

**PARN—Your Community
AIDS Resource Network**
159 King Street, Suite 302
Peterborough, ON K9J 2R8

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October 2016

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Join Project Inform
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Board of Directors

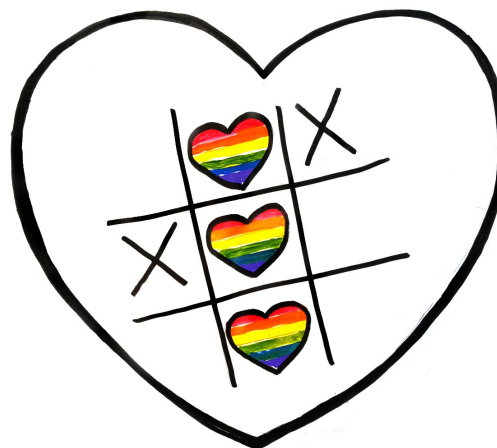
Cheyenne Buck
Sarah Frank
Megan Mattos
Kirk Parry
Mark Phillips
Bronson Smith

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

Please note: The PARN offices will be closed on Monday, October 10 for the Thanksgiving holiday. We will reopen at 9:30 am on Tuesday, October 11.

LOVE WINS



What's Going On October 2016

PARN Office Closures in October

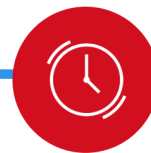
Please note that the PARN offices will be **closed on Monday, October 10** for the Thanksgiving statutory holiday, re-opening on Tuesday, October 11 at 9:30 am. The PARN offices are **closed for regular business October 13th and 14th** for the Central East Opening Doors Conference, **however Harm Reduction services will be open 9:30 – 5 on Thursday and 9:30 – 5 on Friday**. We will respond to telephone and email messages on Monday, October 17th.

Rainbow Youth Program

Every Thursday

3:30 - 5:30 pm

Suite 302-2, 159 King Street



Office Hours @ PARN

Monday:

9:30 am–5 pm

Tuesday:

9:30 am–5 pm

Wednesday:

9:30 am– 1 pm, 3 pm–5pm

Thursday:

9:30 am–6 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays



EVERY THURSDAY
10 am - 11.30 am

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!

Volunteers needed for PARN's Annual Red Ribbon Campaign November 24-December 1, 2016

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 cash 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.

October 17 and 27 @ PARN

Knitting Bees at PARN

See Page 7 for details



HIV Support Services

@ PARN



October Office Hours

Please note that the PARN offices will be closed on Monday, October 10 for the Thanksgiving statutory holiday. We will re-open at 9:30 am on Tuesday, October 11.

The HIV Support Services program is on the road Wednesday October 12th to Friday October 14th. Adam and Brittany will be at the Central East Opening Doors conference. They will be back in the office on Monday October 17th.



Get Involved: Join Project Inform!

Project Inform 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

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

Positive Plus One

PARN is supporting researchers across the country on Positive Plus One: A national, mixed-methods study of relationships where one partner has HIV, and the other does not. Positive Plus One is currently recruiting participants, and wants to hear the voices of both HIV-positive and HIV-negative partners. If you would like to participate in the study, please go to www.PositivePlusOne.ca or call 1-888-740-1166.

PARN's 26th Annual General Meeting

30 people attended PARN's Annual General Meeting last month at Showplace. The highlight of the evening was the presentation of the Annual Report of the agency's activities for the last fiscal year of April 1, 2015 through March 31, 2016.

You can download a copy of the Annual Report here:

parn.ca/wordpress/wp-content/uploads/2016/09/Annual-Report-2015-2016.pdf



Kirk Parry (at the right of the photo) is the newest member elected to the Board of Directors. The Executive Committee slate for 2016-2017 will be confirmed later this month.

After the meeting, folks stayed for the Social hour which featured savoury snacks from BE Catering and sweet treats from Black Honey and coffee from Carolina's Columbia. There was also some impromptu piano playing!

The Nexicom Lounge looked beautiful for the gathering, thanks to Kait Dueck, House Manager at Showplace. We also appreciate the donation to our doorprizes – 2 tickets to Showplace's 20th anniversary musical production of Ain't Misbehavin'.



LOVE WINS

Love Wins at Peterborough Pride

Thanks to everyone who organized and took part in an amazing week of Pride activities in Peterborough, culminating with the reading of the Pride Proclamation, the Pride Parade and the Pride in the Park festivities at Millennium Park on September 24.

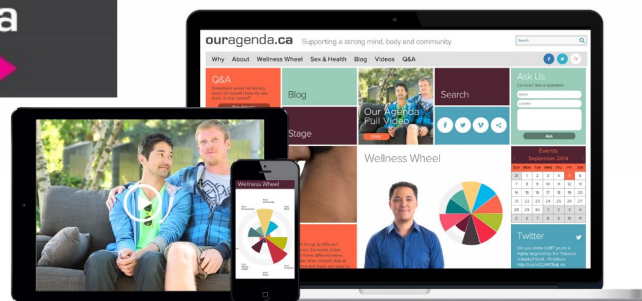


Sharing our Message at Pride

Our booth at Pride in the Park on September 24 was a great opportunity for us to share some important work and news from the HIV community with Pride-goers. We had a computer set up so that people could try out the wellness wheel (see below), provided up-to-date info on developments in HIV Prevention (see HIVnow at the bottom of this page, and shared [Rob Olver's story from Positive Lite](#) (and our September newsletter) about how undetectable = uninfected.



We're all working towards finding balance in life. This wheel is a great way to check in with how you're feeling about all the different parts of your life. It may help you understand why you're feeling the way you do; and consider options that lead to new possibilities.



Check it out at www.ouragenda.ca/WellnessBegin.aspx

HIVnow

TIMES HAVE CHANGED.

Developed by the AIDS Committee of Toronto (ACT), HIVnow is a campaign that asks big questions and provides honest answers about how HIV prevention has changed. Key topics include HIV testing, PrEP, HIV disclosure, and viral load/undetectability.

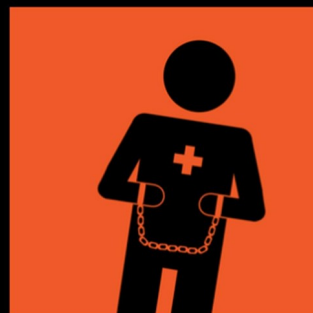
www.HIVnow.ca



Testing



PrEP



Disclosure



Viral Load

Women and HIV Clinical Trials

Clinical trials are research studies that explore whether a medical strategy, treatment, or device is safe and effective for humans. These studies also may show which medical approaches work best for certain illnesses or groups of people.

Globally, more than half of the people living with HIV are women, but have historically had very low participation in clinical trials of medications. In the US and elsewhere around the world, women's participation in anti retroviral trials has been between one in ten and one in five. This has been true of many non-HIV related drug studies as well, stated mainly out of concern that they might become pregnant while on trial of an experimental drug that could harm a future baby.

Reasons that affect women's participation in clinical trials:

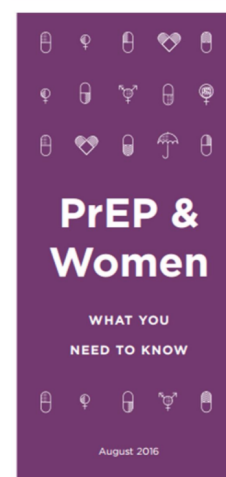
- not understanding what clinical trials are about
- lack of awareness of clinical trial recruitment
- misunderstanding the required time commitment
- cost issues (such as transportation, childcare)
- concerns about pregnancy and the potential that the drugs used in a clinical trial may affect the health of the fetus



More women must participate in clinical trials because it's the only way to determine if and how drugs affect women's bodies differently. PReP, for instance, needs to be taken longer by women than men for effectiveness (21 days vs 7) because of epithelial membranes in the vagina.

To read more about PReP and women, see the WHAI Network's new prep info graphic brochure at www.whai.ca/resources/women-prep:-what-you-need-to-know.pdf

To find out more about Ontario's Women and HIV/AIDS initiative, please visit www.whai.ca



Sources:

The Well Project, Lessons from GRACE [Click here to view](#)
Women Found Under-Represented in Clinical Trials [Click here to view](#)

PARN Needs Your Support!

Red Scarf Project

World AIDS Day 2016



Supporting people in our communities

The Red Scarf Project raises awareness around HIV support and prevention while also serving the needs of our communities in the winter months. Red Scarves will be placed on trees throughout Peterborough on World AIDS Day. If someone is cold, they can take a scarf.

It's all about Knitworking

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. **Scarves must be completed by Monday, November 21, 2016.**

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

Let's Knit Together! - October 17 and October 27

We'll be hosting two Scarf Knitting Workshops in October: Monday, October 17 at 6:30 pm and Thursday, October 27 at 2pm. Both workshops will take place at the PARN offices at 159 King Street, Suite 302-2. We'll provide the supplies and some snacks and we'll also have some knitting experts on hand who can help you out if you're a beginner.

If you are able to attend either or both sessions, please contact Brittany Cameron at brittany@parn.ca or call 705-749-9110 x204.

We're Here to Help, Confidentiality Assured!

159 King Street, Suite 302 - Peterborough ON - K9J 2R8
705-749-9110 - 1-800-361-2895 - getinformed@parn.ca



COMMUNITY-BASED HIV/STBBI PROGRAMS
SUPPORT. PREVENTION. EDUCATION.



www.parn.ca



Are you a guy?

Into Guys?

Into Grindr?

Into Volunteering?

Into Sexual Health?

PARN Needs You

For Sexual Health

Online Outreach

Volunteering

Contact Chris Jardin

chrisj@parn.ca or 705-749-9110



FRIDAY NIGHT QUEER SOCIAL

FRIDAYS @ 7PM @ CATALINAS

131 HUNTER STREET



Brothers Of Sisters In Spirit



Tuesday October 4, 2016

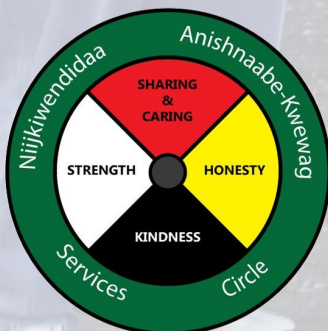
1PM—3PM

Confederation Square

Peterborough

**Let us stand together in honouring and remembering
Missing and Murdered Indigenous Women.**

All Are Welcome!



For More Information Contact:

Matthew Olsen, Events Coordinator

705-741-0900 / urbanp@nijiki.com

POSTSCRIPT

A Collection of Ponderings
and Afterthoughts



email: postscriptcollection@outlook.com

\$15 incl. shipping in Canada

For more information check us out on Facebook

***Postscript: A Collection of Ponderings and Afterthoughts* is an anthology of anonymous letters that were born from a need for catharsis. Publisher Kayla Reinhard and editor Monika Trzeciakowski have chosen to donate the proceeds of the anthology to PARN as a 3rd party fundraising initiative. We are thankful for this support!**

To order a copy of Postscript, please email postscriptcollection@gmail.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.