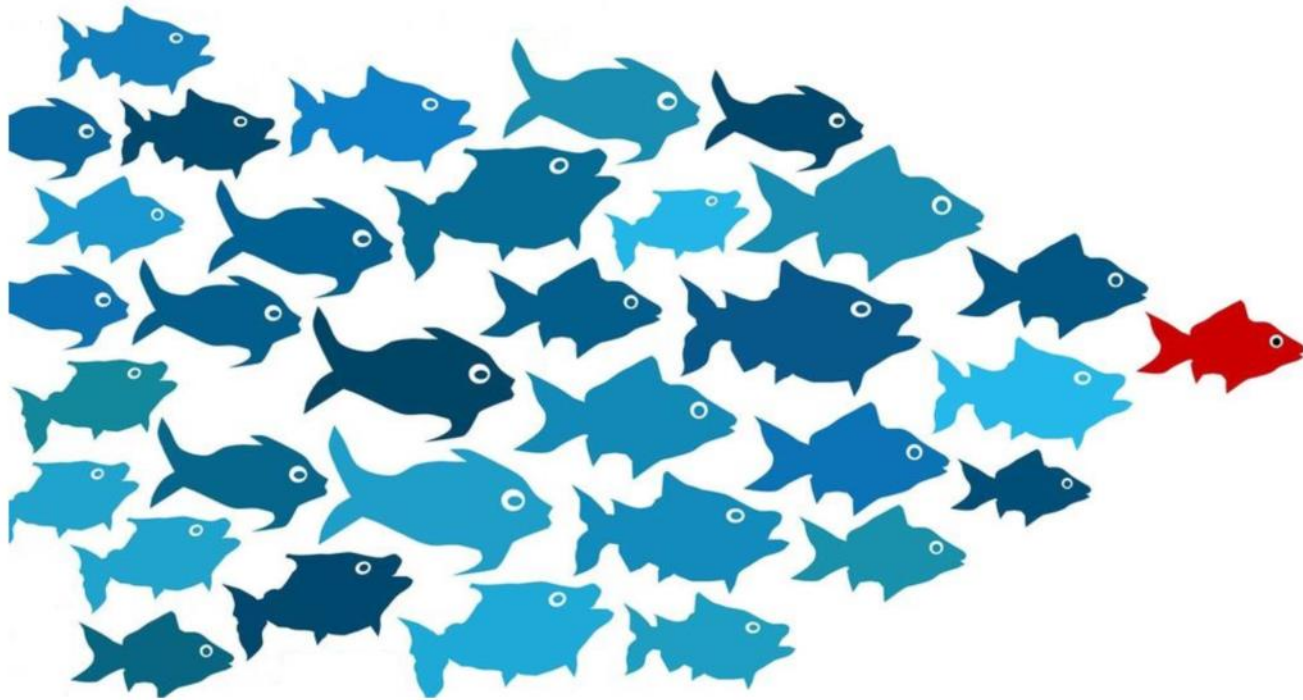


Newsletter - February 2019



Join PARN's Board of Directors - See page 4

Also Inside
this issue

Love Positive Women

Meet the newest members of the PARN team

Naloxone saves lives

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

PARN's Board of Directors

Chair:

Lawrence Finnie

Vice Chair:

Kirk Parry

Secretary-Treasurer:

Cynthia Lord

Members at Large:

Cheyenne Buck, Kim Kennelly.

What's Going On February 2019



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–5 pm

Thursday:

9:30 am–5 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

Positive Care Clinic

Every Tuesday & Thursday @ PARN

The Positive Care Clinic provides HIV and hepatitis C testing and treatment in Peterborough at the PARN site on Tuesdays and Thursdays.

The clinic is provided through a partnership between Lakeridge Health and PARN.

PARN Office Closures in February

Please note that the PARN offices will be closed on Monday, February 18 for the Family Day statutory holiday.

The PARN offices will re-open at 9:30 am on Tuesday, February 19.

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 14 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

Port Hope - Tuesday, February 26 - 5pm to 7pm

HKPR District Health Unit

200 Rose Glen Rd, Port Hope, ON



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)



Harm Reduction Works in Northumberland County

Need access to safe injection kits/safe
inhalation kits/naloxone?

Get free, confidential harm reduction
services every Monday from 9:00AM –
12:00PM @Cornerstone in Cobourg (40
Swayne St.).

For more
information,
contact Julie at:
705-559-0272

**Harm
Reduction
Works
@
PARN**

Save the Date



A TASTE
FOR LIFE

Wednesday, May 1, 2019

PFLAG Peterborough Meetings - February 14th and 28th

PFLAG CANADA
PETERBOROUGH - ON

PFLAG Canada Peterborough Chapter usually 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>

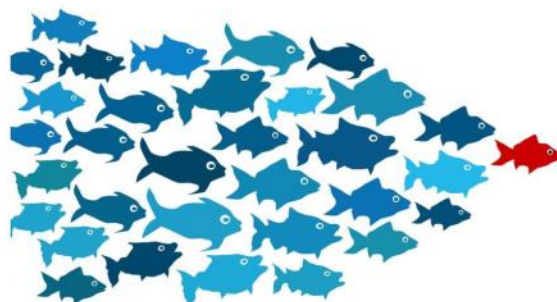
Leadership Opportunity: PARN Board of Directors

PARN's Board of Directors is seeking dynamic, experienced individuals interested in governance and leadership.

Now more than ever, PARN, like other non-profit organizations is being called on to respond to the needs of our communities by providing critical supports that leverage opportunities in the sweet spots between silos.

At PARN, our best work is done in partnership with community members, other organizations, institutions and businesses. By identifying shared concerns, exploring the sweet spot and imaging possibilities we can find solutions to some of our most pressing current day challenges.

Please contact board@parn.ca for a PARN Enduring Membership form and a Board application form, as well as a copy of our most recent E-NEWS.



Global HIV/AIDS Anti-Stigma Campaign Survey

The Ontario HIV Treatment Network (OHTN) is currently seeking community feedback on anti-stigma campaigns related to HIV/AIDS, including PrEP and U=U.

The OHTN has collected several awareness campaigns from around the globe as a slideshow presentation, and they are hoping you would share thoughts on the effectiveness of different messages and campaign methodologies.

To participate in the survey, please visit:
<http://www.ohtn.on.ca/global-hivaids-anti-stigma-campaign-survey/>



ONTARIO
HIV TREATMENT
NETWORK

Save The Date CAHR Conference May 9-12, 2019

The 28th Annual Canadian Conference on HIV/AIDS Research is the premier gathering in Canada for those working in all disciplines of HIV/AIDS research, as well as policy makers, persons living with HIV and other individuals committed to ending the pandemic. The conference, also known as CAHR 2019, will be held May 9th-12th, 2019.

For more information, please visit:
<https://www.cahr-acrv.ca/conference/>

Please Welcome the New Members of the PARN Team!



Front Row (L-R) Rebecca Dulson, Elisa Hollingsworth, Holly Stephen **Back Row (L-R)** Lora Keitel, Matt Barlow, Kait Lane, Carl Baxter.

Matt Barlow

I am in the Social Service Worker program at Fleming College. My main role at PARN is working on a research project under the direction of Kim Dolan. In addition to research I am also getting involved in more direct work through distributing harm reduction supplies, shadowing the Rainbow Youth Group and working a weekly shift in reception.

Carl Baxter

I am a third year BSW student at Trent University doing a field practicum with Rainbow Youth. I am excited to be helping anyone organize the GSA conference this semester! Looking forward to making new connections and having new experiences here at PARN.

Rebecca Dulson

I'm currently at Fleming College in the Social Service Worker Program. Within the next couple of months at PARN I will be doing a research project but I also get a chance to do a little bit of everything such as Harm Reduction, Outreach and Reception.

Elisa Hollingsworth

You might recognize me as a PARN volunteer, but I've now taken a new role of PARN Placement Student. I'm a student at Fleming College taking Mental Health and Addictions, and Social Service Work with the Indigenous Designation. I'll be working mainly in the Peer Engagement program, but you can also find me at reception, Harm Reduction, and Rainbow Youth.

PARN welcomed a new group of placement students to the team in January. This is the largest cohort of placement students we've ever had and we are thrilled to have Rebecca, Elisa, Holly, Lora, Matt, Kait, Carl, Tilly and Megan furthering their education with us this winter.



(L-R) Tilly MacDondald, Megan Scott

Lora Keitel

I am a Fleming student completing a dual diploma in Social Service Work and Mental Health and Addictions with an Indigenous Designation. My main role here at PARN is working with Becky Lyon (PARN's Hepatitis-C Outreach Coordinator), however, you will also see me at reception, in the Harm Reduction cupboard and working alongside the other outreach workers here!

Kait Lane

I am a student at Trent University completing my third-year in the Bachelor of Social Work program. My focus here at PARN is in the harm-reduction program. I am looking forward to learning about how PARN supports their service users within the harm-reduction program and gaining more knowledge pertaining to harm-reduction strategies.

Tilly MacDonald

I am a second-year nursing student at Trent University. At PARN I'm hoping to take part in the planning and implementing of an event or media strategy to raise awareness of sexual assault and encourage more education of this topic. Within my placement I will also have the opportunity to work with the HKLN drug strategy on harm reduction and alcohol/substance use and learn more from several members of the PARN and HKLN communities.

Megan Scott

I am a second year Nursing student at Trent University. My community placement is at PARN, and my final project will be based on the community resources located within the four county's (Peterborough, Haliburton, Kawartha Lakes, Northumberland) and will also include community mapping.

Holly Stephen

I am currently in the Mental Health & Addictions Program at Fleming College. My project at PARN is focused on Harm Reduction and working closely with Andrew- Harm Reduction Outreach Worker.

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

PARN in collaboration
with the Women &
HIV/AIDS Initiative
(WHAI) invites you to
our annual



Love Positive Women Card Making Event!

Tuesday February 5th, 2019 - 10am - 12:30pm
159 King Street, Suite 302-2

Questions? Please contact Brittany or Rachel
by phone at 705-749-9110



About #LovePositiveWomen

Love Positive Women is an international series of events that uses Valentine's Day as a backdrop, creating a platform for individuals and communities to engage in public and private acts of love and caring for women living with HIV. Working from a place of strength, LPW focuses on the idea of interconnectedness, relationship building, loving oneself and loving ones community. LOVE POSITIVE WOMEN is an ongoing project established by Visual AIDS artist member Jessica Whitbread in 2013.



Women's Meals in February will be taking place:

Friday February 8

3:00-6:30 pm

The Bridge, 256 Brock St.

Friday February 22

3:00-6:30 pm

The Bridge, 256 Brock St.

**For info, updates and to request individual
reminders, like our Facebook page:
WHAI@PARN**

**This is a free event for all self-identified women
and the youth and children in their care.
Food and activities are provided.**

For more information, contact Rachel Petty by email at
Rachel@parn.ca or by calling 705-749-9110.

Think you might have Hep C?

Get tested and find out
your results in 20
minutes!



No doctor? No Problem! The Positive Care Clinic (Lakeridge Health), in partnership with PARN, is providing Rapid Hep C testing at **159 King St. Suite 305** on:

Tuesday, February 5 - 9:30am to 1:30pm
Tuesday, February 12 - 9:30am to 1:30pm
Thursday, February 14 - 9:30am to 1:30pm
Tuesday, February 19 - 9:30am to 1:30pm
Tuesday, February 26 - 9:30am to 1:30pm
Thursday, February 28 - 9:30am to 1:30pm

There is a cure for Hep C

OHIP Card is Required

Please contact Becky Lyon (Hepatitis C Outreach Coordinator)
at 705-749-9110 or becky@parn.ca for more information.

POSITIVE CARE CLINIC
HIV and Hepatitis C Care



**Lakeridge
Health**

Volunteers needed for:

Harm Reduction Works @ PARN

Drop in and help us pack Harm Reduction Kits!!

Thursday, February 14 - 10am to 11:30am

Thursday, February 21 - 10am to 11:30am

Thursday, February 28 - 10am to 11:30am

Where: PARN – 159 King Street, Suite 302

No registration required.

Light refreshments and snacks provided.

For more information, please contact contact:

Brittany Cameron (705-749-9110 ext 204 - brittany@parn.ca)

or

Andrew Nelson (705-749-9110 ext 216 - andrew@parn.ca)



RAPID ACCESS ADDICTION MEDICINE CLINIC

Now open!



CLINIC HOURS:
Monday, Wednesday, Friday
8 a.m. to 11 a.m.

LOCATION:
159 King St., Suite 302
(co-located with PARN)
t: 705-749-9708 | f: 705-748-3060

Offering expedited, barrier-free treatment and counseling for patients who are addicted to alcohol or opioids, Peterborough Regional Health Centre's Rapid Access Addiction Medicine (RAAM) clinic is staffed by PRHC doctors and nurses and FourCAST addiction counselors, and serves clients from Peterborough, Kawartha Lakes, Northumberland and Haliburton.

Treatment and counseling are available free of charge on a walk-in basis. Referrals from other healthcare providers are welcome, but not necessary.

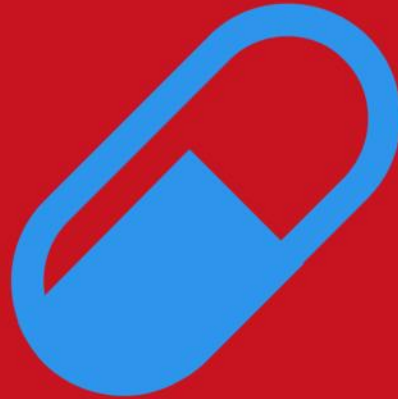
The RAAM clinic works in partnership with FourCAST and Peterborough AIDS Resource Network (PARN) to ensure our clients are supported through the continuum of their care. We are co-located with PARN, which provides access to a full range of harm reduction services, including needle exchange, outreach services and naloxone distribution.

Guided by you · Doing it right · Depend on us
www.prhc.on.ca



PRHC
Peterborough Regional
Health Centre

PrEP is available in Peterborough!



Contact the Positive Care Clinic at
905-668-6831 x 3127 to make an
appointment to get PrEP

The Positive Care Clinic provides HIV and hepatitis C testing and treatment (as well as pre and post-testing counselling) in Peterborough at the PARN site on Tuesdays and Thursdays. The clinic is provided through a partnership between Lakeridge Health and PARN.

Positive Care Clinic - 159 King Street, Suite 305 - Peterborough, ON
www.lakeridgehealth.on.ca/en/ourservices/positivecareclinic.asp
905-668-6831 x 3127

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.