

Newsletter - February, 2018

RAINBOWYOUTH@PARN PRESENTS

TRANSPARENT SKILLS BUILDING GROUP

TransParent - Every Wednesday in February - See Page 7

Also inside
this issue

Love Positive Women - February 1-14
Temporary Overdose Prevention Site to open in London
HIV Testing in the Four Counties

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:	Vice Chair:	Secretary:	Treasurer:
Mark Phillips	Amanda Campsall	Kirk Parry	Cynthia Lord

Members at Large:

Cheyenne Buck, Lawrence Finnie, Alex Karn, Kim Kennelly, Meredith Richmond

What's Going On February 2018



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:

11:00 am–5 pm

Wednesday:

9:30 am – 5pm

Thursday:

9:30 am–5 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

Thursday Morning Drop-In

Make a difference every Thursday morning @ PARN by helping build a community that is a little more safe and a little more friendly.

Join PARN staff and volunteers every Thursday from 10:00am to 11:30pm to make kits for our Harm Reduction Works program.

Office Closed - February 19

Please note that the PARN offices will be closed on Monday, February 19 for the Family Day statutory holiday. The offices will re-open at 11 am on Tuesday, February 20.

Men's Sexual Health Clinics in Lindsay and Port Hope

PARN has partnered with 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.

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

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

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

HKPR District Health Unit

200 Rose Glen Rd - 905-885-9100



Concerned About Your Status?

HIV testing is available in our region

The following locations offer HIV testing in Peterborough and the Four Counties:

Positive Care Clinic

Tuesdays and Thursdays at PARN – 9am to 4pm
1-866-303-2420 or 905-579-8711 ext. 3127

Peterborough Public Health Sexual Health Clinic

705-748-2021

Haliburton Kawartha Pine Ridge District Health Unit Sexual Health Clinic

1-866-888-4577 ext. 1205

Trent University Health Services

705-748-1481 (Trent students only)

Fleming College Health Services

705-749-5557 (Fleming students only)



The **Red Scarf Project** raises awareness around HIV support and prevention while also serving the needs of our communities in the winter months. To build on our successful 2017, we are getting a head start on the 2018 Red Scarf Project. On December 1, 2018, Red Scarves will be placed on lampposts throughout our communities for World AIDS Day. If someone is cold, they can take a scarf. If you are interested in contributing a scarf or have any questions, please contact Brittany Cameron at brittany@parn.ca or call 705-749-9110 x204.

PFLAG Peterborough Meetings - February 8th and 22nd @ 7pm

PFLAG Canada Peterborough Chapter hosts Sharing Meetings on the 2nd and 4th Thursday of each month at 7pm in Suite 302-2 at the PARN offices on 159 King Street in downtown Peterborough. 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



Save The Date

A Taste For Life

Wednesday, April 25, 2018

HIV Support Services

@ PARN



Thinking about quitting smoking or reducing how much you are smoking?



Starting with your goal in mind can increase your success when it come to quitting or reducing smoking. Contact Adam to talk about starting the journey to being smoke free.

You will have access to support, resources, and strategies to help you succeed.

Also check out <http://positivequitting.ca/> for information on quitting smoking for people living with HIV.

positive quitting
research, resources, support.

February Office Hours

Adam Kelly-Colyer and Brittany Cameron will be out of the office to attend TTOA training on February 7th and 8th.

Brittany Cameron will also be away from the office on March 1st and 2nd.



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.



LOVE POSITIVE WOMEN (LPW) - February 1st–14th.

A global project to raise awareness about women and girls living with HIV. Using Valentine's Day as a backdrop, Love Positive Women creates a platform for individuals and communities to engage in public and private acts of love and caring for women living with HIV. Going beyond romantic love to deep community love and social justice, Love Positive Women is call to action. It requires participants to spend time reflecting about how they, as either a woman living with HIV or an ally, will commit to loving women living with HIV.

Valentine Cards & Body Scrub Making for Positive Women

Thursday February 1st
10am until 12pm
Drop in Hosted at PARN
159 King Street - Suite 302-2
Peterborough

Women's Heart Day High Tea

Wednesday February 14th
2pm until 4pm
Register by email:
thrivenorthumberland@gmail.com
Hosted at 99 Toronto Road
Port Hope

Positive Ladies Lunch & PrimRose Donkey Sanctuary Visit

Thursday February 15th
12 pm until 5pm
Register by email: brittany@parn.ca
Lunch in Peterborough,
drive to Roseneath

PrEP's social impact on the lives of some gay men in Toronto

PrEP (pre-exposure prophylaxis) involves taking two anti-HIV medicines in one pill, usually daily, to reduce the chance of getting HIV. PrEP is meant to be used in combination with other HIV prevention approaches, such as the following:

- * risk reduction counselling
- * use of condoms
- * regular testing for HIV
- * screening for sexually transmitted infections and, if necessary, treatment



Canada's source for
HIV and hepatitis C
information

This information was provided by CATIE (Canadian AIDS Treatment Information Exchange). For more information, contact CATIE at 1.800.263.1638 or info@catie.ca.

Researchers in Toronto conducted a PrEP demonstration project to assess its acceptability, use and effectiveness among 52 gay, bisexual and other men who have sex with men (MSM). Part of this project involved interviewing a subset of participants about the impact of PrEP on their social and sexual lives. From these interviews, researchers found that a large proportion of men felt the need to conceal their use of PrEP from friends, family and sexual partners because of attitudes toward PrEP use. When the men disclosed their use of PrEP, it usually resulted in some degree of negative and complex reactions in their social networks. However, PrEP also allowed the men to experience a sense of normalcy during sex; they found sex free of fear, and, as a result, sex became "exciting and pleasurable."

To read more about this study, please visit: www.catie.ca/en/catienews/2018-01-18/prep-s-social-impact-lives-some-gay-men-toronto

Please Welcome Kenna Harrison to the PARN team

I am originally from Corunna but moved to Peterborough a couple of years ago to attend Fleming College. Before moving six hours from home I felt like I was all over the place, not knowing what I wanted to do with my future. I lost a very good friend to suicide in 2014 and that was challenging for me. With a great support network, I researched different schools and decided the best thing for me would be to enrol in three different programs at Fleming College.



I am now working on completing my final semester of the Drug and Alcohol Counselling program through my placement at PARN and will graduate with dual diplomas this coming April (Community Justice Services, Social Service Work and Drug and Alcohol Counselling).

I chose PARN to complete my final semester of Drug and Alcohol Counselling because I wanted to be a part of an agency that matched my values. PARN offers a variety of amazing services to support clients where they are at. I will be working in Harm Reduction, Peer Support, and Reception. I feel that this is a huge opportunity to gain new skills and knowledge around HIV, and HEP C. So far I'm having a great time at PARN the staff and volunteers are amazing. I could not be happier PARN has given me the opportunity to support my education and build to future success.

RAINBOWYOUTH@PARN PRESENTS

TRANSPARENT

SKILLS BUILDING GROUP

WEDNESDAYS
FEBRUARY

7 14
21 28

6-8 PM

159 KING ST. SUITE #302-2

A FREE WORKSHOP SERIES
FOR PARENTS OF TRANS AND
GENDER VARIANT YOUTH

FOR INFORMATION CALL
705-749-9110 EXT 209

Temporary Overdose Prevention Site to Open in London, Ontario

The following is a press release issued by the Middlesex-London Health Unit on January 18, 2018

London, ON – A new tool in the struggle to solve London's opioid drug crisis is closer to reality this morning. One week after submitting an application and two days after police announced three deaths and two hospitalizations from suspected drug overdoses this week, it was announced that a Temporary Overdose Prevention Site (TOPS) has been approved to open in the downtown core. The Ministry of Health and Long-Term Care has approved the application for a TOPS with one-time funding of \$130,700. The TOPS will be located at 186 King Street and will share space with Regional HIV/AIDS Connection. As the Counterpoint Needle and Syringe Program currently operates there, the TOPS location is already familiar to people who use injection drugs.

The facility is expected to open in mid-February, and will provide people who use injection drugs with a space where they can use those drugs under the supervision of health professionals in order to prevent overdose deaths.

The creation of a TOPS in London became possible in December of 2017, when the Ministry of Health and Long-Term Care announced an expanded response to Ontario's opioid drug crisis. In addition to equipping police and fire services with the overdose-reversing drug Naloxone, Health Minister Dr. Eric Hoskins wrote to the federal government requesting that Ontario be allowed to approve and fund overdose prevention sites.

In response, the Health Unit and Regional HIV/AIDS Connection began considering suitable locations and drafted the application for a facility in London, with the support of partners including London Intercommunity Health Centre, Addiction Services of Thames Valley, the Southwest Ontario Aboriginal Health Access Centre, and London CARES.

"I know my community in London has been concerned by this growing crisis, and I am proud that we will be the first city in Ontario to have an overdose prevention site. Thanks to the thoughtful collaboration of London's strong community and health partners who have worked quickly and diligently with the Ontario government to make this possible, we will help save lives," says Deb Matthews, MPP London North Centre.

"This is a turning point in how we respond to the crisis that has gripped the London area for years. This isn't the only change that needs to happen, but it represents a significant step in turning the tide and supporting vulnerable people who struggle with addiction every day," says Dr. Chris Mackie, Medical Officer of Health and CEO at the Middlesex-London Health Unit.

"We're at a critical time in the fight against these drugs. There is increased awareness about how bad the situation has become and opinions are changing about what can be done. This facility will save lives," says Brian Lester, Executive Director of Regional HIV/AIDS Connection.

Once it opens its doors, London's TOPS will be open Monday to Friday, 10:00 a.m. to 4:00 p.m. and Saturdays and Sundays from 11:00 a.m. to 4:00 p.m. While the announcement of the TOPS is important, work to prepare an application for one or more permanent Supervised Consumption Facilities for London will continue.



<https://www.healthunit.com/news-and-events/overdose-prevention-site-to-open-in-downtown-london>

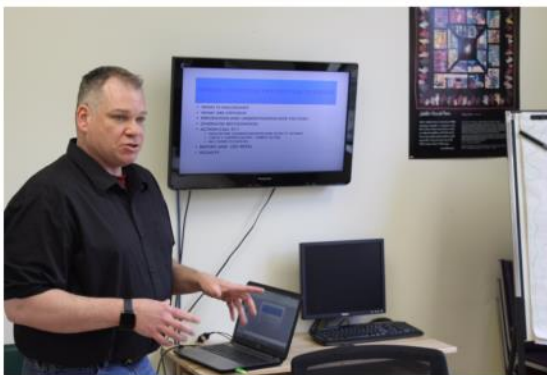
Naloxone Saves Lives



**Many people in our communities are at-risk for overdose death.
You can be prepared to save a life.**

Harm Reduction Works @ PARN provides no-cost Overdose Prevention Training and Naloxone Kits to anyone. The training can take as little as ten minutes and can change a life forever.

Please contact us at 705-749-9110 to arrange for training, or just stop by our office at 159 King Street, Suite 302 and we'll hook you up with the training and a kit.



Naloxone Saves Lives

Harm Reduction Van Outreach

Free and Confidential Services

Get Safer Injection and Inhalation Supplies, Overdose Prevention tools (including Naloxone), and information on testing, mental health and addictions supports.

Every 2nd Wednesday and 4th Monday of the month at the following parking lots:

Bewdley Arena

10:45am - 11:45am

Fenella Community Centre

12:15pm - 1:15pm

Campbellford (Behind LCBO)

2:15pm - 3:15pm

Warkworth-Behind Cheeky Bee

3:30pm - 4:30pm

Brighton-Across from Library

5pm - 6pm

Harm Reduction
Works
@
PARN



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

For text reminders or more information:

text or call PARN's outreach worker Chris @ 705-740-5155

Are you someone living with HIV and/or Hep C?

Are you a current or former substance user?

Are you a current or former sex worker?

Are you part of the LGBTQ* Community?

Do you want to help make a difference in our community?



If you answered YES to one or more of the questions above we would love to chat with you!

Join us at the table as we launch our newest advisory group!

**Have your voice heard and work together towards
a shared vision of PARN Programs!**

When:

Stay tuned for the date of the next meeting!

Where:

PARN – 159 King Street, Suite 302

Please contact Brittany Cameron, Peer Engagement Worker, if you would like to get involved.

Email: brittany@parn.ca

Phone: 705-749-9110 ext 204

Drop into the office

Winter 2018 Training Sessions

The Peterborough Drug Strategy and the Question of Care project are pleased to offer a new round of training opportunities for helping professionals.

Sessions will be facilitated by Cheryl Robinson (FourCAST), a registered psychotherapist with over 12 years experience working in the addiction and mental health field.

Join us for one or more of the following sessions:

First Stage Trauma Training \$30

- + Tuesday, January 16; 9 a.m. - 3:30 p.m.
- + Tuesday, February 27; 9 a.m. - 3:30 p.m.
- + Tuesday, March 6; 9 a.m. - 3:30 p.m.

Addictions 101 \$30

- + Tuesday, January 30; 9 a.m. - 3:30 p.m.
- + Thursday, March 29; 9 a.m. - 3:30 p.m.

Dialectical Behaviour Therapy \$60

- + Thursday-Friday (2 day)
February 22-23; 9 a.m. - 3:30 p.m.

Register at: www.questionofcare.com

All sessions will be held at the Peterborough Lions Centre: 347 Burnham Street, Peterborough

For more information email:
qoc@peterboroughdrugstrategy.com



a question
of care!

questionofcare.com



Women &
HIV/AIDS @ PARN Presents
Initiative

They Talk, We Die: Dismantling Brickwalls of Stigma

Trauma Informed
Harm Reduction Tools
Centering Women

March 2 from 1- 3 pm
at Theatre on King (TTOK)
159 King St. Ground Floor

To register, email
Ariel O'Neill at
ariel@parn.ca or
call 705.749.9110

Supporting Lindsay Lohan's Speak

Performed by Dave Cave from March 1-3 TTOK \$10 or PWYC



SPEAK

A CLASSIC ALBUM COMES
TO LIFE!

PERFORMED BY DAVE CAVE



"NOBODY ASKED
FOR THIS!"

MARCH 1-3

8:00PM \$10 PWYC

THE THEATRE ON KING,
159 KING ST., PETERBOROUGH

ACCESSIBLE VENUE
SPONSORED BY

PARN

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

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.