

PARN—Your Community

AIDS Resource Network

159 King Street, Suite 302

Peterborough, ON K9J 2R8

Phone: 705-749-9110

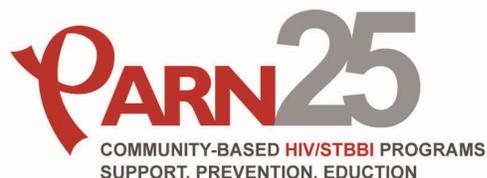
Toll Free: 1-800-361-2895

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Email: getinformed@parn.ca

Charitable Registration

Number: 133564740RR0001



United Way
Peterborough & District
Change starts here.

September 2015

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PARN Events for September

Board of Directors

Chair: Mark Phillips

Vice Chair: Alison Rodgers

Past Chair: Mark Smith

Secretary Treasurer: Megan Mattos

Members at Large:

Cheyenne Buck

John Curtis

Sarah Frank

Bunny Smith

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

Monday, September 7 for Labour Day.

We will reopen at 9am on Tuesday,

September 8.

Peterborough Pride Week September 12—19

The theme for Peterborough Pride 2015 is “**Press PLAY**”. For some, “PLAY” relates to sports; for others it relates to audio or video experiences. For yet others it means “have fun” and to others still, simply a general notion of moving forward. This year’s theme is open to your interpretation, make it your own, YOU get to play with it.

PARN is a proud supporter of Peterborough Pride and we are excited about the events lined up for this year, including the Pride Parade on Saturday, September 19 (see below for details if you would like to walk in the Parade with PARN).

For details on Pride, please visit: peterboroughpride.ca

Join PARN @ Pride



Join us in the Peterborough PRIDE
Parade on Saturday September 19th
Meet at City Hall 500 George St. North
for 1 pm - wear Wizard of Oz
characters or themes.

PARN needs you to join us for the biggest gathering of
Friends of Dorothy the city has ever seen!

**Bring family, friends & your little dog too! Contact for PARN float
& information table is ariel@parn.ca or 705 749 9110**



Sunday, September 27—Millennium Park, Peterborough



Registration @ 1:00 pm—Walk begins @ 2:00pm



Register today for Live.Out.Loud.!

Live.Out.Loud. is our opportunity to take to the streets and send a strong message to our community: HIV matters in Peterborough and the Four Counties. Live.Out.Loud also raises crucial funds to support PARN programs that enhance the health status and quality of life of people living with HIV in our community. Funds raised also support our efforts to end the transmission of HIV in Peterborough and the Four Counties.

There are three main ways to get involved:

Register for Live.Out.Loud. - Sign up today and start collecting pledges and donations to support people living with HIV in Peterborough and the Four Counties. To register, please visit: <https://oan.akaraisin.com/pledge/Event/Registration.aspx?seid=10663&mid=60>

Make a Donation to the Event - Donate today to Live.Out.Loud. and fund PARN programs that support people living with HIV and reduce the transmission of HIV in our community. To make a donation, please visit: <https://oan.akaraisin.com/pledge/Event/Donation.aspx?seid=10663&mid=29>

Sponsor a Participant - Looking to sponsor one of the Walkers who are working hard to raise funds for PARN? To sponsor a Walker, please visit: <https://oan.akaraisin.com/Common/Participant/Search.aspx?seid=10663&mid=22>

We hope to see you on Sunday, September 27 as we walk the streets of downtown Peterborough to send the message that HIV matters in our community. Every voice makes our message louder!

A Great Night Out at Peterborough MusicFest

2015 marks the second straight year that PARN has partnered with Peterborough MusicFest for our community's premier summer concert series. PARN sponsored the August 19th concert featuring the talents of Francesco Yates and Tyler Shaw. Through the partnership we were able to run contests for a Meet and Greet with VIP tickets. Our lucky winners Katelyn, Amanda, and Tiffany won the opportunity to go backstage and meet the two rising stars. Thank you to all who participated in the contest, and a big thank you to everyone who attended a MusicFest concert this summer!



L to R—Amanda, Francesco, Katelyn, Tyler and Tiffany

Please welcome Kylie Johnston to the PARN Team!

I just recently graduated from the Drug & Alcohol program at Fleming College, after completing a fantastic placement with the John Howard Society in Oshawa.

I fell head over heels about Harm Reduction after Wayne Ducker gave a presentation at my school and completely inspired me to learn as much as I could about the subject, and in doing so I found myself becoming more and more passionate about working in the Harm Reduction/Outreach field. Although I know I have very big shoes to fill, I am over the moon excited to have the opportunity to fill in for Wayne while he is away.

I currently have 2 pet ducks named Oscar & Kevin, who unfortunately no longer reside with me, but are living at a family farm nearby and I visit them frequently, I also have a 7 foot Columbian boa named Delilah, who enjoys falling asleep around my neck and snoring while watching TV. I enjoy every kind of music and find myself quite fond about the TV show Bones at the moment, my favorite book is "This is Gonna Hurt" by Nikki Sixx, I'm on my 19th time reading through it, I highly recommend it as it's an amazing outlook on how the things that most people find hideous and "unworthy" in society, are actually the most rare and beautiful things. I am born and raised in Peterborough although I also lived in British Columbia for a short while, and have volunteered downtown Vancouver working with the street-involved and substance use population. One day I hope to move back there and continue my work. Until that day I am honored to have the opportunity to expand my knowledge with everyone here at PARN!



September at a Glance

September 9 —M4M: Movies for Men, A Gay.Bi.Trans. MSM Cinema Club meets at PARN in Suite 302 at 7 pm

September 12-19th—Pride Week! Events will be happening throughout the community. Visit peterboroughpride.ca for all of the details and event listings.

September 17—Take Back the Night 2015
- Peterborough: Fleming College, 599 Brealey Dr.
- Cobourg: Fleming College, 1005 Elgin St. W
- Lindsay: Fleming College, 200 Albert St.
- Haliburton: Haliburton Highlands Secondary School, 5358 City Road 21

For more details on Take Back the Night 2015, please visit: www.kawarthasexualassaultcentre.com

September 27' 2015: Our annual HIV/AIDS walk Live.Out.Loud. will be taking place at Millennium Park from 1 -4 pm. The walk is a fantastic community event that you don't want to miss! There will be family friendly activities for all ages.

Register individually or with a team for Live.Out.Loud. at

www.parn.ca



ATTENTION:

The PARN offices will be closed on Monday, September 7 for Labour Day. We will re-open on Tuesday, September 8 at 9:00 am

HEP-C Community Programs:

Peterborough Hep C Testing & Treatment

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

Peterborough Hep C Drop In

September 1 & 15— 9.30 am - 12.30pm
@ PARN, Suite 302-2—159 King Street

Port Hope Hep C Support Group

Wednesday, Sept. 23, 1pm - 3pm
@ PHCHC, 99 Toronto Street

Lindsay Hep C Support Group

Friday, Sept. 11 , 10 am - 1 pm
@ KLCHC, 108 Angeline Street

Haliburton Hep C Support Group

Friday, Sept. 18 , 10 am - 1 pm
@ HFHT, 7217 Gelert Street

Rainbow Youth Program—Every Thursday



3.30 - 5.30 pm—Suite 302-2, 159 King Street

HIV Support Services Update

Update from the PHA Advisory Committee (Project Inform)

We currently have 6 people who are living with HIV serving on our PHA Advisory Committee. We have already met twice, and our next meeting is taking place on Friday, September 11. So far we have addressed a number of topics to help guide PARN's Support Services Program, and have made our first major decision: to change the name of the group from PHA Advisory Committee to Project Inform.



We are still looking for people who would like to join Project Inform. If you are a person living with HIV and you want to share your ideas with us, please contact PHA Engagement Worker Brittany Cameron at brittany@parn.ca or 705-749-9110 ext 204 for more information! Lunch is provided!

Reminder: The PARN offices will be closed on Monday, September 7, 2015. Support Services PARN will re-open on Monday, September 8 at 9:00 am.

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!

Opening Doors 2015 registration has begun!

This year's Opening Doors conference is Wednesday, September 30TH until Friday Oct 2nd. It is being held at Fern Resort in Orillia Ontario. Folks can go online at <http://www.ceodconference.com/> to register or they can drop in to PARN and Support Services can assist in application. There is no fee for people living with HIV to attend.

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

August 2015



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

Housing is one of 13 identified social determinants of health. The *social determinants of health* (SDH) are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. (World Health Organization)

When you have no safe, suitable and/or affordable place to call your own, every day is a struggle, and every request made of you by others becomes difficult to honour.

Increasing housing unaffordability affects all of us. The proportion of income all people are spending on housing has been shooting up alarmingly across all income groups for a decade. Spending any **more than 30% of your gross income** on housing puts people in precarious core housing need. (CMHC)

Since 2000 the average wage has increased by 13% but the cost of homes has increased by 63%.

The majority of people who come through the doors of PARN and other agencies that work with vulnerable populations - including people living in poverty and/or those who have experienced profound trauma—know that inadequate housing is an almost universal fact of life and is the elephant in the living room that if resolved could solve or mitigate other presenting problems. See [At Home/Chez Soi](#) study for evidence.

The average life expectancy of a person experiencing homelessness in Canada is 39 years (Trypuc & Robertson, 2009)

On **October 19, 2015** there will be a federal election. Canada will have a Prime Minister with a new four year mandate and 338 people will be elected to the House of Commons. Those Members of Parliament (MPs) create laws and make financial decisions that affect every single person who calls this country home.

Many people think there is no point in participating, so they don't vote. That's how we end up with leaders who don't reflect what people want. That's how we get majority governments ruling with only 25% of the vote. Participating in elections means a bit of legwork, and it's not ideal, but it's a hard won right that should be exercised. Use it or lose it.

Find out how to vote here: <http://www.elections.ca/home.aspx>

Attend all candidates debates starting on September 9th

Check #cdnpoli and #ptbo hashtags on Twitter

- Homelessness costs the Canadian economy \$7 billion annually through the provision of emergency shelters, social services, and health care.
- 40% of families experiencing homelessness cite violence as an important factor. Krause and Dowling (2003)
- It costs an estimated \$30,000 – \$40,000 a year to keep a youth in the shelter system and over \$100,000 per year to keep one youth in detention. (Laird (2007).
- There are 300,000 visible and roughly 500,000 hidden homeless people in Canada.

Canada is the **ONLY** industrialized nation without a National Housing Strategy. In February 2013 **Parliament Voted Down Bill C 400, An Act to secure adequate, accessible and affordable housing in Canada**

See voting record here <http://bit.ly/1U6oJkN>

Call for National Housing Strategy <http://www.callforhousing.com/join-the-call>

Rainbow Youth Program Update

anya gwynne—Rainbow Youth Program Facilitator
anya@parn.ca—705-749-9110 ext 209



Rainbow Youth Standing in Solidarity with our Trans Community

As the preparations for Pride are gearing up, the Rainbow Youth Program is engaging in events that represent who we are and what we want to see in our community. This year RYP and the QueerADials are working with other local organizations to create events and programming that highlight the resilience of the trans and gender variant people in our community. Working with Courage Peterborough and Hollaback, we are hosting a day of events that is aimed at educating about trans realities, promoting action and visibility and celebrating solidarity and strength.

The day starts with a workshop called “Embodying Gender” presented by Come AS You Are, the inclusive sex shop Co-op in Toronto. Following the workshop is a trans and gender variant panel at Seeds of Change that will feature a diverse cross section of trans people from our community. There will be a rally and a march after the panel to walk in solidarity and this is open to all trans and gender variant people and allies who want to raise awareness about trans rights and inclusion. Then it is time to celebrate! After the march ends at millennium park, there is an all ages night of music planned at the Spill featuring Evangeline Gentle, the 2015 recipient of the Peterborough Folk Festival emerging artist award, The Cole and Maggie project and The Fox and the Moon, who stole the show at last year’s Act OUT event.



When we examine the factors that put people at risk for HIV/STBBIs, marginalization is at the top of the list. The intersectionality of oppressions that trans people face, even in environments that we may not deem oppressive, make this one of the more invisible populations that we work with. The fraught history that trans people have experienced in accessing services, especially health care, or feeling safe in schools or being able to secure employment, creates lasting barriers to support, a strong distrust and frustration in navigating the system and can lead people to take a great deal of risks with their health. Rainbow Youth, as a program at PARN, is dedicated to educating the broader public about trans identities and standing in solidarity to support the trans and gender variant people that are part of our diverse communities.

Peterborough expands “take home” Naloxone Program

By Pamela Vanmeer

The Peterborough Overdose Prevention Program has partnered with Fourcast to expand the Naloxone “take home” Program.



Naloxone is a life saving antidote to Opioid overdose. Opioids are narcotic pain relievers such as Fentanyl, Oxycodone, Morphine and also the street drug heroin. In the last ten years the use of these drugs has increased dramatically and overdoses are now an epidemic according to the Peterborough Drug Strategy. 5000 people in Ontario have died in the last 15 years from an opioid overdose and more than 43,000 have had to go to the emergency department.

Meagan La Plante of the Peterborough Drug Strategy says “Anyone using fentanyl, including those using them as prescribed is at risk of an overdose. We are encouraging anyone using fentanyl to know the risks, know your source, understand the signs of an overdose, and practice harm reduction strategies when using.”

Peterborough is 5th in the Province when it comes to the number of Opioid prescriptions being written. As of May, 2015, 31 naloxone kits were distributed in Peterborough through the Peterborough Overdose Prevention program. **But some of the kits that were first handed out in 2013 have now expired.** “We are currently encouraging everyone with a kit to check the expiration date of their kit, as some have now expired. Those with expired kits can contact PARN to have a refill arranged.” says La Plante

New trainings will be happening at PARN starting in the fall. Fourcast will also be holding training sessions on the use of the injection. Clients who are attending Fourcast will have the option of receiving the training from Fourcast staff, and receiving their Naloxone kits on site. The training is available to anyone who uses narcotics whether it be by prescription or for illicit use.

La Plante says “We are very excited about the new partnership, and expanding the naloxone program in Peterborough”

This article originally appeared on Vanmeer Free Press on Friday, August 19. We are grateful to Pamela Vanmeer for allowing us to republish this article in our E-News. After working as a journalist for six years—including stints at CHEX in Peterborough and CHCH in Hamilton—Pamela launched the Vanmeer Free Press in January 2015. The Vanmeer press specializes in investigative reporting and breaking news in Peterborough, Durham and the GTA. You can check out the Vanmeer Free Press at www.vanmeerfreepress.com and follow Pamela on Twitter [@Pamreports](https://twitter.com/Pamreports)



At Risk?
Get NALOXONE!

Beginning in SEPTEMBER

Every 1st Tuesday @  **1pm-4:30pm**

Every 3rd Tuesday @  **9am-1pm**

For more information:
Please contact 705-749-9110 or chrisj@parn.ca

Naloxone is an antidote drug that temporarily reverses the effects of opioids. When given properly, Naloxone will quickly reverse the effects of the opioid and the person will start breathing and regain consciousness. Naloxone's effects are temporary—the overdose symptoms will likely return and so medical care is still required. In 2012, wait times for an ambulance averaged 12 minutes in the City of Peterborough and longer than 30 minutes in some areas of Peterborough County. Similar to an epi-pen, Naloxone buys time until medical help can arrive.

If you use or have used opiates, prescription or illicit, you may be at risk of an overdose. Naloxone could save your life or that of a friend. PARN offers free training on how to safely and effectively administer Naloxone. To register for training please call 705-749-9110 or email chrisj@parn.ca. Beginning in September, PARN and Fourcast will be providing Naloxone to opiate users in Peterborough and the Four Counties

. For more information on overdose prevention visit: www.peterboroughdrugstrategy.com/resources/overdose-prevention/naloxone-911

M 4 M: MOVIES FOR MEN

A GAY, BI, TRANS*, MSM CINEMA CLUB

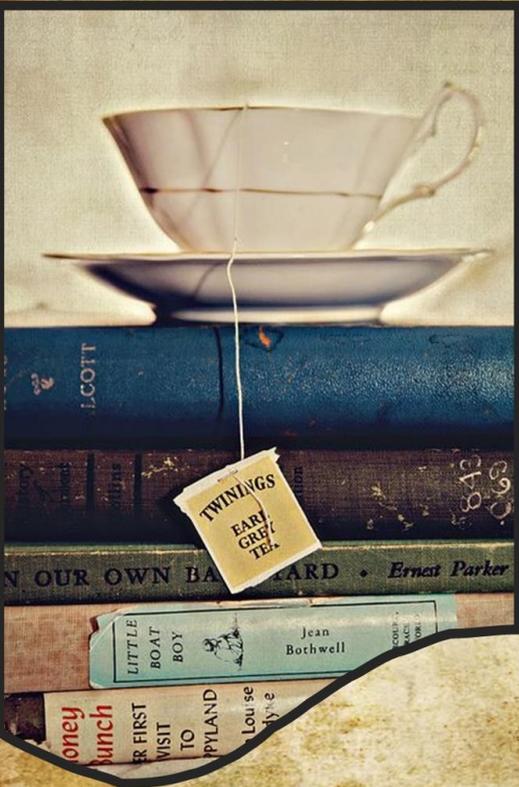
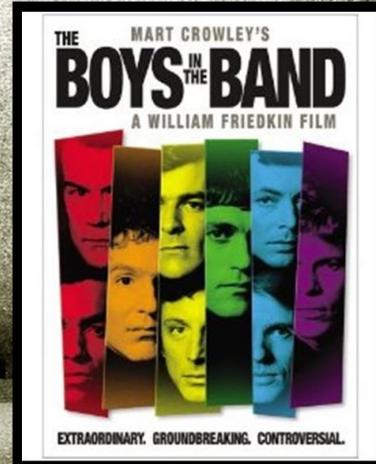
WHERE: 159 KING ST. SUITE 302 SEPTEMBER 9, 2015 FEATURE

WHEN: EVERY SECOND WEDNESDAY
OF THE MONTH @7PM

FOR MORE INFORMATION CONTACT:

CHRIS JARDIN @ CHRISJ@PARN.CA

OR 705-749-9110



Between the Covers

Gay/Bi/Trans*/MSM Book Club

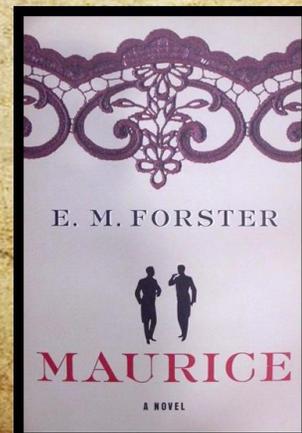
To join, contact: Chris Jardin
at chrisj@parn.ca or 705-749-9110

THE BOOK:

Maurice

by

E. M. Forster





 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



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.