

Newsletter - March 2019



Love Positive Women 2019 - See page 5

Also Inside
this issue

A fond farewell to Charles Shamess

Job opportunity with the HKLN Drug Strategy

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 March 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 March

Please note that the PARN offices will not open until 11:00 am on Thursday, March 7 to accommodate an all-staff meeting.

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, March 14 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

Port Hope - Tuesday, March 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:
705-749-9110 x 225

**Harm
Reduction
Works
@
PARN**

Save the Date



A TASTE
FOR LIFE

Wednesday, May 1, 2019

PFLAG Peterborough Meeting - Thursday, March 14th

PFLAG  **CANADA**
PETERBOROUGH - ON

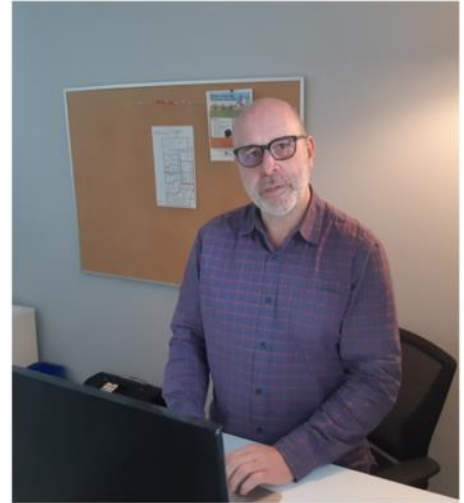
PFLAG Canada Peterborough Chapter usually hosts Sharing Meetings on the 2nd Thursday of each month at 7pm in Suite 302-2 at the PARN offices on 159 King Street in downtown Peterborough. For directions or more information please contact Dianne McKay at 705 749 9723 or ladydi@nexicom.net Visit the website at <http://www.pflagpeterborough.com>

A Fond Farewell to Charles Shames

Charles Shames - who has worked off an on with PARN since the inception of the agency - will be leaving PARN on March 8, 2019 to pursue an opportunity with the Sault St. Marie and Area Drug Strategy.

In 1987, Charles was part of a small group of volunteers whose concern about HIV/AIDS in Peterborough led to the founding of PARN. Since that time, Charles has become one of the architects of the HIV/AIDS response in Ontario.

While volunteering with PARN in the early days of the agency, Charles was working as a Mental Health Promoter and Educator for the Peterborough branch of the Canadian Mental Health Association. In the year 2000, Charles joined PARN as an employee, taking on the role of Education Coordinator.



During Charles' time as PARN's Education Coordinator, the agency's work in the community expanded greatly. Charles was tasked with managing PARN's participation in both the newly developed Four Counties Needle Exchange Coalition (which would later become Harm Reduction Works @ PARN) and the fledgling Rainbow Youth Coalition, which had just been launched in 1998.

In November 2006, Charles joined the Public Health Agency of Canada's AIDS Community Action Program (ACAP) and Hepatitis C program as a program consultant. Charles was responsible for program management and oversight of ACAP funded programs throughout Ontario.

In 2008, Charles became Director of the Ontario HIV and Substance Use Training Program (now known as the Ontario Harm Reduction Network), which trains addictions, mental health and allied social services across Ontario on the links between HIV transmission and substance use and mental health issues.

Charles then became the first Director of the Ontario HIV Treatment Network's (OHTN) Evidence-Based Practice Unit in February 2010. Charles was responsible for developing a new unit within the OHTN to support data-collection, analysis and evaluation of the community-based response to HIV in Ontario (of which PARN is part).

In 2012, Charles became the Director of Community and Volunteer Programs at Fife House in Toronto which provides supportive housing environments for people living with HIV and/or AIDS.

Charles returned to Peterborough in 2016 to coordinate the Haliburton, Kawartha Lakes, Northumberland Drug Strategy. In the summer of 2018, Charles moved into a new pilot position managing PARN's Harm Reduction Works program.

We've been lucky to have Charles with us over the last year, and we are thankful to him for all that he has done for people living with HIV in his career, and the leadership he has provided to those working and volunteering in the HIV sector. Charles recently announced that he will be leaving PARN in early March to take on the role of Director with the Sault St. Marie and Area Drugs Strategy. We wish him all the best in his new position.

Love Positive Women 2019!

Love Positive Women is an international annual event which takes place from the 1st to the 14th of February. It is anchored in Valentine's Day and encourages participants to consider love as an act of social justice and pushes back against the stigma, marginalization and isolation that many women living with HIV experience.

This year PARN expanded its Love Positive Women events to include women at risk for HIV. We did this by collaborating with the Kawartha Sexual Assault Centre and extending an invitation to the participants of the Express Yourself Expressive Arts Drop In to create cards to be sent to AIDS Service Organizations across the province as well as to the Quinte Sexual Assault Centre. On February 5th PARN opened its doors to facilitate a card making drop in, we had 12 attendees and made dozens of beautiful cards. In total we sent nearly a hundred cards to Belleville, Sudbury, Thunder Bay and Ottawa and made cards available to women at PARN on Valentine's Day.

We have since received cards from across the province and are distributing them among women living with HIV and women at risk in our community.

This year's card exchange was an incredible opportunity to build relationships within Peterborough and across the province at both the individual and agency level.





Presents

Men's Sexual Health WorkShop

WANT TO KNOW MORE
ABOUT PNP/CHEMSEX, HIV
STIGMA AND PREP?

THIS WORKSHOP WILL
PROVIDE EDUCATION ON ALL
THINGS PNP
(PARTY AND PLAY)

WE WILL BREAK DOWN
STIGMA AROUND HIV AROUND
UNDETECTABLE AND PROVIDE
LOCAL RESOURCES FOR
AQUIRING PREP AND PEP.

~ FREE ADMISSION ~

Wednesday March 27
7:00pm

"You're Welcome"
410 George St. N



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



COFFEE SOCIAL

March 20th @ 5:00PM

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

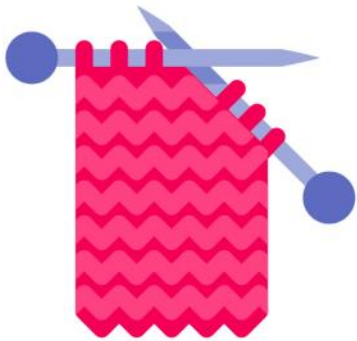
**Come out and kick back
with a cup of Joe and and
relaxed conversation with
other guys in our
community**

FIRST CUPS ON US!

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



United Way



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

Employment Opportunity: Media & Communications Worker

Are you a communications superstar? Do you have awesome media relations skills? Come work with us! The Haliburton, Kawartha Lakes, Northumberland Drug Strategy (HKLNDS) is now hiring a Media & Communications Worker and we would love to talk to you.

Haliburton, Kawartha Lakes, Northumberland

DRUG STRATEGY

This position is for someone with lived experience of substance use, who also has a good understanding of the HKPR geography and service environment. The successful candidate will use their personal experience as a way of teaching, informing and connecting with others.

For more information about this opportunity, please review the job posting at:
<http://hklnrugstrategy.ca/2019/02/15/job-posting-hklnds-media-communications-worker/>.

Your cover letter and resume can be submitted as a single PDF document to a Google Form at:
<https://docs.google.com/forms/d/e/1FAIpQLSdjKykn8GvEZskLFMqi40YLANb2-naRzULxYTLUlyVSodNzfA/viewform>

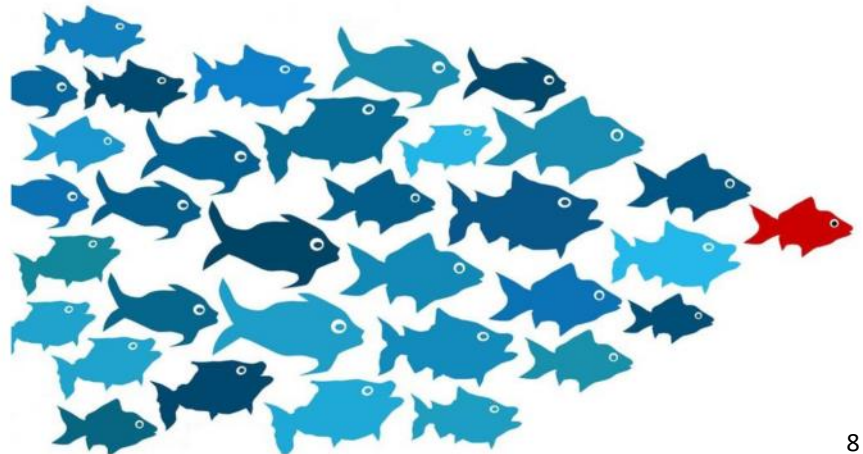
Leadership Opportunity: PARN Board of Directors

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.





Women's Meals in March will be taking place:

Friday March 8

3:00-6:30 pm

The Bridge, 256 Brock St.

Friday March 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!



159 King St. Suite 305

Tuesday, March 5 - 9:30am to 1:30pm

Tuesday, March 12 - 9:30am to 1:30pm

Thursday, March 14 - 9:30am to 1:30pm

Tuesday, March 19 - 9:30am to 1:30pm

Tuesday, March 26 - 9:30am to 1:30pm

Thursday, March 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.

Volunteers needed for:

Harm Reduction Works @ PARN

Drop in and help us pack Harm Reduction Kits!!

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

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

Thursday, March 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.

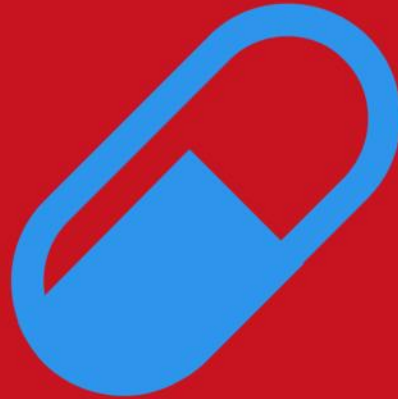
The RAAM clinic works in partnership with FourCAST and Peterborough AIDS Resource Network (PARN) to ensure our clients are supported through the continuum of their care. We are co-located with PARN, which provides access to a full range of harm reduction services, including needle exchange, outreach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

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

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.