

Newsletter - June, 2017



UNDETECTABLE = UNTRANSMITTABLE

We'll be talking U=U at a special World Cafe on June 21 at Showplace!
See page 9 for all the details

Lots to read
about inside!

PARN Annual General Meeting - June 21
HIV Long-Term Survivors Awareness Day
WHAI Research

PARN is a community-based agency providing support and health promotion for people living with or affected by HIV and/or AIDS. PARN provides education for people at risk for HIV and awareness of AIDS issues to the broader community.

PARN's Board of Directors

Chair:

Mark Phillips

Vice Chair:

Amanda Campsall

Secretary:

Kirk Parry

Members at Large:

Cheyenne Buck (*Chair, Board Development Committee*),
Kim Kennelly (*Chair, Fundraising and Communications Committee*), Megan Mattos, Bronson Smith.

What's Going On June 2017



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–5 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

Positive Living Room

Every Thursday - 10 to 11:30am

The Positive Living Room is open to anyone attending the Positive Care Clinic on Thursday mornings. Join us for a light breakfast, coffee and conversation while you wait for your appointment.

Please note: The PARN offices will be closed on Friday, June 30 for the Canada Day statutory holiday.

We will re-open at 9:30 am on Monday, July 3.

Men's Sexual Health Clinics in Lindsay and Port Hope

PARN has partnered with Peterborough Public Health and the Haliburton, Kawartha, Pine Ridge District Health Unit to provide monthly clinics dedicated to men's sexual health in Peterborough, Port Hope and Lindsay. Free and confidential services include testing for HIV, hep C, & sexually transmitted infections as well as condoms, lube & information on sexual health. Get The Facts! Stay Safe! Know Your Status!



Lindsay - Thursday, June 8 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

Port Hope - Tuesday, June 27 - 5pm to 7pm

HKPR District Health Unit

200 Rose Glen Rd - 905-885-9100

Join us for Queer Movie Night June 28

The next movie night will be held at Catalina's (131 Hunter St. W) on June 28 at 8pm. Queer Movie Nights that feature LGBTQ+ identities and issues, followed by a discussion. Free and open to all in an accessible space. Movies to be announced, check us out on Facebook. Want to suggest a film? Contact anya@parn.ca

Harm
Reduction
Saves
Lives

Harm Reduction
Works
@
PARN



Join PARN staff and volunteers every Thursday from 10:00AM to 11:30AM to make kits for our Harm Reduction Works program and make our community a safer one!



Become an Enduring Member at PARN

An enduring membership is free and automatically renewed every April 1st. Members agree with the PARN's mission and goals to provide HIV support and prevention in Peterborough, Kawartha Lakes, Northumberland and Haliburton counties.

If you are already involved with PARN as a volunteer, student, client or in any other capacity but not sure if you're also a member, please check with Peg Town, Office Administrator, peg@parn.ca for clarification. As a member, you receive regular communications like the newsletter, and invitations to special events, including the Annual General Meeting.

For an application form, click [here parn.ca/get-involved/membership/](http://parn.ca/get-involved/membership/) or request one by emailing getinformed@parn.ca, or pick up a copy at the PARN office.

Welcome from PFLAG Peterborough

PFLAG Canada Peterborough Chapter has been meeting at PARN for over a year. Our Sharing Meetings are the 2nd Thursday of the month at 7pm in Suite 302-2. The Gender Journeys Peterborough Parents Group will be joining us at our next meeting on June 8th.

For directions or more information please contact Dianne McKay at 705 749 9723 or ladydi@nexicom.net

Visit the website at <http://www.pflagpeterborough.com>

PFLAG  CANADA
PETERBOROUGH - ON

HIV Support Services

@ **PARN**



Central East Opening Doors September 27-29 at Fern Resort in Orillia

This year's Central East Opening Doors conference, which brings together people living with HIV, service providers and community members to enhance the capacity of our communities to respond to identified HIV counselling, support and prevention needs, will be taking place from September 27-29. We'll be heading back to Fern Resort near Orillia this year and the theme for this year's conference will be U=U? (Undetectable = Untransmittable). We will look at the science, what it means for individuals living with HIV, and increase the general understanding of how undetectable viral loads will help reach Ontario's HIV Strategy goals of 90-90-90 by 2026.



Visit www.positivequitting.ca where you'll find resources, links to smoking cessation helplines, training opportunities, model policies, and facts about smoking and HIV. If you're a person living with HIV who smokes, these resources are for you.

Questions? Talk to Adam Kelly at 705-749-9110 or adam@parn.ca

POSITIVE LITE.COM
Canada's Online HIV Magazine



**Ontario HIV
Treatment Network**

Positive Quitting is led by a partnership between the Ontario HIV Treatment Network and PositiveLite.com.

June Office Hours

Adam Kelly will be out of the office from Tuesday, June 27 to Tuesday, July 4.

The PARN offices will be closed on Friday, June 30 for the Canada Day statutory holiday, re-opening at 9:30 am on Monday, July 3.

HIV Survivors Lunch

Are you living with HIV? 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

June 5 is HIV Long-Term Survivors Awareness Day

Through the leadership of Let's Kick Ass (AIDS Survivor Syndrome) - a US based organization that focuses on empowering, engaging, unifying and elevating HIV Long-Term Survivors - June 5 is now recognized in the US as HIV Long-Term Survivors Awareness Day. While not officially recognized in Canada, we want to take this opportunity to celebrate and honour the Long-Term Survivors of the HIV/AIDS epidemic and raise the profile of their needs, issues and journeys in Peterborough, Ontario and the rest of Canada.

From hltsad.org

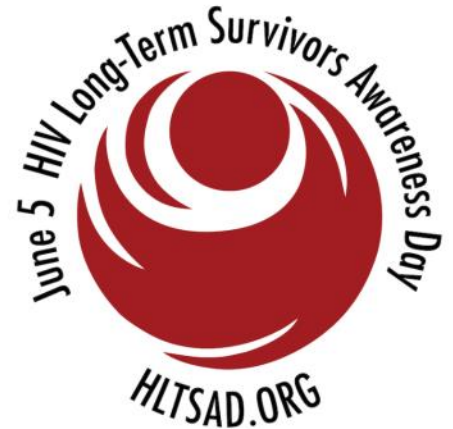
We chose June 5 to commemorate the day in 1981 when the CDC first announced the mysterious illness that was killing young gay men. It was called the Gay Cancer but was the beginning of HIV/AIDS awareness before it was known as HIV/AIDS.

We celebrate those who have defied the odds by living with HIV for decades. June 5 is about coming together and realizing that we are not alone. It is a national day of storytelling. We want to collect the stories of our lives, resilience, and our survival.

With courage and compassion, we survived the darkest days of the plague. Without access to effective treatments, we were forced to rely on each other and ourselves. As individuals and community, we exhibited strength we didn't know we had.

Now we face the conundrums of aging. HIV Long-Term Survivors Awareness day is about celebrating our survival and looking forward to envisioning and creating the lives we never imagined we'd live.

See more at www.HLTSD.org



#HIVResilient #HLTSAD2017 #LongTermSurvivors

JUNE 5, 2017

**HIV LONG-TERM SURVIVORS AWARENESS DAY
THIS YEAR'S THEME IS HIV-RESILIENT**

HLTSAD.ORG

Originator/Lead Sponser Let's Kick ASS

EMPOWER ENGAGE UNIFY ELEVATE

In the words of: HIV Long-Term Survivors

Generally a person has been considered an HIV Long-Term Survivor if they have been living with the virus prior to the advent of Antiretroviral Therapies (ART) in 1996. In more recent years, the definition has shifted to include people who were diagnosed post-1996 and have been living with HIV for more than 10 years. Let's Kick Ass (the founders of HIV Long-Term Survivors Awareness Day) also include another group in their definition: the survivors who remain HIV-negative. "They were lovers, caretakers, and frontline healthcare workers. They were lesbians who stepped in to take care of people with HIV and AIDS. They too suffered enormous losses."



The following stories from Long-Term Survivors in our region demonstrate the varied experiences of people that have been living with HIV for more than a decade. For many people, the virus moves quickly. For others it is slow. And as you'll see in Bobby's story, the virus doesn't seem to replicate at all. For people who were diagnosed before 1996, there was no such thing as Antiretroviral medications that could reduce viral loads. Even after the development of Antiretrovirals, many people living with HIV did not start receiving treatment immediately as is the standard practice now.

Michele C - Peterborough

I have been living with HIV since September 15, 1992, but didn't find out about my status until 1994. The doctor gave me a can of coke and told me to sit down because she didn't have good news. It felt like someone threw me down a well and there was no way I could get out. I was in a big black hole, screaming for help, but no one would help me. The doctor wouldn't even touch me; she wore gloves to check my glands that day.

It never crossed my mind that I would live to see 2017. I remember visiting Casey House in Toronto with a friend and I was terrified looking at people who weren't going to make it. "I'm dead, I'm going to die," I thought. I blocked everything out, just waiting for the day I would die. And then, it didn't happen. I left Toronto in 1997 and moved to Peterborough. I contacted PARN soon after arriving in town and was connected with Chris Campbell, PARN's Support Coordinator at the time. The first thing I asked her was "am I going to die?" Instead of giving me a timeframe, Chris talked to me about how to live. I learned a lot about nutrition and how to take care of myself. Chris also put me in touch with a local doctor in early 1999. I asked him the same question I had always asked my doctors: "when am I going to die?" He told me he didn't know: "you could walk out of here today and get hit by a bus. But you're not going to die from HIV or AIDS."

In 2008 my health took a serious turn for the worse. At one point I was rushed to the hospital and ended up on dialysis. I am so thankful to Chris Campbell who told me I needed to get to the hospital right away. I would have died if I hadn't.

I started treatment for HIV that same year. It's something I'll have to take for the rest of my life, and it's not the kind of medication where I can skip a day here and there. It's all about a routine now: I take my medication every morning at 9am.

I've been living with HIV for 25 years now. When I was 25 years old, I didn't think I'd be alive for another five years. I'm now 50 and waiting for a cure. I am thankful to the people who helped me get to this point, and I can't stress enough how important it is to take control of your health: have a good rapport with your doctor and connect with your local AIDS Service Organization, find the supports that are out there for you.

In the words of: HIV Long-Term Survivors

The following piece by Bob Leahy was originally written for the Graying of AIDS (www.grayingofaids.org) and was also published at PositiveLite.com in December 2016.

Bob Leahy - Warkworth

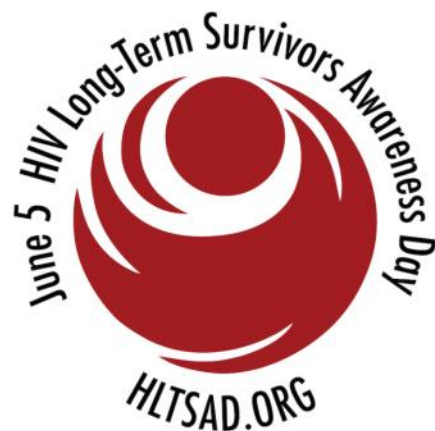
HIV is the kind of thing you can't really understand until you experience it, because remember, in those days we're talking about, it was a death sentence. And since then, we've had to go through this period where, after treatment, suddenly it wasn't a death sentence. That's a – I use the expression "mind-fuck," for want of a better word. It is! It's a crazy, crazy thing to negotiate.

Looking back, you wonder why you were so lucky. It really was just luck. It's just a matter of timing. If I had been diagnosed, say, in 1990 or 1991, my story would be very different, because treatment would probably come too late. I was diagnosed in '93. Treatment came in 1996. I was in the clinical trial of something called Saquinavir? Just when I was starting to go downhill, along comes this lifesaving drug. Plus, you're just coming out of a situation when your friends are dying and you know this is what's gonna happen to you. So, I mean, that's a crazy situation to negotiate.

I think we're now in an era where the focus has gone off long-term survivors a bit. Some of us, including me, kind of feel a bit left out in the response to HIV. We're seldom mentioned, you know, in the plenaries... or anywhere, really. Some of us are not doing very well. Some of us are dying because we've run out of options through treatment. Plus you're getting older and older, so there's a feeling, I think, that we're neglected. There's things happening to our body, and people aren't really paying much attention to us. I hear that through social media a lot. There's a sort of long-term survivor activism now, and some people are saying, "Hey, wait a minute." We started the community-based response. There's issues of, of... of respect, I guess? You know, we don't ask for respect, but we feel we should probably get it. Yeah. And we notice if we're getting respect. We notice if we're getting acknowledged.

I made a conscious decision to move out of a stressful urban environment, downtown Toronto, and move to rural Ontario. It's very quiet, and the birds are singing, and seemed kind of mentally healthy. Plus, some very practical things, like using public transport, you're exposed to germs and stuff. So, I went for it. I went for rural living. I got a dog. Moved to a farm. And it worked. I just felt better about myself.

Although our health may be in decline and our minds may be in decline and our memory may be in decline – memory is a big one, I should mention that! – um, in many ways, we are operating at full force. We are realizing all the things we've experienced in our 70 years are sort of coming to fruition. We're able to use all we've learned. We know what works for us and what doesn't. So that is potentially, rather than a sort of fading thing, it can be a very rich experience, being old. And even the mortality thing – if I can figure that out, and maybe even be sort of comfortable with dying, which some people are – I mean, I've got the whole package going, you know? I've got this one piece which is, you know, a mess. But the rest of the stuff, I've kind of got pretty well together.

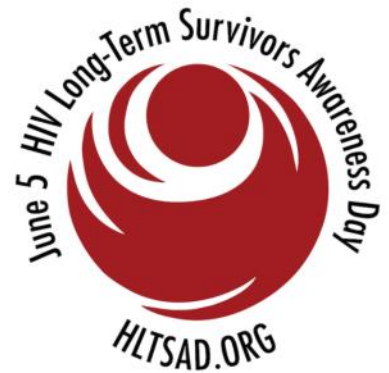


In the words of: HIV Long-Term Survivors

Bobby - Peterborough

I was blown away when the results came back after I was tested for HIV in 1994 –I was positive! I went crazy—selling everything and drinking hard. I thought I would be dead soon. And my life just stopped for a while.

I figured out I was living with HIV since 1983. I am now 69 years old and have had HIV for 33 years. Wow I'm still alive. I take no drugs; my T-cells are at 800—can you believe that? I'm healthy except for a bad back. Lots of my friends and family know, but I still try to keep to myself about my status. It feels like people with other viruses can talk openly like they have the flu and no one seems to care. But being HIV+ there is still a stigma. I can't understand, but stay alert, be safe, and take care. There is a life with HIV—look at me, 33 years and still going, thanks to PARN and help from so many. I am not alone. Take care friends.



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.

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."

To read the full study, please visit: <http://www.catie.ca/en/catienews/2016-03-23/older-people-hiv-face-different-long-term-health-challenges>

Meet up with other Long-Term Survivors in the Four Counties

Are you living with HIV? 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

You are invited to

PARN's Annual General Meeting of the Membership

Wednesday, June 21 at Showplace



Everyone is welcome to join us for the 27th Annual General Meeting of the Membership of PARN on Wednesday, June 21st at Showplace (290 George Street North, Peterborough). Doors open at 5:00pm for registration in the lobby, and the meeting starts at 6:00pm in the Nexicom Lounge.



The Annual General Meeting will include the following business:

- Presentation of the annual report of the agency's activities in the past fiscal year (April 2016 to March 2017);
- Presentation of audited financial statements for the past fiscal year;
- Election of new members to Board of Directors for the current fiscal year;

Please contact PARN by 12:00 noon on Monday, June 19th if you would like to attend. We hope to see you there!

Immediately following the AGM

PARN Presents: U=U World Cafe

Please join us following the Annual General Meeting
for a community conversation about the
Undetectable = Untransmittable campaign.

Keynote Speaker: Bob Leahy

Bob Leahy is the editor of PositiveLite.com, Canada's online HIV magazine. Bob has chaired the board of PARN and has been an executive board member of both the Ontario HIV Treatment Network (OHTN) and the Canadian AIDS Society (CAS). He was inducted into the Ontario AIDS Network's Honour Roll in 2005. In 2012, Bob was honoured with the Queen Elizabeth II Diamond Jubilee medal for his work and commitment to HIV/AIDS in Canada.

7:00 PM – REFRESHMENTS

7:30 PM – WORLD CAFE

@SHOWPLACE

290 GEORGE STREET NORTH, PETERBOROUGH

“U=U”

What’s it all about?

The Consensus Statement of the Prevention Access Campaign, pushed forward by a dedicated group of people living with HIV, celebrates the fact that “undetectable equals untransmittable” (or U=U). This revolutionary statement acknowledges that when a person taking antiretroviral treatment has an ongoing undetectable viral load and is engaged in care, they do not transmit HIV to their sexual partners.

Here is why supporting U=U is important:

1. The science supports it (and the scientists do too)!

We now know that people who start treatment as soon as possible after becoming HIV-positive can live long, healthy lives, and are less likely to develop HIV-related conditions or other serious health issues.

We also know that taking treatment to maintain an undetectable viral load has significant prevention benefits. In July 2016, two large studies (PARTNER and HPTN 052) published final results showing that not a single HIV transmission occurred between serodiscordant sexual partners when the person living with HIV was on treatment and had an undetectable viral load. The Prevention Access Campaign was quick to turn this new evidence into a simple and meaningful message (U=U). Researchers from all the major studies endorsed this message.

So why have others, CATIE included, been slower to accept this game-changing language? The idea of “zero risk” is uncomfortable to many because it is impossible for research to ever conclude that a risk is zero. Statistically, we cannot rule out that a very small risk may exist, no matter what the data show us. However, focusing on the possibility of a very rare event can also be misleading. In this case, a large body of evidence is telling us that people with undetectable viral loads do not transmit HIV, and in research jargon we say that the risk is negligible (meaning insignificant or not worth considering).

But what does negligible mean to the average person? Negligible may be an accurate word but it is not a suitable message. If the risk is negligible then we must be willing to accept that it is not important.

2. People living with HIV need to hear this message

It is important for people living with HIV to hear this message so they can be confident in their ability to have healthy sex lives. People living with HIV continue to face stigma that affects their lives in many ways. By continuing to focus on a risk that is negligible, we do nothing to combat HIV-related stigma. The U=U message can reduce HIV stigma by removing the fear that people living with HIV are “infectious” and “risky” sex partners.

3. U=U is a smart HIV prevention message

HIV-negative people need to know that an HIV-positive person who is on treatment and engaged in care, and maintains an undetectable viral load, is a very safe sexual partner because their HIV is diagnosed and the virus is controlled. This is counter to what prevention messaging said for years, where the HIV-negative partners of people living with HIV were considered to be at highest risk. We now know that the majority of HIV transmissions come from people who are living with HIV and don't know it (the undiagnosed). This paradigm shift requires us to take up new messages that clearly communicate where the risk actually lies – not with HIV-diagnosed people who have and maintain undetectable viral loads. – *Camille Arkell, Knowledge Specialist, Biomedical Science of Prevention, CATIE*



1-800-263-1638 | www.catie.ca

More info:

CATIE statement: www.catie.ca/en/prevention/statements/tasp

Fact sheet: www.catie.ca/en/fact-sheets/transmission/hiv-viral-load-hiv-treatment-and-sexual-hiv-transmission

Information for clients: www.catie.ca/en/healthy-living/undetectable-viral-load

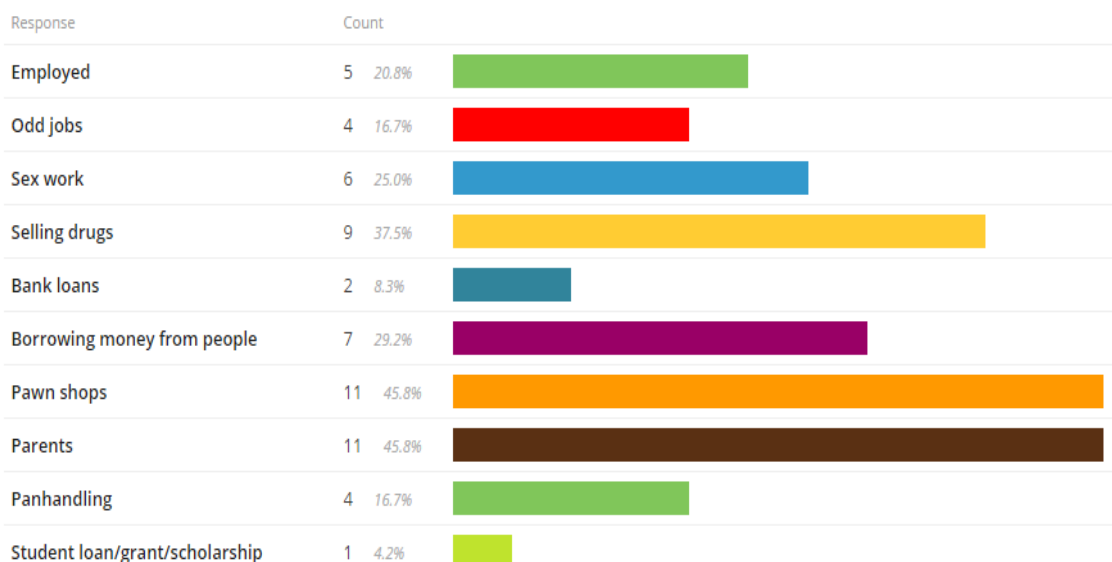
Declare your endorsement of U=U here: www.preventionaccess.org/consensus

Women: Living with HIV In the Region

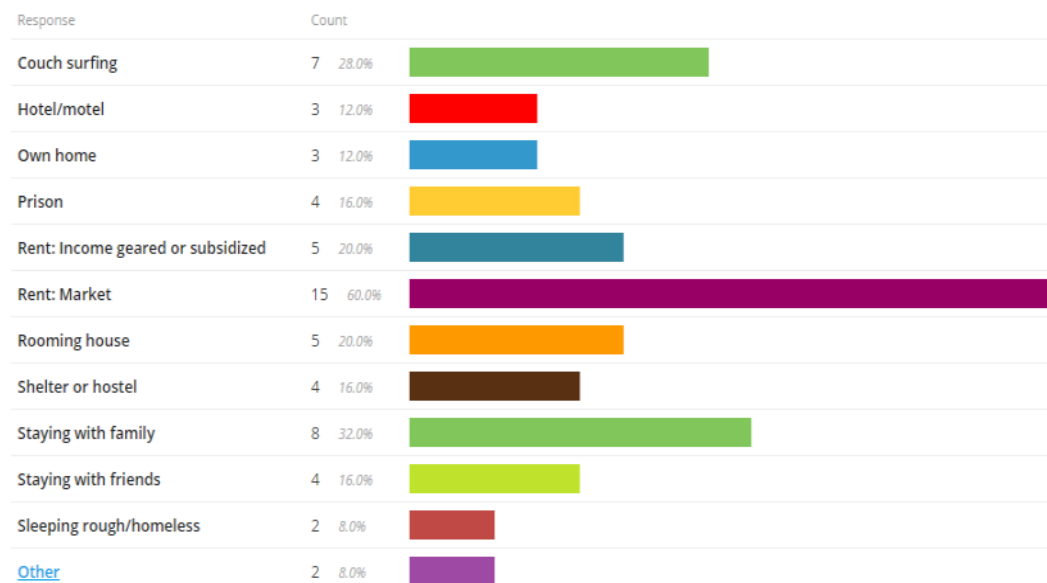
Women facing systemic risk factors in the situational analysis are those women who access PARN's harm reduction program, coming in during office hours for new inhalation and/or injection supplies.

Over the course of 2014-15, the feedback of 38 women was recorded both through survey and interview. The survey results at right reflect 25 women whose feedback was rolled up by the survey. An additional 13 women were interviewed.

Over the past year, in what ways did you make money/what was the source(s) of your income?



Housing: Over the last year, where have you lived? (Select all that apply)



Total: 25

Overview

53
age of oldest respondent

24
age of youngest respondent

4
identified as Indigenous or African

16%
in prison over past year

46%
on long term disability

20%
identify as employed

92%
access food programs

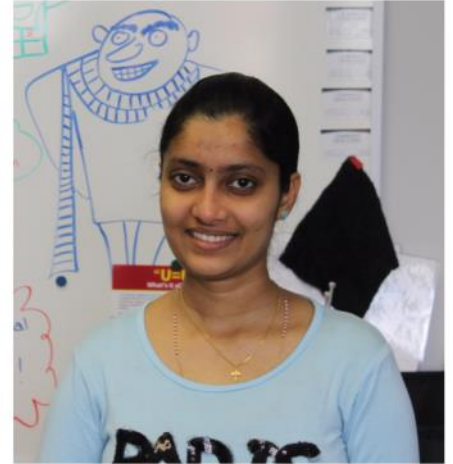
83%
access health services, including addiction and mental health

80% of women who identified as mothers experienced child protective system

Please welcome Alishia Raju to the PARN team!

I am Social Service Work student from Sir Sanford Fleming College doing a student placement with PARN. I already have a Bachelors in Nursing from my home country will achieve my Social Service Work diploma in August. I volunteer with many different organizations and first became connected to PARN through volunteering with PARN's Red Scarf Project. I was inspired by my parents to turn my life in this direction, as they both are involved in helping professions.

I am passionate about working with people in need of support, and that was the reason for choosing the health field as my profession. By taking the Social Service Worker Program, I hope to provide care and support to individuals by covering all the bio-psycho-social aspects of life. As I am coming from a different country and different culture, I faced some difficulties when I first moved to Canada, especially as English is not the first language in my country. I have been able to quickly adapt to the new environment and adjust with the new lifestyle. Knowledge and experience in different cultures, and the ability to write, read and speak four different languages will be a big asset for me when working in the social work profession, as they will help me to understand and help clients from different cultures.



The River Magazine Launching Summer 2017

A new Peterborough community-based arts publication committed to providing a platform for expression for people living in poverty or on a low income. Contributors are paid.

Submissions accepted between May 15 and July 15

Drop off submissions at **agencies listed below** or email to: theriverpeterborough@gmail.com

facebook

www.facebook.com/therivermag/

Call Peterborough Social Planning Council
for info (705) 743-5915

Canadian Mental Health Association,
One Roof Diner, New Canadians Centre,
Nogojwanong Friendship Centre,
Peterborough Planning Council, PARN,
VON 360 Clinic and women can drop off
at Cameron House



Annual Summer Picnic Monday June 26th, 2017 11am-4pm

Orono Park, 61 Princess Street, Orono

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.

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



There is a pool! Bring your bathing suit and sunblock!

Children require supervision at all times.



Please let us know of any dietary restrictions when you RSVP.

Travel Subsidy and Transportation is available.
Please mention if you need assistance when you RSVP.



Please RSVP by Friday June 16th, 2017



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

PARN Clients can RSVP to
Brittany Cameron, Peer
Engagement Worker by emailing
brittany@parn.ca or by calling
705-749-9110x204



ACDR Clients can RSVP to
Tiff Idems, Manager of Support
Services by emailing
support@aidsturham.com or by
calling 905-576-1445x12

PARN Needs Your Support!

Red Scarf Project

World AIDS Day 2017



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. On December 1, 2017, Red Scarves will be placed on lampposts throughout Peterborough and Northumberland for 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 especially in The Kawartha Lakes and Haliburton area. 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. **We will need to collect all completed scarves by Monday, November 27, 2017 to prepare them for December 1.**

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



About PARN

PARN provides support and health promotion for people who are living with, affected by, or at-risk for HIV in the four counties of Peterborough, Kawartha Lakes, Northumberland and Haliburton; education and equipment for people at risk for HIV, hepatitis C and other sexually transmitted and blood-borne infections; outreach and programming for lesbian, gay, bisexual, transgender, 2-spirit, queer and questioning (LGBTQ+) youth and for women who are living with, affected by, or at-risk for HIV; community capacity-building and workshops; and awareness of HIV/AIDS issues to the broader community.

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

www.parn.ca



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



New Under-One-Roof Community Hub to Service Women in Northumberland

A new under-one-roof community service hub to support women who have experienced domestic violence or sexual assault is opening in Northumberland.

The Thrive Community Hub, which is operated by Thrive Northumberland Coalition to End Violence, is a walk-in service open every Monday from 9 a.m. to 1 p.m. starting on May 15 at the Cornerstone Family Violence Prevention Centre, 40 Swayne St., Cobourg.

The hub provides women with immediate access to essential on-site support services, with confidential consultations, and facilitates direct referrals to offsite partners. The services provided focus on four key areas of support for women: crisis counselling, safety planning, legal counselling, and housing and income support.

"The Thrive Community Hub is designed to provide access to multiple services at one location for women 16-plus who experienced abuse or violence," says Nicole Beatty, consultant to the project. "Women can choose from a multitude of services, including family court information, crisis counselling, links to shelters, primary health care, Ontario Works income and employment support, as part of her personal action plan."

All services provided at the community hub are free and confidential. Free parking and child care is provided.

For more information, please visit: www.thrivenorthumberland.wordpress.com

Bubble Zones: Protecting a Woman's Right to Choose Ontario Province to Introduce Bill to Help Ensure Safe Access to Women's Health Clinics

Ontario is taking steps to help protect women who are seeking reproductive health care.

In fall 2017, the province plans to introduce a bill that would, if passed, create "safe access zones" at specified health care facilities that offer women's reproductive services. The zones would help ensure the safety and privacy of women, visitors and health care workers travelling to and from these facilities.

Over the coming months, Ontario will consult with health care, legal and advocacy groups to develop details of the new law.

Quick Facts

Both British Columbia and Newfoundland and Labrador have legislation in place that restricts protest activities around women's health care facilities to help keep patients and staff safe.

In Ontario, there are currently several court injunctions in place to protect the safety and privacy of women and health care professionals by restricting protest activities in and around specific locations in the province.

Abortion is funded in Ontario as an insured service under the Health Insurance Act.

For more information, please visit: www.news.ontario.ca/mag/en/2017/05/protecting-a-womans-right-to-choose.html?utm_source=ondemand&utm_medium=email&utm_campaign=p



Keeping The Door Open

A Conversation About Inclusive Spaces for Lesbian, Gay,
Bisexual & Transgender (LGBT) Seniors

Wednesday, June 21, 2017 • 5:30-7:30pm

Fairhaven Long-Term Care Home • 881 Dutton Road, Peterborough

Join Age-Friendly Peterborough, Elder Abuse Ontario and PARN - Your Community AIDS Resource Network, for a conversation about creating inclusive spaces and services for LGBT seniors in Peterborough.

The event will include a screening of the 2016 film Cecil & Carl, a touching portrait of commitment, love and duty in a couple's aging years (Reframe Film Festival, 2017), followed by a discussion with local LGBT seniors and their allies.

Register online at keepingthedooropen.eventbrite.ca or by phone at (705) 748-1011 ext. 6440

Thrive Northumberland

VIOLENCE AGAINST WOMEN COMMUNITY HUB

OPEN MONDAYS: 9AM TO 1PM



Northumberland Coalition to End Violence

Providing access to multiple services at one location for women 16+ who have experienced abuse or violence.

WOMEN CAN CHOOSE FROM THE FOLLOWING SERVICES:

- Family court information
- Crisis and supportive counseling
- Links to shelters
- Safety assessment and risk management strategies
- Primary health care
- Partner assault response program
- Child service witness program
- Ontario Works income and employment support
- Social housing
- Ontario Electricity Support Program
- Children's Aid support/advice
- Personal action plan and community referrals

Contact us:

40 Swayne St., Cobourg
905.372.1545

Walk-ins welcome:

Mondays
9am to 1pm

Email:

thrivenorthumberland@gmail.com

After Hours or if you are in crisis:

Cornerstone 24-hour line
1.800.263.3757

Childcare services available onsite

Free parking

All services are free and confidential

Criminalization and Trauma: Reducing Barriers, Building Toolkits One Day Conference June 16, 2017

Morning:

Criminalization and Restorative Justice with Molly Bannerman, MSW RSW, Restorative Justice Practitioner, Provincial Director of Women and HIV/AIDS Initiative, Toronto

Afternoon:

Trauma Matters with Sonali Sagare, Director, Outreach Services, Jean Tweed Centre, Toronto

Please register **by June 5th** with Tammy Ross tross@tccss.org or Sheila Carron scarron@rmh.org

Cost: \$20 includes lunch and workshop materials

All day from 9 am-4 pm

Registration and morning refreshments 8:00-9:00 am

**Eganridge Resort, Country Club & Spa 26 Country Club Drive
Kawartha Lakes**

Map: <http://bit.ly/2nJ2wQ8>

Please bring payment the day of the event in the form of **cash or cheque**, payable to the: Kawartha Lakes Human Services and Justice Coordinating Committee



PARN'S COMMUNITY GARDEN CLUB

"a place for you and your plants to grow"

Are you someone who loves all things green?

Have you always wanted to grow your own fruits, vegetables, flowers and herbs?



Here is your opportunity!



PARN has been able to secure a plot in a community garden in downtown Peterborough!



The gardening group will meet to set group outlines and expectations, as well as decide how to run the group. There is usually a set of jobs that everyone needs to contribute at the beginning of the season like clearing rocks, preparing the land and setting up water systems.

We welcome people from all backgrounds, skill levels and stages of life.

If you are interested in being part of the 2017 Community Garden Club please contact Brittany Cameron, Peer Engagement Worker at 705-749-9110 or brittany@parn.ca.



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





NEEDLE RETURNS

PARN

159 King St. Suite 302, Peterborough

9:30am - 5:00pm

The Warming Room

175 Murrarby St, Peterborough

8:30pm - 8:00am

One Roof Community Diner

99 Brock Street, Peterborough

12:00pm - 7:00pm

Four CAST

130 Hunter St. W Suite 200,

Peterborough

8:30am - 4:30pm

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.