

PARN—Your Community

AIDS Resource Network

159 King Street, Suite 302

Peterborough, ON K9J 2R8

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Charitable Registration

Number: 133564740RR0001



United Way
Peterborough & District
Change starts here.

July 2016

In This Issue

Welcome Marty and Morgan

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Treatment turns 20

HIV and Aging

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

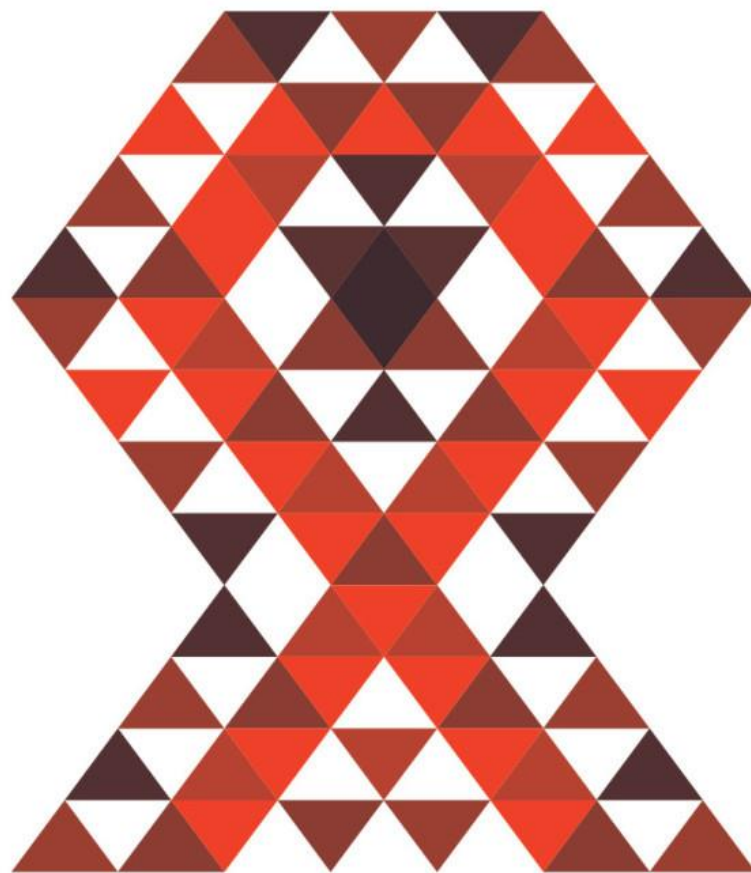
Tuesday: 9:30 am—5.00 pm

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



AIDS 2016

DURBAN, SOUTH AFRICA JULY 18–22, 2016

#AIDS2016 | @AIDS_CONFERENCE

What's Going On? July 2016

HEP-C Community Programs July 2016

Peterborough Hep C Testing & Treatment

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

Peterborough Hep C Drop In

Tuesday, July 5 — 9:30 am - 12:30pm
@ PARN, Suite 302-2—159 King Street

Port Hope Hep C Support Group

Wednesday, July 27, 10am-Noon
@ PHCHC, 99 Toronto Street

Lindsay Hep C Support Group

Friday, July 8—10 am - 1 pm
@ KLCHC, 108 Angeline Street

Haliburton Hep C Support Group

Friday, July 22—10 am - 1 pm
@ HFHT, 7217 Gelert Street

Rainbow Youth Program

Every Thursday

3:30 - 5:30 pm

Suite 302-2, 159 King Street



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

G.B.F.—Wednesday, July 27

See poster on page 12 for details.

From the Front Desk

PARN welcomes Stephaney Hodges to the team! A student of the Office Administration Program at Fleming College, Stephaney will be working a couple of shifts at reception each week, and also helping staff with some event planning over the summer.

The Positive Living Room

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

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

Please Welcome Marty and Morgan to the PARN Team!

We are thrilled to announce that Marty Cleary and Morgan Tessier have joined PARN for the summer thanks to the Canada Summer Jobs program.

Introducing Marty Cleary

Marty is a student in the Indigenous Environmental Studies Program at Trent University. As a part time outdoor educator, you might already have met them consorting with chickadees in the woods. You might also have met them selling you local goods at the farmer's market, voraciously knitting in cafés downtown, or indirectly speaking to you in funny voices through the radio. Marty is passionate about creating alternative learning environments that allow space and time for individuals to learn what, when, and how they want. They also love to grow food and take care of the tiny balls of fluff they like to call chickens.

Marty first heard about PARN through the QueeRADicals; they are deeply impressed by PARN's commitments to social justice and harm reduction. They felt drawn to work at PARN as an opportunity to connect with and learn from elders and other members of the HIV/AIDS community. As a budding activist and community organizer, Marty is eager to contribute to PARN in their role as Summer Events Assistant/ Communications and Resource Assistant. They are particularly interested in discovering how to get the cool PARN hairstyle. Other than that, they will be working on researching and finding more funding avenues, creating and developing more social media presence, working on the Red Scarf Project, and whatever else ends up on their desk.

A note from Morgan Tessier

I am entering my fifth year at Trent University with an English major and History minor. I have a deep love for writing and literature, as well as learning about how human history is still impacting the present day. In my studies, I have always been more interested in learning about the social impacts of literature and history, with a focus on the discrimination of specific groups of people. I was initially interested in PARN because of this focus, as there is still widespread prejudice and ignorance against those living with HIV.

I am now very motivated to learn as much as I can about HIV, as well as using my knowledge to educate other young adults who are also unaware of the advancements being made to treat and prevent HIV. I hope to gain effective support and communication skills through my employment with PARN, as well as developing effective methods to continue my education on the impacts of HIV in the future.



Please say hello to Marty and Morgan next time you stop by the PARN office!

HIV Support Services @ PARN

Project Inform: One Year Update

Project Inform was created to help guide PARN with the work it does in our communities for those living with, at risk of and affected by HIV.

We are a diverse group of people –male and female, hetero, gay and bisexual. The one thing we all have in common is that we are all living with HIV and have a strong desire to bring awareness and education of HIV in our community, and see that the needs of those living with, at risk and affected by HIV are met. Today the committee is comprised of 5 people living with HIV.

On July 15th, 2015, people living with HIV in Peterborough and the Four Counties came together as leaders and the voice of HIV in our communities to create Project Inform. Friday July 15th marks one year since we first came together with a commitment to action.

Committee Objective: On behalf of people living with HIV the objective(s) of Project Inform in our community is to amplify the voice, increase levels of involvement, empower individuals, and improve support services by: encouraging diversity of voices and participation, creating meaningful programs and influencing decision making at all levels of PARN activities.

What have we done?

Annual Holiday Social

- Planned a successful Annual Holiday Social
- Changed locations, hosting the event in the PARN 302-2 Space.
- People living with HIV came together and cooked a traditional holiday supper.
- We played a variety of games.
- Each guest got a gift bag and a holiday card signed by all PARN Staff.



Policy Work

Consent & Confidentiality

- OCASE implemented a new updated version, we are working with the system to ensure data collection is more efficient
- The committee has been committed to working to demolish the systemic issues from case management in the past.
- Committee designed a new and improved consent and confidentiality document.

HIV Support Services @ PARN

Project Inform: One Year Update

(Continued from previous page)

Lane Fund Policy

- We adapted the policy to include a pet care subsidy, in the amount of \$20 per day, and \$10 per half day so people living with HIV can attend events organized by PARN such as our Holiday Social, Summer Picnic and Central East Opening Doors Conference.
- Additionally we adapted the policy to include a smoking cessation subsidy in the amount of \$100, one time allowance per client.

Complaint & Resolution Process

- Developed a 3 page document that outlines PARN's Policy on client complaints and resolution process. The document outlines the policy, the definition and purpose of policy as well as the procedure for filing a formal complaint.
- PARN has purchased mailboxes and will make the document available in the main reception area.

Ontario AIDS Network (OAN) Delegate Job Posting

- Project Inform assisted in reviewing the current job posting.
- Project Inform hopes to have a candidate in place for the fall meeting.

Client Handbook

- Project Inform reviewed the Support Services Client Handbook and approved it for distribution.
- Support Service Client Handbook will be printed in early fall.

Peer Programming

- Created a peer program proposal form to enable peers to help drive peer programming at PARN.
- This form is available to all clients of PARN – connect with Brittany to get yours.

Support Service Update

- Project Inform will assist in the hiring process of the new Support Services and Programs Coordinator.

People living with HIV are leaders in the response to HIV. They say nothing about us without us. Project Inform is always looking for new members; if you are interested in an application please contact Brittany Cameron, Peer Engagement Worker at 705-749-9110 x 204 or by emailing at Brittany@parn.ca



HIV Support Services @ 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, by creating meaningful programs and by 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.

Office Hours in July

Please note that the PARN offices will be closed on Friday, July 1 for Canada Day and on Monday, July 18 for our annual HIV Support Picnic.

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

The AIDS Committee of Durham Region and PARN – Your Community AIDS Resource Network invite you and one guest to enjoy a summer outing full of fun, food and activities for all ages.



Annual Summer Picnic!

Monday July 18th, 2016
11:30-3:30—Orono Park
61 Princess Street, Orono

**This event will give you a chance to reconnect with friends and meet new ones.
All food will be provided by the hosts.**

**Transportation will be available. Please mention if you need assistance when you RSVP.
We hope to see you there!**

Please RSVP by Friday July 8th 2016 and let us know of any dietary restrictions:

Yasene Mawji
905 576 1445 ext. 17
intern@aidsturham.com



Brittany Cameron
705 749 9110 ext.204
brittany@parn.ca

Is your name on PARN's Membership list?

You are one of many valued people connected with PARN as a client, peer, volunteer, or newsletter enthusiast, but you might not be a member of the agency. If you would like to apply for a membership, just fill out an application at the office or online parn.ca/get-involved/membership/. A PARN Membership is free, non-transferable, and enduring (automatically renewed annually).

Wednesday, September 14th, 2016:

The 26th Annual General Meeting of the Membership of PARN takes place in the Nexicom Lounge at Showplace, 290 George Street N., Peterborough.

More details to be announced!

As an Enduring Member of PARN, you receive newsletters, updates, job postings, and other communications including invitations to special events. Our next special event is the Annual General Meeting (AGM) on September 14th, 2016 at Showplace, which is when PARN members vote on specific agency business (to be announced) including the election of a new board of directors.

Your name must be on PARN's official membership list - 30 days prior to the AGM - before 5:00 pm on Monday, August 15 if you want to vote at the AGM, and nominate or be nominated to stand for election to the new board of directors (as per the General By-law 8.1.4 and 9.2)

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?



**Board
Member
Nominations**

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.

Update—July 2016

Ariel O'Neill, Women and HIV/AIDS Initiative Community Animator
PARN—Your Community AIDS Resource Network
email: ariel@parn.ca twitter: [@WHAIatPARN](https://twitter.com/WHAIatPARN)



Maagjiigiyang means growing together. It's a small group of service providers and community citizens who meet monthly. WHAI Community Animator Ariel O'Neill is a dedicated member and catalyst, alongside Jennifer Martin of the YWCA, Liz Stone of Nijkiwendidaa, Sonya Vellenga of KSAC, Melissa Maracle of OAHAS and Margo Lee Burton, PVNCBSB.

The group shares an interest in reconciling Indigenous and non-Indigenous members of our community by: planning and supporting the implementation of the Truth and Reconciliation Commission (TRC) recommendations locally; educating the community about our shared history (ies); making local services responsive to needs of Indigenous communities; working with community members to present experiential learning opportunities; and influencing change and share the burden.

On Indigenous Solidarity Day—June 21st—we broke new ground in Millennium Park at the north end and planted a medicine wheel garden bed. The area with the Nogojiwanong sign is in our sights for renewal and reconciliation events.

Stay tuned for more opportunities, learn more by contacting Margo Lee Burton at margoleeburton@gmail.com



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

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

* Visit lansdowneplace.com for full details.

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

PARN Needs Your Support for Our First Ever Red Scarf Project

Calling all knitters, crocheters, or those interested to learn!

About the 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.

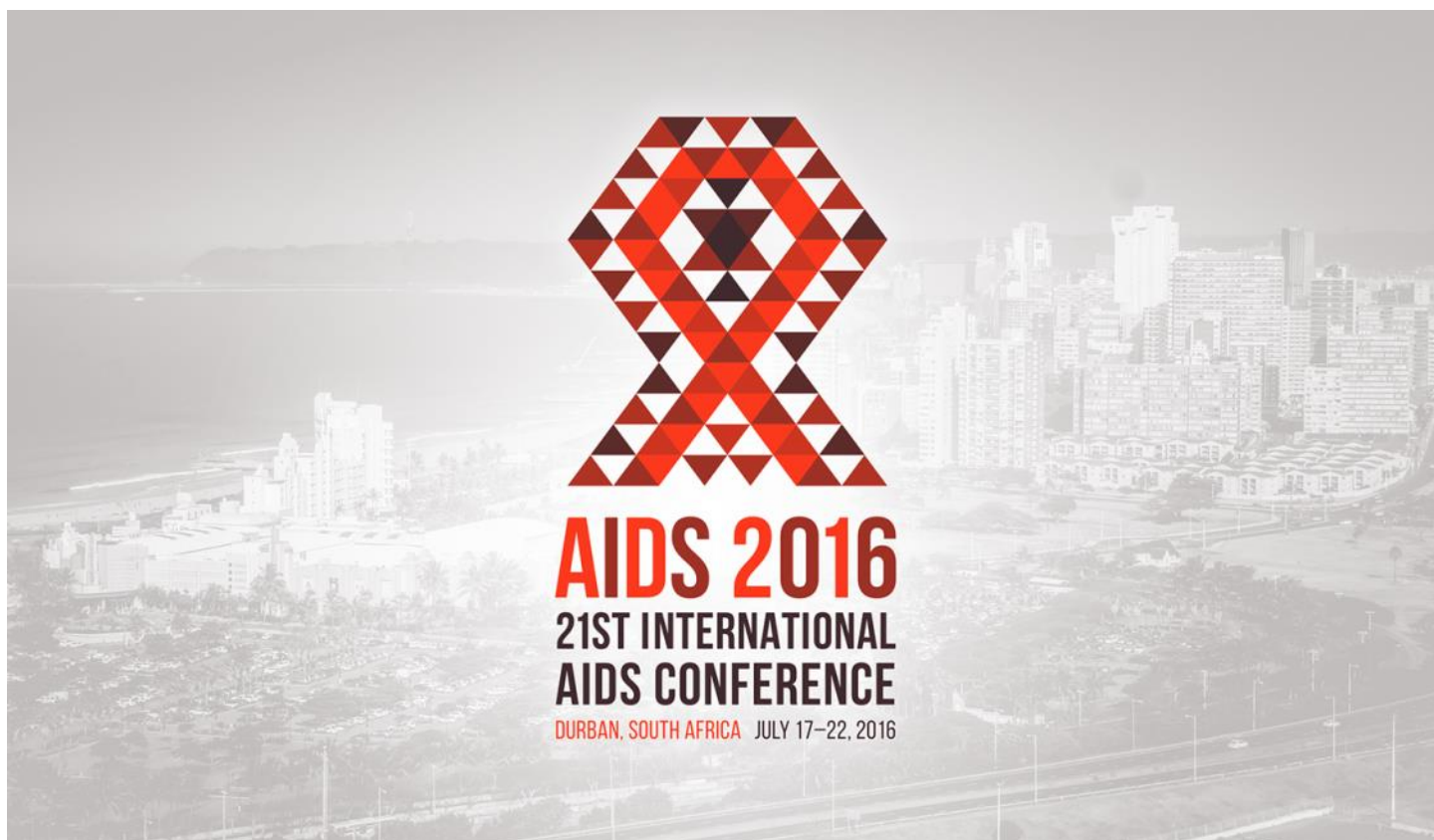
If you are interested in contributing, please contact Brittany at brittany@parn.ca or call 705-749-9110 x204.

Join us for a knitting and crochet workshop

"The Needle Exchange" hosting first workshop on Monday, July 11

On Monday July 11th, 2016, the Needle Exchange will be hosting our kick-off knitting and crocheting workshop from 6-8 pm at 519 King St., Room 302-2. Our fantastic facilitator and long-time volunteer Jess will be available to teach knitting and crocheting techniques. Come to knit, crochet, chat, eat snacks, and learn about the Red Scarf Campaign. All experience levels welcome! The space is wheelchair accessible.





The International AIDS Conference (July 17-22, 2016 in Durban, South Africa) is the premier gathering for those working in the field of HIV, as well as policy makers, persons living with HIV and other individuals committed to ending the pandemic. It is a chance to assess where we are, evaluate recent scientific developments and lessons learnt, and collectively chart a course forward.

The AIDS 2016 programme will present new scientific knowledge and offer many opportunities for structured dialogue on the major issues facing the global response to HIV.

The Online Conference Programme for the 21st International AIDS Conference (AIDS 2016) is now available here: <http://programme.aids2016.org>

All sessions, satellite symposia, abstract titles and other programme activities, including the Global Village & Youth Programme, are currently listed. Late breaker abstract titles will be featured in the coming weeks. Links to abstracts, slide presentations, webcasts, key sessions, rapporteur reports and e-posters will be added as they are available.

You can use the Online Conference Programme to view topic-focused roadmaps and build your own personalized itinerary, which allows you to select individual sessions and print out your attendance plan. By registering for AIDS 2016, you can then use your conference profile to save your itinerary.

Take a look at the exciting programme that will be presented at AIDS 2016 and register today!



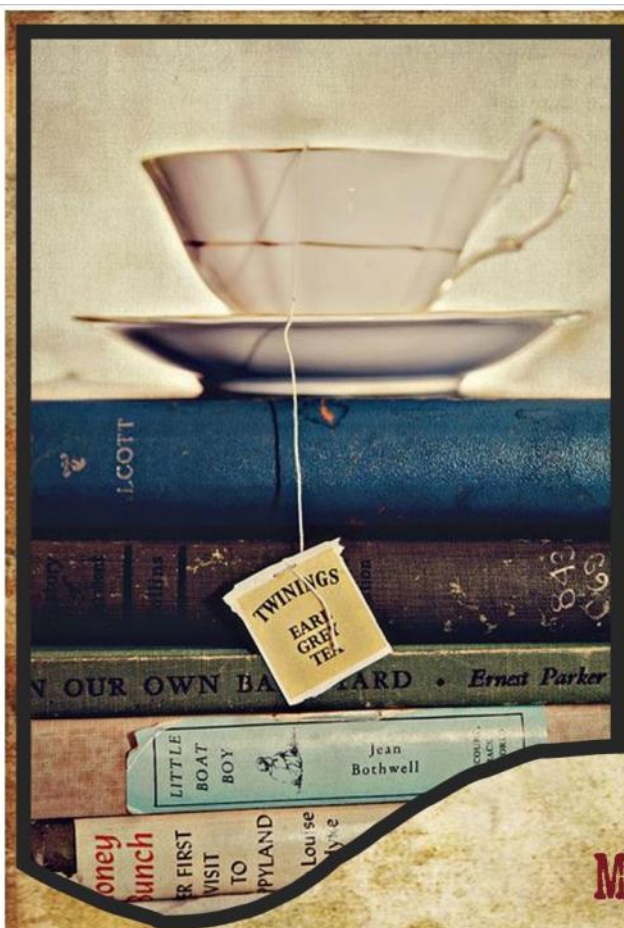
1st Annual Peterborough Pride 3-Pitch Softball Tournament

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

Prizes awarded for best spirit and best costume. Teams are encouraged to bring a theme to their day and dress up!!!

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



Between the Covers

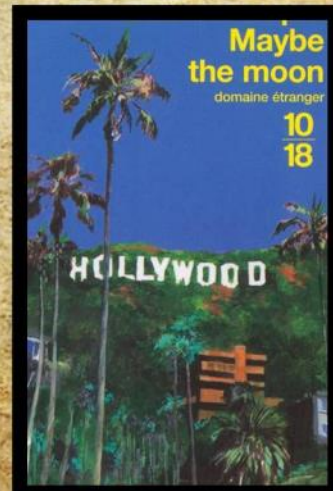
Gay/Bi/Trans/MSM Book Club
Sunday, July 17th @ 3pm
at The Only Cafe

For more info, contact: Chris Jardin
at chrisj@parn.ca
or 705-749-9110

THE BOOK:

Maybe the Moon
By

Armistead Maupin



BUTCH HOMOSEXUAL BEAR FAIRY QUESTIONING LEZ
BULL-DAGGER DRAG QUEEN ZEGAY VERSATILE HOMO
STRAIGHT-ACTING LIPSTICK TWO-SPIRIT BISEXUAL
LEATHER DADDY FEMME TRANS* INTERSEX BABY DYKE
BOTTOM CROSS-DRESSER MARY TWINK NANCY BOY
LADY-BOY FRUIT PRE-OP DYKE LGBT Q TOP FLAMER
DOM HOMO SWISH HOTTER PANSY QUEEN FAG CHASER

QUEER



MOVIE NIGHT

G.B.F.



FREE, JULY 27 @ 7 PM

BAGNANI HALL @ TRAILL COLLEGE

(310 LONDON)

ALL LGBTQ+ & ALLIES WELCOME



T-SHIRT CONTEST 2016

The theme: **LOVE
WINS**

Submit a design for the Official
Peterborough Pride 2016 T-Shirt!

The author of the winning design will get:

\$100.00 Cash

First shirt off the press

Bragging rights

Send all applications as High Resolution JPEG's to

participate@peterboroughpride.ca



Contest closes July 31st

HIV, Consent, Criminalization, Health & Social Justice: Its All About Intersections & Collaborations

CONSENT

HIV NON-DISCLOSURE AND SEXUAL ASSAULT LAW

SEXUAL CONSENT CONFERENCE

JUNE 2 & 3, 2016 - TRENT UNIVERSITY, PETERBOROUGH, ONTARIO, CANADA



Fact: most people don't talk about sex or being physically intimate with their sex partners.

Fraud will vitiate consent to sex where the HIV-positive person committed a dishonest act (lied about or did not disclose to their sex partner their HIV status before sex) and this dishonest act resulted in a deprivation (actual harm or simply a risk of harm)

Treatment turns 20: Local Stories

Treatment and Pregnancy: One woman's story.

I first learned that I was HIV positive when I was pregnant with my first child. My only concern was my baby. All I wanted was for them to be healthy. I could deal with my own situation later.

I started taking anti-retroviral medications a few weeks before I was due. I had wanted a natural childbirth, but ended up getting a caesarian section to reduce the risk of transmission. That beautiful child was born HIV negative.

My next two pregnancies, I was much more prepared for the challenges. I stopped taking medication after my first was born, but I started treatment again during my second pregnancy. By working with my doctor and a nurse from the Positive Care Clinic, I was able to have a vaginal delivery which was so important to me. It was just like any other pregnancy—except I had blood tests every three months and I had side effects from the medication. I was vomiting seven or eight times every day throughout my pregnancy, right up until I was in labour.

It is so important for a mother living with HIV to get the proper treatment during pregnancy. That's why I am such an advocate for pre-natal testing. The earlier that you know you have HIV, the greater the chances are that your baby will not be born with HIV.

I've continued taking anti-retroviral medication now. It's treatment as prevention, because my partner is HIV negative. They are obviously aware of my status, and they are comfortable making their own informed choices. Staying on my medication reduces the risk of them contracting HIV.

I've been condemned by people for having children, people who don't know any better. But I have the power and ability to show people that women living with HIV can have HIV free children; we don't have to give up our hopes and dreams because of this virus.

Medical advances over the last 30 years have drastically reduced the risk of HIV transmission from parent to child during pregnancy, labour and childbirth. Without any treatment, the risk of mother-to-child transmission runs anywhere from 15% to 30%. Anti-retroviral drugs and interventions during labour can reduce the risk of transmission to less than 2%.



Older people with HIV face different long-term health challenges

In Canada and other high-income countries, thanks to potent combination anti-HIV therapy (commonly called ART) more HIV-positive people are living longer. The power of ART is so profound that researchers estimate that a young adult who is infected today, diagnosed shortly thereafter and soon begins ART should have a near-normal lifespan. This optimistic forecast depends on the person taking ART every day exactly as directed and the absence of serious pre-existing illness or health conditions.

As more HIV-positive people live longer in an era of widespread use of ART, services will need to be adapted for this population's changing needs.

Researchers at the University of Waterloo, Ontario, and with the Public Health Agency of Canada (PHAC) collaborated on a massive data analysis project that collected health-related information from more than one million people, a small fraction of whom (less than 1%) had HIV. Participants were assessed in the context of the following three settings (which are explained later in this report):

- home care
- long-term care
- complex continuing care

**This information was provided by CATIE
(Canadian AIDS Treatment Information Exchange).
For more information, contact CATIE at
1.800.263.1638 or info@catie.ca**

Researchers found that, overall, HIV-positive people had “more co-infections but fewer chronic diseases” compared to HIV-negative people. Furthermore, they found that HIV-positive people were generally more likely to have experienced “depression and social isolation and the use of psychotropic medicines.”

These findings have implications for policy planners, doctors, nurses, pharmacists, geriatric specialists and others working in the field of caring for HIV-positive people as they transition into their senior years.

Indeed, the Canadian research team stated that “failure to address the unique care needs of [older HIV-positive people] may lead to worse outcomes and increase the strain on health systems.”

Study details

The researchers defined the care settings as follows:

Home care—This term encompassed “services that included a mix of personal support, home nursing and some rehabilitative care that are provided in a client’s home.” Data for analysis of home care usage were collected from people living in B.C., Manitoba, Ontario, Nova Scotia and the Yukon.



Long-term care—This term encompassed “private, public and charitable nursing homes that provide regulated care to people with stable medical conditions who require 24-hour care.” Data for the analysis of long-term care usage were collected from Alberta, B.C., Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Saskatchewan and the Yukon.

Complex continuing care—This term encompassed “hospitals or units in post-acute hospital settings that provide care to individuals with more severe impairment or more medically complex conditions and/or mental health needs than those typically cared for in nursing homes.” Data for the analysis of complex care usage were collected from Ontario and Manitoba.

Overall

In total, data from 1,200,073 people were analysed, of whom 1,608 people (0.13%) were HIV positive. Some data were collected from some participants as early as 1996, but in all cases, data collection ended in 2014.

The distribution of HIV-positive people according to the different categories of care settings was as follows:

- home care – 178 people (0.05%) were HIV positive
- long-term care – 423 people (0.19%) were HIV positive
- complex continuing care – 1,007 (0.16%) were HIV positive

Key findings

The researchers made the following discoveries:

- HIV-positive people were more likely to have been diagnosed with pneumonia.
- Regardless of the specific care setting, HIV-positive people were more likely to have been diagnosed with tuberculosis (TB).
- Rates of certain antibiotic-resistant bacterial infections of the skin and intestines were more common in HIV-positive people in complex care and long-term care.
- Rates of life-threatening bacterial infections of the blood were generally greater among HIV-positive people.

Mental health

Overall, the researchers found that “chronic psychiatric conditions...were more common among HIV-positive individuals in home care.” Furthermore, the research teams found that HIV-positive people “experienced significantly more social isolation” than HIV-negative people. Given this, perhaps it should not be surprising that, in general, rates of use of psychotropic medicines were greater among HIV-positive people.



Bear in mind

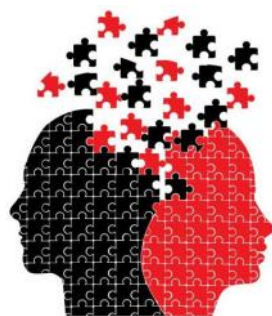
The present study is the largest of HIV-positive people living in different care settings in Canada. According to the research team, in general, older HIV-positive people had more co-infections and fewer chronic diseases than older HIV-negative people.

The researchers found that HIV-positive people had “substantially higher rates of psychotropic medication use.” They suspect that social isolation among HIV-positive people increased feelings of loneliness and depression. However, due to the study design, they cannot draw firm conclusions linking the use of psychotropic drugs to psycho-social issues.

About psychotropic medicines

These medications can have a positive effect on behaviour and mood and can include the following categories of drugs:

- anti-anxiety
- antidepressants
- antipsychotics
- hypnotics
- mood stabilizers
- sedatives



Not just in Canada

A study in Denmark published in 2014 analysed data from 3,615 HIV-positive people who were compared to HIV-negative Danes of the same age and gender. The Danish researchers also found that HIV-positive people were more likely to have been prescribed and used a wide range of psychotropic medicines. In a broad sense, the findings on psychotropic medicines in the Canadian and Danish studies suggest that mental health issues are a growing concern among people with HIV infection.

A Message from Peterborough and the Four Counties 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



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.