

Newsletter - April 2019



A TASTE FOR LIFE



A Taste For Life is coming May 1st - See page 4

Also Inside
this issue

Men's Coffee Social at Dreams of Beans on April 24

Get involved with Harm Reduction Works at PARN

Join PARN's Board of Directors

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, Kim Sanderson.

What's Going On April 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–5pm

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 April

Please note that the PARN offices will not open until 11:00 am on Thursday, April 4 to accommodate an all-staff meeting.

The PARN offices will close at 5:00pm Thursday, April 18th for the Easter Holidays. We will re-open at 9:30 Tuesday, April 23rd.

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, April 11 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

Port Hope - Tuesday, April 23 - 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)



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.

PFLAG Peterborough Meeting - Thursday, April 11th

PFLAG  **CANADA**
PETERBOROUGH - ON

PFLAG Canada Peterborough Chapter usually hosts Sharing Meetings on the 2nd 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>

A Taste For Life

Wednesday, May 1, 2019

On Wednesday, May 1, 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.



Make your reservation for Wednesday, May 1st

BE Catering
8am to 3pm

La Hacienda
705-742-1559

St. Veronus
705-743-5714

Sam's Place
11am to 7pm

Capers
(Campbellford)
705-653-5262

Hot Belly Mama's
705-745-3544

Rare Grill House
705-742-3737

Silk Roots
705-742-1222

Dine out for A Taste For Life and you could win a \$150 gift card at your choice of participating restaurants!

Shafiq's
Taste of India
705-741-0009

The Thirsty Loon
(Lakefield)
705-652-1812

www.aTasteForLife.org



Peterborough cyclist participating in Toronto PWA Bike Rally

Peterborough's Brittany Hendren is participating in the 21st Annual Toronto People With AIDS (PWA) Foundation Bike Rally. Brittany, along with hundreds of other cyclists, will depart from Toronto on August 11 and arrive in Montreal on August 16. The six-day bike ride raises crucial funds for the PWA Foundation and brings awareness to HIV issues in Ontario, across Canada and throughout the world.

"I am participating in this journey for various reasons," says Brittany (pictured right with PWA Bike Rally teammate Sean Rand). "The People With AIDS foundation does such crucial work to help eliminate the existing barriers and stigma for people living with HIV/AIDS. The Friends For Life bike rally is a personal challenge for myself in which I have and will continue to explore my physical and mental limits and the social aspects that come with it, all while contributing towards a worthy cause"



Brittany's fundraising goal is \$1750 and she is more than halfway there! If you would like to support Brittany's fundraising efforts, please visit: Pwaevents.org/bicyclingbrittany

You can also support Brittany and the Toronto PWA Foundation by attending a fundraising night being held at The Twisted Wheel (377 Water Street in downtown Peterborough) on Friday, April 26 from 7pm to 10pm featuring live music and a silent auction.

Brittany's story was recently featured in the April 1 edition of the Peterborough Examiner. To read the story, please visit: <https://www.thepeterboroughexaminer.com/news-story/9249701-peterborough-cyclist-riding-600-km-for-hiv-aids/>

About the PWA Bike Rally

Launched in 1999, the PWA Bike Rally has traveled 600 km from Toronto to Montreal every year to raise funds for the Toronto PWA Foundation. In 2016, the Bike Rally introduced a 1-day, 110 km bike ride from Toronto to Port Hope, and this year there is a 3-day, 323 km ride to Kingston. The Bike Rally has engaged over 3800 participant as cyclists and crew and has raised over \$15 million dollars for the Toronto People With AIDS Foundation. The Bike Rally is the sustaining fundraiser for PWA supporting its ability to provide critical services and support to individuals living with HIV/AIDS in Toronto.



Since 1987, the Toronto People With AIDS Foundation has been helping men, women, trans men, trans women, and children living with HIV/AIDS. It is a community-based non-profit registered charitable organization. To learn more, please visit: www.pwatoronto.org

COFFEE SOCIAL

April 24th @ 5:00PM

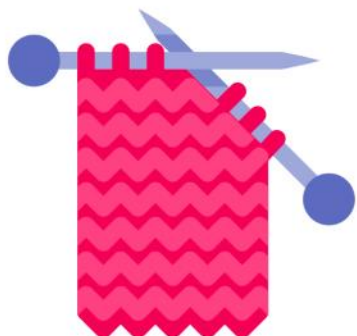
**!!Attention!!
Cis and Trans Men who
are into Men**

**Come out and kick back
with a cup of Joe and
relaxed conversation with
other guys in our
community**

FIRST CUPS ON US!

**Dreams of Beans
138 Hunter St. W.
Peterborough**

DoB **PARN** 
COMMUNITY-BASED SEXUAL HEALTH
EDUCATION



Frayed Knots

Knitting and Crochet Drop-In

**Mondays from 3:00 pm to 5:00 pm
159 King Street - Suite 302-2**

No Experience Needed!

For more information, please contact Brittany by email at brittany@parn.ca or by calling 705-749-9110

Volunteers needed for:

Harm Reduction Works @ PARN

Drop in and help us pack Harm Reduction Kits!!

Thursday, April 11 - 10am to 11:30am

Thursday, April 18 - 10am to 11:30am

Thursday, April 25 - 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)





The next Women's Meals will be taking place:

Friday April 12

3:00-6:30 pm

The Bridge, 256 Brock St.

Friday April 26

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.

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.

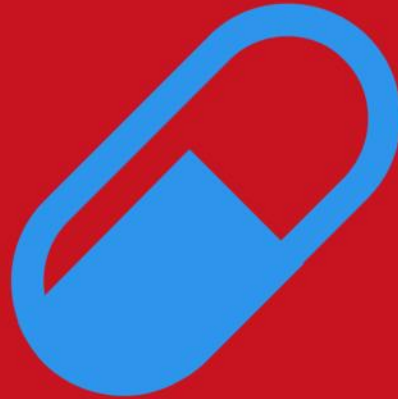
The RAAM clinic works in partnership with FourCAST and Peterborough AIDS Resource Network (PARN) to ensure our clients are supported through the continuum of their care. We are co-located with PARN, which provides access to a full range of harm reduction services, including needle exchange, outreach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

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

APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
Autism Acceptance Month	Frayed Knots Knitting and Crochet Drop In 3-5 RAAM Clinic 8-11	World Autism Day Positive Care Clinic 9-4	RAAM Clinic 8-11 Come Cook with Us*	Rainbow Youth Drop in 3-5 Positive Care Clinic 9-4 SHIFT Summit for Change 10-4 @Coburg Collegiate	Express Yourself Women's Art Drop In @ KSAC 10-12 RAAM Clinic 8-11	
	07	08	09	10	11	12
World Health Day	Frayed Knots Knitting and Crochet Drop In 3-5 RAAM Clinic 8-11	Positive Care Clinic 9-4	RAAM Clinic 8-11 Come Cook with Us*	Kit Making Drop In 10-11:30 Rainbow Youth Drop in 3-5 Positive Care Clinic 9-4	Express Yourself Women's Art Drop In @ KSAC 10-12 Women's Meal @ The Bridge 3-6:30 RAAM Clinic 8-11	
	14	15	16	17	18	19
	Frayed Knots Knitting and Crochet Drop In 3-5 RAAM Clinic 8-11 Men's Sexual Health Advisory Group Meetings 6:30 *	Positive Care Clinic 9-4	World Hemophilia Day RAAM Clinic 8-11 Come Cook with Us*	Kit Making Drop In 10-11:30 Survivors Lunch 12-2 * Rainbow Youth Drop in 3-5 Positive Care Clinic 9-4	Express Yourself Women's Art Drop In @ KSAC 10-12 RAAM Clinic 8-11	
	21	22	23	24	25	26
	Frayed Knots Knitting and Crochet Drop In 3-5 RAAM Clinic 8-11	Positive Care Clinic 9-4	RAAM Clinic 8-11	Kit Making Drop In 10-12 Rainbow Youth Drop in 3-5 Positive Care Clinic 9-4	Express Yourself Women's Art Drop In @ KSAC 10-12 Women's Meal @ The Bridge 3-6:30 RAAM Clinic 8-11	
	28	29	30			
	Frayed Knots Knitting and Crochet Drop In 3-5 RAAM Clinic 8-11	Positive Care Clinic 9-4				

*Registration Required

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.