

**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.*

## November 2015

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### Board of Directors

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*Vice Chair:* Alison Rodgers

*Past Chair:* Mark Smith

*Secretary Treasurer:* Megan Mattos

*Members at Large:*

Cheyenne Buck

John Curtis

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### Hours of Operation

Monday, Wednesday & Friday 9 am—5 pm

*Closed Wednesdays from 1pm—3pm*

Tuesdays and Thursdays 9am—7am

*The PARN Office will be closed on*

*Wednesday, November 11 for*

*Remembrance Day. We will reopen at*

*9am on Thursday, November 12.*



**Red Ribbon Campaign**  
**November 28, 2015**

# What's Going On? November 2015

## HEP-C Community Programs November 2015

### **Peterborough Hep C Testing & Treatment**

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

### **Peterborough Hep C Drop In**

November 3 & 17— 9.30 am - 12.30pm  
@ PARN, Suite 302-2—159 King Street

### **Port Hope Hep C Support Group**

Wednesday, November 25, 1pm - 3pm  
@ PHCHC, 99 Toronto Street

### **Lindsay Hep C Support Group**

Friday, November 13 , 10 am - 1 pm  
@ KLCHC, 108 Angeline Street

### **Haliburton Hep C Support Group**

Friday, November 20, 10 am - 1 pm

## ATTENTION:

The PARN offices will be closed on Wednesday, November 11 for Remembrance Day. We will re-open on Thursday, November 12 at 9:00 am.

### **Rainbow Youth Program—Every Thursday**



3:30 - 5:30 pm—Suite 302-2, 159 King Street

## Save The Date: December 5, 2015

## PARN Volunteer Appreciation

We will be holding a special appreciation event for all PARN volunteers on Saturday, December 5 (International Volunteer Day). Details are still being confirmed, but if you are a PARN volunteer and available in the afternoon on Saturday, December 5, please contact Dylan at 705-749-9110 or [dylan@parn.ca](mailto:dylan@parn.ca).

# HIV Support Services Update

## An Update from Central East Opening Doors

We had a great time at this year's opening doors conference at the Fern resort in Orillia! The chilling breeze of Lake Couchiching didn't deter us, it simply served to create a greater appreciation for our nightly campfires.

For any readers who aren't aware, Opening Doors is a 3 day conference for people living with HIV, people who are affected by HIV and service providers who support people living with HIV. It is known around the region for having knowledgeable presenters, interesting topics, a relaxing setting, great food, and fun activities. All of this creates a shared and inclusive learning environment to enhance the capacity of our communities to respond to identified HIV counselling, support and prevention needs.



The Central East edition of the conference is a collaborative effort between PARN, the AIDS Committee of Durham Region, Peterborough County-City Health Unit, Haliburton Kawartha Pine Ridge Health Unit, John Howard Society Oshawa, and people living with HIV in the region. We took slightly more people than in previous years with 85 total in attendance. If you weren't able to attend this year I would strongly suggest you plan to attend next year. If you did attend this year I look forward to seeing you again in the fall of 2016! - **Lance Brown, PARN Support Services Program Coordinator**

### Save the Date—Thursday, December 17 Support Services Annual Holiday Social

**Thursday, December 17 from 2pm-6pm—Dinner at 4:30.**

RSVP to Brittany ([brittany@parn.ca](mailto:brittany@parn.ca)) or Lance ([lance@parn.ca](mailto:lance@parn.ca))  
or at 705-749-9110 by 5pm on Friday, November 27.

Please let us know if you have any dietary concerns.

Transportation, childcare and pet care accommodations may be available, please let us know if you need assistance.

### 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 Thursday's for a light breakfast, coffee and conversation while you wait!

If you are in need of support related services, please contact Lance, HIV Support Services & Programs Coordinator ([lance@parn.ca](mailto:lance@parn.ca)) or Brittany, PHA Engagement Worker ([brittany@parn.ca](mailto:brittany@parn.ca))

#### Reminder:

The PARN offices will be closed on Wednesday, November 11 for Remembrance Day. We will re-open on Thursday, November 12 at 9:00 am.



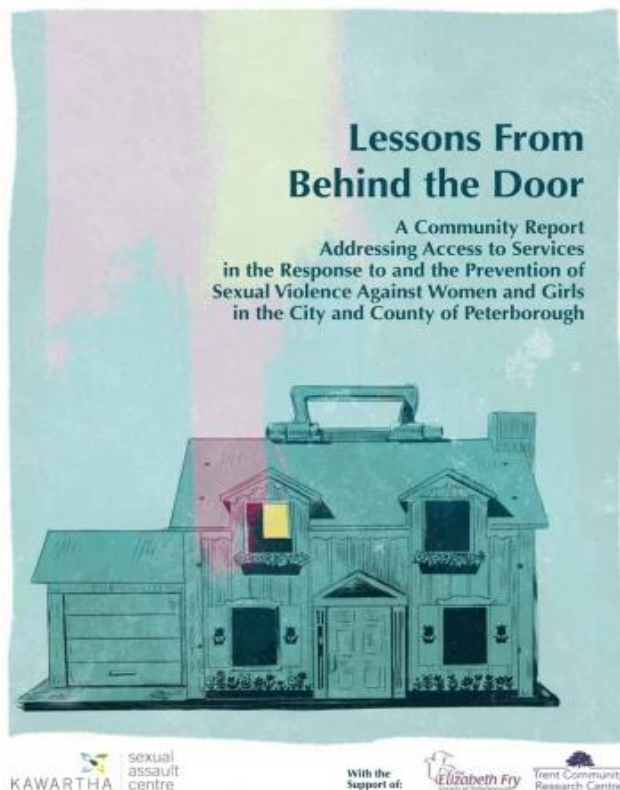
# November Update



Ariel O'Neill, Women and HIV/AIDS Initiative Community

Animator, PARN—Your Community AIDS Resource Network

email: [ariel@parn.ca](mailto:ariel@parn.ca) twitter: [@WHAIatPARN](https://twitter.com/WHAIatPARN)



## Lessons From Behind The Door

This community based research initiative undertaken by Kawartha Sexual Assault Centre with the support of the Elizabeth Fry Society and Trent Community Research Centre, engaged large numbers of agency staff and survivors in conversations about sexual violence against women and girls last year.

The final report was launched October 20th at Peterborough Domestic Abuse Network and has tangible recommendations alongside local statistical data and thematic information. The report is available for download at [kawarthasexualassaultcentre.com](http://kawarthasexualassaultcentre.com) and additionally features the incredible art of Lucky Jackson.

For more information, contact Lisa Clarke at [lclarke.ksac@nexicom.net](mailto:lclarke.ksac@nexicom.net)

## Upcoming events in the Community

**November 6:** A half day workshop with noted feminist lawyer, educator and activist Pamela Cross called *Building on the Work of Community Partners: Collaborative Approaches in Violence* will be at the Lion's Centre at 347 Burnham St. from 12 pm-4 pm . Lunch provided. Cost is \$15. For more information, please contact Maureen Forbes at 705-875-4968 or [pdancoordinator@yahoo.ca](mailto:pdancoordinator@yahoo.ca)

**November 26:** National Housing Day Event at Seeds of Change, featuring local-change makers speaking about homelessness and health in our community. 534 George Street North 9:00am-4:00pm. Lunch provided. For more information, please contact Claire Hanlon at 1-877-743-0101 x387



Pamela Cross

# November Update



Ariel O'Neill, Women and HIV/AIDS Initiative Community

Animator, PARN—Your Community AIDS Resource Network

email: [ariel@parn.ca](mailto:ariel@parn.ca) twitter: [@WHAIatPARN](https://twitter.com/WHAIatPARN)

## Week Without Violence

WHAI at PARN was part of a dedicated group of service providers aiming to engage youth in Week Without Violence™, an annual YWCA nation-wide initiative.

Youth aged 13-19 were invited to submit one minute public service announcement style videos about healthy relationships. Kawartha Youth Unlimited/The Bridge played host to the October 21st screening night. Executive Director Lynn Zimmer of the YWCA opened the evening with inspiring words. Police Chief Murray Rodd looks forward to

using these educational tools in classroom settings, and helped to present certificates to the winners. Carlo Raponi, outreach worker at The Bridge, offered up a great downtown space alongside supporting the top film entry. Contact Miriam Lyall for information on the films at: [mlyall@ywcapeterborough.org](mailto:mlyall@ywcapeterborough.org) or 705-743-3526



Above: Lynn, Murray and Carlo strike a perfect candid 'pose'.



At left: District Youth Council participants who submitted a winning entry hang out with Ellen Stewart from the City of Peterborough

## Violence Against Women and HIV: Spotlight on Consent

In April 2014, the Canadian HIV/AIDS Legal Network convened leading feminist scholars, front-line workers, activists and legal experts for a ground-breaking dialogue on the (mis)use of sexual assault laws in cases of HIV non-disclosure. *Consent: HIV non-disclosure and sexual assault law* was filmed during this convening. PARN will be hosting a screening of the film during AIDS Awareness Week (November 22-28). Details still being confirmed.

**Stay tuned for a special PARN bulletin in mid-November for a guide to AIDS Awareness Week events in Peterborough and the Four Counties.**



# Red Ribbon Campaign: Saturday, November 28



## Can you give us a hand?

PARN is looking for volunteers who can help with our annual Red Ribbon Campaign on Saturday, November 28. On this day, PARN supporters will be stationed at locations throughout Peterborough to give out red ribbons and collect donations in recognition of AIDS Awareness Week (November 22-28) and World AIDS Day (Tuesday, December 1).

Volunteers work in pairs in two hour shifts, and a quick training session is provided before you head out to your location. It can get cold at the end of November, so we'll have hot chocolate and soup delivered to you during your shift.

If you are interested in volunteering, please contact Dylan DeMarsh at:  
705-749-9110 or [dylan@parn.ca](mailto:dylan@parn.ca).

*In 1991 – a decade after the emergence of HIV – a group of 12 artists gathered to discuss a new project for Visual Aids, a New York arts organization that raises awareness of HIV. They were photographers, painters, film makers and costume designers, and they sat around in the shared gallery space in New York's East Village.*

*After a short brainstorm they had come up with a simple idea that later became one of the most recognised symbols of the decade - the red ribbon, worn to signify awareness and support for people living with HIV.*

*30 years after the first cases of HIV – the red ribbon is now the universal symbol of awareness and support for those living with HIV.*

*PARN encourages you to put on a Red Ribbon during AIDS Awareness Week (November 22-28), wear it proudly on World AIDS Day (December 1), and keep it on year-round to send the message that HIV matters in our community.*

*You can pick up your Red Ribbon at the PARN office (159 King Street) or visit one of our Red Ribbon Campaign locations on Saturday, November 28. A list of locations will be announced later this month.*

## November 22 to 28 is AIDS Awareness Week!

AIDS Awareness week is coming soon. Stay tuned for a special PARN Bulletin in mid-November with details of all of AIDS Awareness Week and World AIDS Day events and activities taking place in Peterborough and the Four Counties.



# Cotton Fever—What You Need to Know

By Stewart Glesko—PARN Harm Reduction Peer Worker

Harm  
Reduction  
works  
@  
PARN

Cotton Fever is a condition that is often associated with intravenous drug use, specifically with the use of cotton to filter drugs like heroin. It has been established that the condition derives from an endotoxin released by the bacteria *Pantoea agglomerans* which colonizes cotton plants, not from the cotton itself.

Specific symptoms include fever, sweating, chills, and shortness of breath. Cotton fever is sometimes called "the shakes"--a reference to another common symptom of cotton fever. Those with this ailment often experience violent shaking or shivering. Most injection drug users utilize small pieces of cotton to filter particulate matter from their drug solution before they inject. It is possible for this to introduce small amounts of *Pantoea Agglomerans* into the solution. When it is administered intravenously, this small quantity of bacteria can be enough to cause cotton fever.

It is commonly believed that it is something about the solid state of the material (cotton or other) that causes the effects of the fever. This is not so; it is the bacteria found in the cotton. It is certainly true, however, that injecting a cotton fiber which will be broken down in the blood stream is a good way to deliver large amounts of the bacteria into the blood stream. Particulate matter injected into the bloodstream can certainly cause a whole host of issues including blood clots possibly leading to gangrene.

If the fever persists, it should be treated with antibiotics. But this is rarely necessary. In most instances it is best to simply let the fever run its course. Septicemia (blood poisoning) may present similar symptoms, but is far more severe and a doctor must be consulted. You can almost ensure that cotton fever will have a minor effect on your body by keeping yourself in shape. Make sure that you eat regularly, get a little exercise, and take vitamins. This will also help you fight off any other ailments resulting from drug use.

It is impossible to completely avoid cotton fever except by not using cotton to filter drug solutions. This should not be used as an excuse to avoid filtering your solution--or for using a poor substitute. Clean, 100% cotton from a Q-Tip or cotton ball is the safest thing you can use to filter your drug solution. Filter paper or a small piece of tampon are safe alternatives. Do not use cigarette filters. PARN Harm Reduction Works gives out ideal sterile cotton filters. In most cases, cotton is the best thing to use for this purpose. Cotton fever is a fairly minor ailment, whereas the particulate matter filtered by the cotton can be deadly.

To minimize the risk of cotton fever, boil the cotton before it is used for filtration if you are not using supplies obtained from PARN or another organization that supplies treated, sterile cotton as part of their harm reduction supplies. This should kill the bacteria that cause this ailment, but this is no guarantee. Bacteria can be hard to kill. In addition to boiling your cotton, make sure that you do not re-use your cotton. There are many reasons to avoid this practice, and only one is to avoid cotton fever. Old cottons break down, making it more likely that a fiber will be drawn into your syringe. The main thing to remember about cotton fever is that under most circumstances, it is not very harmful. So take what precautions you can, and learn to live with the remaining risk.

# Please Welcome Madison Nagy to the PARN Team!

I am currently a second year nursing student at Trent University. I came to Peterborough from a small town near Hamilton; however, I have lived in three provinces and one state throughout my life. My decision to join the field of nursing is related to my mother – a nurse of 40 years. She is a kind and compassionate woman and those traits are something I hope to exhibit throughout nursing school and later on in life as a practicing nurse.

I am currently with PARN as a part of my community placement for school. I was ecstatic about receiving this organization for my placement because I very much believe in the harm reduction method and wanted to learn about HIV/AIDS in the community. From being at PARN just this short time I have been able to drastically increase my knowledge surrounding HIV/AIDS and I have become much more aware about issues surrounding drug use.



Once I finish school, my plan is to move back to my small town and have a job at one of the nearby hospitals. I would like to work as an emergency room nurse for the first few years of practice. Working in the ER will give me the chance to see and experience many different types of nursing and from there I am interested in eventually specializing. Overall, I hope to be able to make a big difference in people's lives through my work as a nurse.—**Madison Nagy**

## New CATIE statements on HIV prevention

CATIE is Canada's source for up-to-date, unbiased information about HIV and hepatitis C. CATIE connects people living with HIV or hepatitis C, at-risk communities, healthcare providers and community organizations with the knowledge, resources and expertise to reduce transmission and improve quality of life. In response to a need for clear and accurate messaging about the effectiveness of HIV prevention methods, CATIE has published three new statements:

1. [CATIE statement on the use of condoms to prevent the sexual transmission of HIV](#)
2. [CATIE statement on the use of antiretroviral treatment \(ART\) and undetectable viral load to prevent the sexual transmission of HIV](#)
3. [CATIE statement on the use of pre-exposure prophylaxis \(PrEP\) to prevent the sexual transmission of HIV](#)

We encourage you to take a look at these statements to gain a better understanding of current best-practices in HIV Prevention, and recommend visiting the CATIE website whenever you are looking for up-to-date, accurate and accessible information about HIV in Canada. [www.catie.ca](http://www.catie.ca)



# Upcoming Training Opportunity on November 30, 2015

**Removing the Barriers – Making your Organization LGBT Positive: Monday, November 30, 2015  
10am-4pm—Peterborough Navy Club (24 Whitlaw) \$15 per person, lunch provided**

A day long workshop with practical support to adapt your organizational policies and practices (including intake forms, volunteer recruitment, use of images, language, etc.) and a review of more in depth questions service providers have about serving LGBTQQ2S youth. A pre-survey for participants will help the presenters address specific areas of concern and welcome sample case scenarios for review. Facilitator: Devan Nambiar, Rainbow Health Ontario To register: <https://www.eventbrite.ca/e/making-your-organization-lgbtq-positive-youth-tickets-18612810417>

The overall goal of this workshop is to improve knowledge and capacity in youth serving providers and other allies. While gender identity or sexual orientation may not be the root issue that brings a youth to your services, an understanding of these issues can prove instrumental in providing informed, inclusive responses. These workshops are organized by PARN-Your Community AIDS Resource Network, Point In Time Centre for Children, Youth and Parents, and YES Shelter for Youth and Families. We are grateful for their financial and in-kind support of these organizations as well as a grant from the Community Foundation of Greater Peterborough.

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## Including Gender Identity in Accessibility and Inclusivity Policies: A How-To Guide

The 519 is a Toronto-based community agency which exists to support the evolving needs of the LGBTQ community.

Awareness and education programs are part of its mandate.

The 519 has just released a new resource: ***Creating Authentic Spaces - A Gender Identity and Gender Expression Toolkit to Support Implementation of Institutional Social Change.***

This is an excellent resource to use in training or orientation sessions for all staff (program, management, customer service, maintenance, etc.) and volunteers to inform them of your agency / department's inclusive approach for all citizens. Such education is particularly important for those working or interacting with youth, as self-identity is particularly important during the adolescent years.

This easy-to-read/understand document includes information on understanding gender identity, how to create welcoming environments, scorecards on operational areas such as risk management, and job aid tools such as washroom and change room signage, gender specific/neutral pronouns, and being a supportive peer or co-worker.

You can find this resource by visiting: [http://www.the519.org/education-training/training-resources/trans-inclusion-matters/creating-authentic-spaces?mc\\_cid=55a32703bf&mc\\_eid=78616f5671](http://www.the519.org/education-training/training-resources/trans-inclusion-matters/creating-authentic-spaces?mc_cid=55a32703bf&mc_eid=78616f5671)



# Kawartha Dental Clinic Gives “Free Smiles” to 170 People

On Saturday, September 26, the staff at Kawartha Dental Clinic hosted a Dentistry From The Heart event that provided free dental services to more than 170 people in Peterborough. Dr. Keith Zeiler, Dr. Mason Sokary, Dr. Ed Segura, Dr. Sina Sanei, Dr. Don Foster and Dr. Megan Fulford treated patients with fillings, extractions and cleanings from 8 am until into the evening on September 26. Community volunteers from a number of local agencies—including PARN—were on hand to help out throughout the day.



Dentistry From The Heart (DFTH) is a national non-profit organization with a simple mission – making people smile. Founded in 2001 by a dentist in New Port Richey, Florida, DFTH was created to aid those in need, including the growing population of under-insured. Without events like DFTH, dental care simply isn’t an option for many of the uninsured. To date, DFTH has helped over 5,000 patients and provided over \$1 million in dental care.

Thank you to Kawartha Dental Clinic for bringing this important initiative to Peterborough. At PARN, we are well aware how important dental health is to overall physical health, mental health, employment opportunities and so much more. To learn more about Dentistry From The Heart, please visit: [www.dentistryfromtheheart.org/](http://www.dentistryfromtheheart.org/)

## Did You Know?

A portion of proceeds from Nevada Tickets sold at Choi’s Video and Convenience (733 Park St. S) are donated to PARN-Your Community AIDS Resource Network.

**Thank you to Choi’s for your support of PARN!**



# A Message From: The Canadian HIV/AIDS Legal Network

The votes are in — and new opportunities now exist to advance the health and human rights of those living with and affected by HIV. If you agree that we need a strong voice holding Canada's new government to its promises of change, please support us by making a donation today at [www.aidslaw.ca](http://www.aidslaw.ca).

As we have done in the past, we will ensure that human rights and sound evidence remain front and centre in the effort to end HIV and AIDS, and we look forward to working with the new federal government on these important issues.

But we're nowhere near the finish line. In Canada and around the world, people continue to experience stigma and discrimination, often as the result of harmful laws and policies that violate human rights and fuel the spread of HIV.

During the election campaign, we sent each of the five major federal parties a questionnaire to gauge their positions on several critical issues related to HIV and human rights, including the rights of LGBTI people in Canada and abroad, access to supervised consumption services, the need for prison-based needle and syringe programs, access to affordable medicines, and sex workers' rights.

We received overwhelming support from the four parties that responded, and there is real potential for making some significant legislative changes on several key fronts. We hope to see increased funding for the federal HIV/AIDS strategy and a national strategy on drugs that moves away from law enforcement and towards harm reduction. With a new government comes the expectation for a positive shift on these and other human rights issues.

We will be calling on the new government to follow through on commitments made before and during the election. In particular, we recall the Liberal Party of Canada's pledges to introduce reform on a range of critical issues, with both domestic and international significance for people living with and affected by HIV. The party has committed to: repealing Bill C-2 (which blocks supervised injection services); decriminalizing and regulating cannabis; reviewing the "compelling evidence" for needle and syringe programs in prisons; replacing Canada's new "flawed, unconstitutional" law on sex work, in consultation with sex worker groups; introducing legislation to "fully and completely" protect the rights of trans people in Canada; working with civil society groups to promote the human rights of LGBT people globally; and helping to "get more low-cost medicines and other essential medical supplies and equipment to people in developing countries."

As the Legal Network looks ahead, we hope to build on our past experience and accomplishments. But changing the harmful laws and policies that trample human rights, and thereby hinder meaningful responses to the HIV epidemic, is not easy. To maintain our role as a leading voice in the movement for health and human rights for all, we need your help. Please consider making a donation to the Legal Network today as we strive to improve the laws, policies and programs that affect those living with and affected by HIV.

We look forward to your continued support as we seize the opportunity for positive change. The future is promising; with your help, we'll realize that promise.





# Classic Movies Through New Eyes: Rent

*By Rob Oliver*

Please let me start by admitting right off the top that though I love music and spend as much time as I can in its presence, I don't care much for musicals. My friend Bob knows this so he's asked me to review another one. "There's a lot in there if you listen and look for it," he told me.

So OK, here goes.

Rent is a musical drama based on the Broadway musical of the same name, which was in turn based on the opera *La Boheme* which premiered in 1896. The film was directed by Chris Columbus and was released in 2005.

The movie depicts the struggles of a group of bohemians dealing with life, love and the inability to pay their rent, all in the shadow of HIV/AIDS in 1989-1990, in New York. Several members of the group are HIV positive and a good deal of the film is concerned with their love stories.

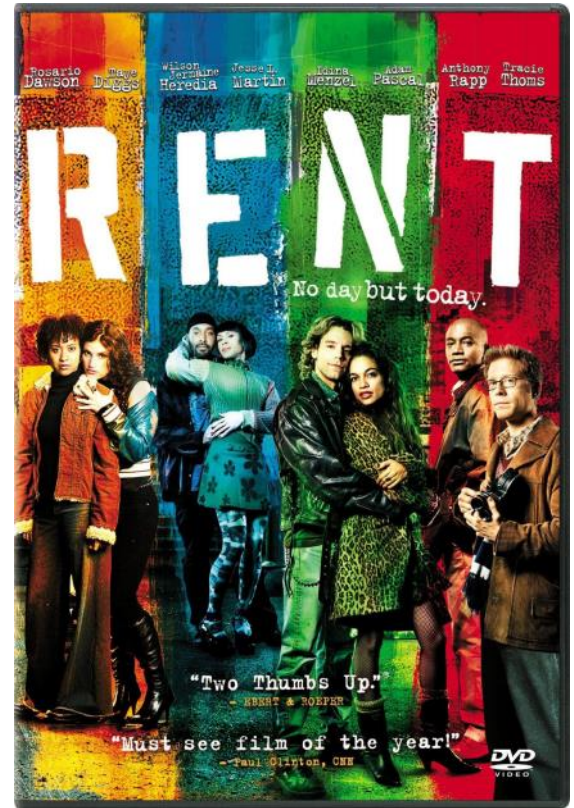
As the film opens, Roger and Mark learn that last year's rent, which their landlord had let slide up to then is now due and that they are about to be evicted if they don't pay. Benny, their landlord and erstwhile friend, offers them a deal. He has big plans for the neighborhood now that it's been rezoned and he offers them free rent for good if they can get Marks' ex girlfriend Maureen to cancel the big protest she's organizing against his plans.

Meanwhile, former roommate and poz guy Tom Collins shows up and promptly gets mugged before getting in the door. He's found bleeding in an alley by Angel, a street drummer who is on her way to Life Support, a local HIV support group meeting. Tom immediately discloses his own HIV status and the two become inseparable.

Later that night, Roger, a recovering drug addict who is HIV positive is visited by Mimi, who lives just downstairs. Mimi is a stripper and heroin user who is also HIV positive. The two are mutually attracted but ...

I don't want to outline much more of the plot as I don't want to spoil it for anyone who hasn't seen it.

So: how was it? Well, Bob was right. The cast is great (six of the original Broadway cast reprise their roles here) and the performances are mostly moving and at times even powerful. There are some great, catchy songs, though I wished some of the music wasn't quite so much like, well, show tunes.



# Classic Movies Through New Eyes: Rent

*Continued from previous page*

As a recently diagnosed poz guy I was pulled in right away by the film's HIV plotline. The dilemma of disclosure all poz people face one way or another is shown in the contrast between Angel and Tom, who were able to disclose all right away and whose love flourishes while Mimi and Roger can't make the leap, being so laden with baggage. Their love struggles until they do make the leap.

There's a lovely sense of uplift to all this, nicely evoked in "No Day But Today": "...There's only us. There's only this. Forget regret-or life is yours to miss."

Basically, any time someone wants to make a film that sends out positive messages about living with HIV, that's great as far as I'm concerned so I feel a bit guilty for not liking this movie more than I do.



Overall I found this plotline to be a very positive portrayal and there are several moving moments but they are ill served by the movie's other main theme, which concerns the group's struggle to maintain their living space as well as their values and lifestyle. None of this has as much emotional weight as the HIV story and I found the transitions from one scene to the next a bit jarring at times.

It's as if the movie can't quite decide what it wants to be. One minute it's a sensitive depiction of a group of friends dealing with life, HIV and one another. Then the rollicking La Boheme side asserts itself and it's fine as far as it goes but it diffuses much of the emotional impact created up until then.

The fact that most of what anger there is in the film is directed towards, nothing much to do with HIV, but Benny the landlord serves to make the poz characters less plausible, at least to me; because of it they seem two dimensional. Sort of as if "Friends" had HIV and good singing.

While the film contains some lovely messages about living with HIV and particularly about disclosure they could have connected much better without the almost schizophrenic direction.

Rent is still a great movie to watch though, especially if you love musicals and even more so if you love musicals that send out positive messages about living with HIV. Bob was right. There is indeed a lot in there if you listen and look for it. You might just have to look and listen a bit more attentively because of the way it's put together.

***This article first appeared on [PositiveLite.com](http://PositiveLite.com), Canada's Online HIV magazine.  
Read more at [www.positivelite.com](http://www.positivelite.com)***



Gender Journeys HKPR



<http://tinyurl.com/genderjourneysHKPR>



@GenderJourneys

# TWICE MONTHLY DROP-INS



Our drop-in groups offer peer and one-on-one support for all trans and gender diverse individuals. Drop-ins offer a loosely structured forum for discussing current issues, connecting with local community, and getting practical and helpful information outside of our structured Gender Journeys programs. This is a peer facilitated drop-in group run by CMHA HKPR staff.

## PETERBOROUGH DROP-IN

1st & 3rd Tuesday of the month  
6:30pm - 8:30pm

Multi-purpose room, CMHA HKPR  
466 George Street North, Peterborough  
Use door at back of building (ring bell)



## COBOURG DROP-IN

1st & 3rd Tuesday of the month  
6:30pm - 8:30pm

Northumberland Hills Hospital  
Community Mental Health Services  
1011 Elgin Street West, Cobourg

## LINDSAY DROP-IN

2nd & 4th Tuesday of the month  
6:30pm - 8:30pm

Kawartha Lakes Reach for Recovery  
64 Lindsay Street South, Lindsay

### For more info please contact:

Jan Tkachuk, Program Coordinator

Tel: 705-748-6711 ext. 2102 | Email: [jan@cmhahkpr.ca](mailto:jan@cmhahkpr.ca)



Canadian Mental  
Health Association  
Haliburton, Kawartha, Pine Ridge  
*Mental health for all*



Ontario  
Trillium  
Foundation  
Fondation  
Trillium  
de l'Ontario  
An agency of the Government of Ontario.  
Un organisme du gouvernement de l'Ontario.





# 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.*