.ceodconference.com

**** If you are feeling sick¹ at the time of Opening Doors, please stay home to minimize contact with others.**

¹sick includes fever, cough, sore throat, runny nose, body aches, headache, chills, fatigue, vomiting, diarrhea

For more information please contact the conference registrar Marie Marin at marie@yesweplan.ca

Funded by: AIDS Bureau, Ontario
Ministry of Health and Long Term
Care, and grants from the
pharmaceutical industry.



Central East Opening Doors

SCHEDULE OF EVENTS

Wednesday October 12th

****Day 1 is reserved for people living with HIV only****

10:30am - 10:45am

Registration and Welcome

10:45am - 12:30pm

Community Check In
Sharing Circle, presented
by Yvette Perreault

2:00pm - 3:30pm

Positive Leadership
Peer Engagement
Programming
Hosted by Tara Jewel

3:45pm - 5:00pm

Positive Leadership
Peer Engagement
Programming
Hosted by Tara Jewel

7:30pm - 9:00pm

Social Activities

1. Aqua Fit, hosted by Pauline Barratt
2. Pool Tournament, hosted by Beth Whalen and Nick Sont

Thursday October 13th

9:00am - 12:30pm

Keynote Presentation: Trauma
Competent Care Workshop
presented by Dr. Anne Wagner

Concurrent Sessions

2:00pm - 3:30pm

1. HIV Negative Partners & Caregivers, presented by Tobin Brown
2. HIV & Aging, presented by Doug Willoughby
3. Women & HIV, presented by Eno Akan-Essien
4. ODSP & HIV, presented by Jill McNall

3:45pm - 5:00pm

1. Knit & Crochet, hosted by Jess Grover and Celia Triemstra
2. Yoga, hosted by Kim Dolan
3. Spirituality, hosted by Doug Willoughby
4. ODSP & HIV (cont.) presented by Jill McNabb

7:30pm - 9:00pm

Social Activities

1. Campfire hosted By Adrian Betts
2. Drag Bingo & Karaoke, hosted by Madge, Diva and Beth Whalen

Friday October 14th

Concurrent Sessions

9:00am - 10:30am

1. Medication Review, Treatment Update and Side Effects for people living with HIV/HCV/Co-Infection, presented by Dr. Jeffery Craig
2. Food and Nutrition for people living with HIV/HCV/Co-Infection, hosted by Dr. Lydia Thurton

10:45am - 12:15pm

Speakers Panel:
Life with HIV/HCV and Co-Infection

Save the Date: September 14th, 2016

Join us for PARN's 26th Annual General Meeting (AGM) at Showplace

On the evening of Wednesday, September 14th, PARN's Staff and Board members will host the AGM in the Nexicom Lounge of Showplace at 290 George Street North, Peterborough. The evening will feature the members' meeting and election of a new board of directors, followed by a reception with a special guest. Details will be published in PARN's September e-newsletter.



Everyone is welcome to this event! However, if your name is on PARN's official membership list before 5:00 pm on Monday, August 15th (30 days prior to the AGM), only then you will be able to vote at the meeting, and nominate or be nominated for the new board of directors (see below).

PARN welcomes new members at any time of the year. Apply online at parn.ca/get-involved/membership/, or contact Peg Town, Office Administrator by emailing peg@parn.ca, or phoning 705-749-9110, extension 202, or stopping by the office at PARN, 159 King St., Peterborough.

Do you know someone who would make an ideal member of PARN's Board?

Would you like to become a member of PARN's Board of Directors?

Are you interested in hearing more?

To qualify for a nomination you must be an Enduring Member of PARN. If you aren't a member yet the deadline is before 5 p.m. Monday, August 15, 2016. No fee, no stale date.

Nominations will be accepted by the Board Development Committee until 12 noon August 31, 2016.

Nomination forms are available by emailing recruitment@parn.ca or dropping by the office at 159 King Street, Suite 302, in downtown Peterborough.





OUTDOOR THEATRE ~ EPIC IN NATURE
4TH LINE THEATRE
Bringing History to Life on the Outdoor Stages of The Winslow Farm

Join PARN at the 4th Line Theatre for the Bad Luck Bank Robbers—August 20

PARN will be setting up at the 4th Line Theatre on Thursday, August 20 for a performance of the Bad Luck Bank Robbers. The 4th Line Theatre will be donating a portion of proceeds from the night to PARN. Back by popular demand, the 2015 sell-out hit, *The Bad Luck Bank Robbers* tells the story of the August 31, 1961, brazen, daylight robbery of the Toronto Dominion bank in Havelock, Ontario. Directed by Kim Blackwell, the play runs from August 2-27.

To purchase tickets for August 20, or any of the August performances of *The Bad Luck Bank Robbers*, please visit: <https://tickets.4thlinetheatre.on.ca/eventperformances.asp?evt=24>.

PARN Needs Your Support for Our First Ever Red Scarf Project

The Red Scarf Campaign raises awareness and funds for HIV while also serving communities needs in the winter months.

It began in 2012 with staff and volunteers of the Regional HIV/AIDS Connection putting hundreds of red scarves in downtown London and Stratford on December 1st, World AIDS Day. The red scarf was meant as a larger scale version of the Red Ribbon, the international symbol of support for people living with HIV and/or AIDS. Cards were attached to the scarves to explain the meaning behind them and encourage individuals to wear them and spread the information.

Brittany Cameron, the HIV Engagement Worker at PARN, says, "I think the Red Scarf Campaign is important because bringing awareness brings visibility and through visibility we can have some of those uncomfortable conversations and break down some of the stigma surrounding HIV and AIDS."


PARN is organizing the first Red Scarf Campaign in Peterborough and the four counties this year. Donations of scarves will be accepted until November 28th and will be placed in locations throughout the four counties on Thursday December 1st, World AIDS Day.



How to Get Involved

We are looking for individuals to knit and crochet scarves, volunteers to facilitate workshops, and/or local groups to knit and crochet scarves for the campaign. We ask for scarves that are red and approximately 6" by 60" in size, but the pattern is completely your choice! We are also looking for donations of red yarn, knitting needles, crochet hooks, and other supplies.

If you are interested in contributing, please contact Brittany at brittany@parn.ca or call 705-749-9110 x204.

An illustration in the top left corner shows two white hands reaching down towards two small white syringes on an orange background.

Harm
Reduction
works
@
PARN

IF YOU BANG IT, BIN IT!

A large, detailed illustration of a white syringe with a needle, positioned diagonally across the center of the poster.

From Aug. 1st—Aug. 31st
who ever returns the
highest percent of their
used sharps will win

\$25 CASH!



WHAT IS YOUR STATUS



Where to go and what you need
to know to get tested for HIV.



Questions?

Call us or stop by:

PARN - Your Community
AIDS Resource Network
159 King Street
Peterborough ON
Phone: 705-749-9110
OR 1-800-361-2895

For a testing site near you call
the AIDS and Sexual Health
Info Line: 1-800-668-2437



United Way
Peterborough & District
Change starts here.