

PARN—Your Community

AIDS Resource Network

159 King Street, Suite 302

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Charitable Registration

Number: 133564740RR0001



United Way
Peterborough & District
Change starts here.

April 2016

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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



**PARN's Rainbow Youth Program and
HIV Engagement Program need your support!**

**Book your table for A Taste For Life to help us
provide crucial programming and supports for
at-risk youth and people living with HIV in the
counties of Peterborough, Haliburton,
Northumberland and City of Kawartha Lakes.**

www.ATasteForLife.org

Wednesday, April 20, 2016

More details on pages 5-8

What's Going On? April 2016

HEP-C Community Programs April 2016

Peterborough Hep C Testing & Treatment

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

Peterborough Hep C Drop In

Tuesday, April 5 —9.30 am - 12.30pm
@ PARN, Suite 302-2—159 King Street

Port Hope Hep C Support Group

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

Lindsay Hep C Support Group

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

Haliburton Hep C Support Group

Friday, April 15, 10 am - 1 pm
@ HFHT, 7217 Gelert Street

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!

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.



M4M: Movies 4 Men—A Gay, Bi Trans, MSM Movie Club
We have something special happening this month.
Details coming soon

Rainbow Youth Program—Every Thursday



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

From the Front Desk April 2016

By Ama Kyeremeh

As part of my placement with PARN, one of my objectives was to learn about professionalism in my interactions, not only with the members at PARN but also with the clients that utilize the services provided by PARN. And by spending some time at the front desk, I have been able to successfully achieve this goal.

As a receptionist for PARN, I manage the reception telephone by answering calls and directing them to the right staff members as well as offering referrals within our agency and community partners. I also direct clients that come into PARN to the services that they wish to access such as harm reduction, HIV support, condoms or just to drop by and chat with the wonderful staff at PARN. Most importantly, I have the privilege of documenting as a means of surveying the efficiency of the services provided by PARN and to contribute to data evaluation at the end of the year to better serve clients.



New Office Hours at PARN

New opening hours as of April 1, 2016

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

Closed on Saturdays and Sundays

Can you contribute to the PARN E-NEWS?

We are looking for submissions from people with lived experience for our monthly electronic



newsletter. Suggestions include personal essays, health-tips, movie/book/music reviews, historical accounts, recipes and home tips...basically if you have an idea, send it to us and we can help you share it with our community. You can email submissions to Brittany (brittany@parn.ca), or directly to Dylan (Dylan@parn.ca) who puts together our newsletter.

If you can't find the time to write something, but would like to see a topic or issue covered in one of our monthly newsletters, don't hesitate to let us know about your suggestions and ideas.

HIV Support Services @ PARN

Help us guide our HIV Support Programs: Join Project Inform

The goal 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, by creating meaningful programs and by influencing decision making at all levels of PARN activities. We aim to build community capacity and are committed to actively engaging our community to reduce the impact of stigma, isolation and criminalization impacts. We also seek to create a bridge between staff, service users

and community partners.

Accessibility will not be a barrier to participation – travel subsidies can be provided. 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.



PARN's Peer Engagement Program Needs Your Support!

In 2014, PARN developed an Engagement Program designed to increase health outcomes for people living with HIV in our region. This is a unique PARN program that provides a paid position to a person living with HIV in our community to develop programming that responds to the unique needs of people living with HIV in Peterborough and the Four Counties. This program is supported entirely by fundraised dollars.

You can support this program by dining out as part of A Taste For Life on Wednesday, April 20.

Please see pages 5-8 for all the details.

Committee Members Needed

In addition to Project Inform, we have a number of committees and advisory groups that run throughout the year that require your input! We are currently looking for members to join two of our committees:

Picnic Planning Committee - Our Annual Picnic Planning Committee will be starting in April - If this is something you would be interested in assisting with please let Brittany know.

Fundraising Committee Opportunity – If you are interested in being part of the PARN Fundraising Committee please contact Dylan at Dylan@parn.ca Subsidies are available for people living with HIV who would like to participate.

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

WEDNESDAY, APRIL 20, 2016

HOPE MADE DELICIOUS



On Wednesday, April 20, dine at one of the participating restaurants in Peterborough and the Four Counties and they will donate 25% of their sales to PARN to help us provide crucial programming and supports for at-risk youth and people living with HIV in the counties of Peterborough, Haliburton, Northumberland and City of Kawartha Lakes.

Campbellford

Capers 705-653-5262

Lakefield

The Thirsty Loon 705-652-1812

Port Hope

Black Beans 905-885-1888

Peterborough

BE Catering (12pm—2pm) 705-750-1265

Brio Gusto 705-745-6100

Charlotte Anne's 705-742-2944

Electric City Gardens 705-749-1909

Elements 705-876-1116

Peterborough

Hot Belly Mama's 705-745-3544

Rare Grill House 705-742-3737

Sam's Place (11am-7pm) 705-876-1900

Shish Kabob Hut 705-745-3260

St. Veronus 705-743-5714



Funds raised by A Taste For Life will support PARN's HIV Engagement and Rainbow Youth Programs. To find out how these programs are changing lives here in Peterborough and the Four Counties, please pages 6-8 of this newsletter.

Thanks to our Sponsors!



VISIT ATasteForLife.org FOR MORE INFORMATION

A Taste For Life Supports HIV Peer Engagement

PARN's Peer Engagement Program Needs Your Support!

In 2014, PARN developed an Engagement Program designed to increase health outcomes for people living with HIV in our region. This is a unique PARN program that provides a paid position to a person living with HIV in our community to develop programming that responds to the unique needs of people living with HIV in Peterborough and the Four Counties. This program is supported entirely by fundraised dollars.



Engagement is Everything

PARN's Peer Engagement Program is designed to support people living with HIV from the point of diagnosis to the time that they have achieved an undetectable viral load. Research shows that people living with HIV who have an undetectable viral load are more likely to live long, healthy lives and are less likely to pass HIV to other people. Full engagement of people living with HIV is key to ending the epidemic both here and abroad.

The journey from diagnosis to undetectable viral load passes some important signposts along the way: getting linked to care, being retained in care and getting on HIV Treatment. Many of the people living with HIV who use PARN's services have already been linked to care following their diagnosis, but we play a crucial role in the rest of the journey. Through peer-driven engagement programming, we are able to provide people with many of the tools that they need to manage their health. It is our goal to work with everyone living with HIV in Peterborough and the Four Counties from the time of diagnosis until an undetectable viral load is reached.

About the HIV Treatment Cascade

The HIV treatment cascade is based on the successive steps that are needed for a person living with HIV to achieve an undetectable viral load. Research shows that people living with HIV who have an undetectable viral load are more likely to live long, healthy lives and are less likely to pass HIV to others, including partners and children.

At each stage of the cascade people may be lost to engagement and care as a result of many types of barriers, such as poor access to services; stigma and discrimination; poverty, food security and homelessness; and mental health and addictions issues. Typically only a small proportion of people living with HIV are engaged in all the steps needed to achieve an undetectable viral load.

We are working to identify what causes people to fall through the cracks between each stage of the cascade and address these issues in a way that works for people living with HIV.

Starting from the total number of people living with HIV in a specific region (both diagnosed and undiagnosed), the successive indicators in the stages of engagement in the HIV treatment cascade are:

- total number of people living with HIV
- number of people diagnosed with HIV
- number of people linked to HIV care
- number of people retained in care
- number of people on HIV treatment
- number of people with undetectable viral load

Book your table for A Taste For Life and support PARN's HIV Engagement Work in our Communities!

www.ATasteForLife.org

A Taste For Life Supports Rainbow Youth

Building community for LGBTQ+ Youth in Peterborough and the 4 Counties



Through education, outreach and support, PARN's Rainbow Youth Program works to create safer spaces and promote inclusive services for lesbian, gay, bisexual, transgender, 2-spirit, queer and questioning (LGBTQ) youth in the counties of Peterborough, Northumberland, Haliburton and the City of Kawartha Lakes.

PARN's Rainbow Youth Program is an integral part of the HIV Prevention strategy in Peterborough and the Four Counties. It is a one-of-a-kind program that responds to the unique needs of LGBTQ youth in our region, while building a healthier and stronger community for people who are often pushed to the margins where risk behaviour becomes prevalent.

In just the past year, Rainbow Youth has:

- Presented 65 workshops and trainings on homophobia, sexual orientation, gender identity, transphobia, relationships, safer sex and self-care to more than 1,250 service providers and community members.
- Hosted 42 drop-in sessions attended by 226 young people between the ages of 14-24.
- Developed the QueeRADicals, an Ambassador Group for LGBTQ youth and young adults who are taking on active leadership roles in their communities.
- Delivered 25 Positive Space Training Workshops at Fleming College, five workshops at Trent University, and six workshops at Peterborough-area high schools.



The Rainbow Youth Need Your Support!

The Rainbow Youth Program is not covered by PARN's core funding. Instead, this program is supported through special project grants and fundraised dollars.

We need your support to keep this program going and to grow it.

Dine out for A Taste For Life on Wednesday, April 20 to support Rainbow Youth!

[**wwwATasteForLife.org**](http://wwwATasteForLife.org)

A Taste For Life Supports Rainbow Youth

Rainbow Youth has become key to community-building in Peterborough and the Four Counties:

- The Rainbow Youth Program delivers LGBTQ inclusivity training for the Trent School of Education with a workshop specifically tailored for educators. We also provide annual training to Trent housing dons on campus to create safer, more inclusive living situations for students in residence.
- Rainbow Youth partners with Fleming College Diversity and Equity to provide ongoing facilitation of a 3 level positive space training for students and staff. Level 1 of this training has been embedded into core curriculum in three programs. To date, over 1500 students and staff have received this training.
- The Rainbow Youth Program is a resource to school board counsellors, student success teachers, educators and students in both area school boards in providing workshops and support. The QueerRADicals have received training to deliver workshops for grade 9 students and have done so for TASS, Crestwood and Clarington Central, as well as supporting Gay Straight Alliance Groups in high schools.
- The Rainbow Youth program provides trainings and support to: Peterborough County-City Health Unit, the City of Peterborough, Employment Planning Counselling Services, New Canadians Centre, Peterborough Youth Services, Gender Journey's (CMHA), Nogojiwanong friendship centre, OPIRG, YMCA, Kawartha Children's Aid Society, the John Howard Society, Telecare, Lakefield College School, Ontario Social Services in Peterborough and Northumberland, VON 360 Clinic and others.



The Rainbow Youth Program is part of a provincial HIV prevention strategy that has proven successful. According to Ontario's Ministry of Health and Long-Term care, this strategy has **averted more than 7000 cases of HIV in Ontario over the past decade, saving our health-care system \$2.2 Billion.** Every dollar invested in HIV prevention saves at least \$5 in future costs to our healthcare system.

Book your table for A Taste For Life today to support PARN's HIV Engagement Program and the Rainbow Youth Program:

wwwATasteForLife.org

Men's Sexual Health Clinic Opens April 28 at Peterborough County-City Health Unit

A new clinic designed to provide free and confidential sexual health services to men who have sex with men is opening in Peterborough County.

The Peterborough City-County Health Unit's (PCCHU) Men's Sexual Health Clinic will provide sexual health counseling and information, condoms, and testing for HIV, Hep C and other sexually transmitted and blood-borne infections (STBBIs).

Nominal and non-nominal testing for HIV will be offered at the clinic (see below for more information).

Walk-ins will be welcomed, but appointments are preferred. Please contact the PCCHU at 705-748-2021 to make an appointment.

The clinic will open on April 28 from 4:30 pm to 6:30 pm. The clinic will be available on a monthly basis, with dates and hours based on demand. Stay tuned for more details.

About Nominal and Non-Nominal Testing

In Peterborough County there are two ways to get tested for HIV: nominal testing and non-nominal testing.

Nominal testing means that you are tested using your own name. If your nominal test is positive for HIV, the testing laboratory will report your HIV status, your name, date of birth, gender and contact information to Public Health. The PCCHU will contact you for counseling and support and will refer you to HIV services.

Non-nominal means you are identified by a number or code, which is assigned to the blood sample, rather than your name. Only the doctor who performs the test will know your name. If your test results are positive for HIV, this code can be used to link the person being tested to their test results. Following a positive test, your HIV status, your name, date of birth, gender and contact information will be shared with Public Health so that they can contact you for support, counseling and other HIV services.





Safe space
Safe injection tips
Kit making
Personal care items

**women's drop
in Mondays
2 to 4 pm**

159 King Street. Suite 302
Ariel & Kylie contacts
(705) 749-9110

We Need Volunteers for our Men Who Have Sex With Men Programming

PARN is looking for volunteers with specific interest and experience working with gay, bisexual, and other men who have sex with men. As part of our HIV Prevention programming, we require volunteers with lived-experience who can help guide our work and support our outreach initiatives.

In particular, we are currently looking for people who are interested in joining our Men Who Have Sex With Men Advisory Committee, Park Outreach, and Online Outreach

If you are able to give your time, effort and wisdom to any of these programs, please contact Chris Jardin, PARN Prevention Coordinator at 705-749-9110 ext 206 or chrisj@parn.ca to find out how you can help us build effective programming to prevent the transmission of HIV in Peterborough and the Four Counties.



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.

**Have You Booked Your Table
for Wednesday, April 20?**



www.ATasteForLife.org