

# Newsletter - July 2019



## World Hepatitis Day

Sunday, July 28th

*Pop-Up @ PTBO Square with  
Becky and Kara: Pg. 5*

### Also Inside this issue

Hep C Drop In @ PARN

My Hep C Story: Ron Dutton

HIV and Hep C Testing Options

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 for 2019/20

**Chair:**

Lawrence Finnie

**Vice Chair:**

Kirk Parry

**Secretary-Treasurer:**

Elisa Hollingsworth

**Members at Large:**

Adrienne Barnes, Kim Kennelly, Kim Sanderson.

# What's Going On July 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**

## Peterborough Opioid Summit

Peterborough Mayor Diane Therrien and Selwyn Deputy Mayor Sherry Senis invite you to a Summit on the Opioid Crisis in our community.

There will be panel discussion with experts in the field, and those with lived experience.

**When:** Thursday, July 11th 2019

Doors at 6:00pm, discussion from 6:30-8:30pm.

**Where:** Market Hall,  
140 Charlotte Street

Watch for news and updates!



## PARN Office Closures in July

Please note that the PARN offices be closed on Monday, July 1 for the Canada Day statutory holiday. We will re-open at 9:30 am on Tuesday, July 2.

The PARN offices will not open until 11:30 am on Tuesday, July 9 to accommodate an all-staff meeting.

The PARN offices will be closed on Wednesday, July 10 for PARN's Annual Summer Picnic.

## A Message from PFLAG Peterborough

The Peterborough Chapter of PFLAG is on a summer break! If you would like to know the date of their next sharing meeting in September, call 1-888-530-6777, extension 583 or email [peterboroughon@pflagcanada.ca](mailto:peterboroughon@pflagcanada.ca)

**PFLAG**  **CANADA**  
**PETERBOROUGH - ON**



# Concerned about HIV and/or Hep C?

## Testing is available in our region

The following locations offer HIV and Hep- C 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)



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## HIV and Hep C Services are available @ PARN

PARN provides a range of services for people living with HIV and/or Hep C and people affected by HIV and/or Hep C. PARN works to promote the well-being and independence of people living with or at risk for HIV and/or Hep C in the counties of Peterborough, Northumberland, Haliburton and Kawartha Lakes by providing services such as: counseling, workshops, and information on progression and treatment of the condition for themselves and their families; referrals to other service providers; basic necessities to those in need; and assistance with other health issues.

Chris Jardin – HIV Support Services Coordinator – [chrisj@parn.ca](mailto:chrisj@parn.ca) – 705-749-9110 ext 211

Becky Lyon – Hepatitis C Outreach Coordinator – [becky@parn.ca](mailto:becky@parn.ca) – 705-749-9110 ext 205

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## 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.

The Positive Care Clinic provides individual assessment and follow-up care, nutrition and medication counselling, laboratory work (blood work), and education opportunities. Services are fully funded by the Ontario Ministry of Health and Long-Term Care.

For more information, please visit:

<http://www.lakeridgehealth.on.ca/en/ourservices/positivecareclinic.asp>

# Meet the 2019/20 PARN Board of Directors!

On June 26th, 48 people attended PARN's 29th Annual General Meeting at Lett Architects in downtown Peterborough. Many thanks to Bill Lett for donating the beautiful studio space!

The event began with a social hour catered by Grandfather's Kitchen. Dianne McKay, recently retired PFLAG president, received gifts of appreciation and a heartfelt tribute from anya gwynne on behalf of the agency and the LGBTQ2+ community.

During the business meeting, the annual report and audited financial statements for 2018-2019 were presented, and members elected the board of directors for 2019-2020.

For the big finish, board members Lawrence Finnie and Kim Sanderson presented the Strategic Plan for 2018-2023.



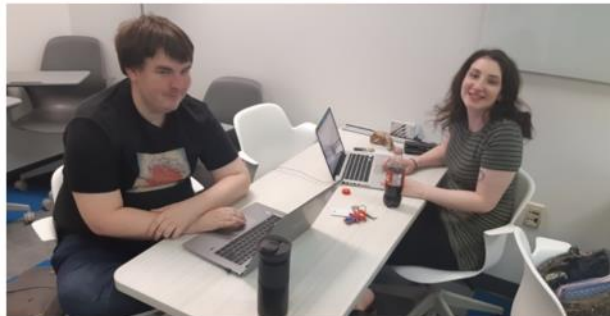
*PARN Board of Directors for 2019-2020, left to right: Kim Kennelly, Kim Sanderson, Kirk Parry (Vice-Chair), Lawrence Finnie (Chair), Adrienne Barnes, Elisa Hollingsworth (Secretary-Treasurer).*

## Please welcome Matt Barlow and Madi Hewie to the PARN team

### Matt Barlow

After completing university, I realized that I was passionate about working on the front-lines, which changed my path and brought me back to school. Before I returned to college, I was involved in co-running a grassroots Peer Support program while living in Oshawa. Since then, I have learned a lot about working in community and supporting clients. I am now committed to maintaining best practices including: being curious, not trying to be an expert and challenging my assumptions and bias. Many of these things I learned as a placement student at PARN during the 2019 Winter Semester. If I had the opportunity to do-over my peer experiences, I wouldn't take it. Having made mistakes that taught me exactly why certain practices exist is the most valuable piece of education I have.

My goal while I'm working at PARN is to be able to use my skills in research and communication to bring about meaningful change in the Peterborough community. I would want to see is Naloxone to become a standard inclusion in First Aid Kits. In case of emergency, organizations would have First Aid Kits, defibrillators and Naloxone Kits on site. The only thing needed for this to happen is ending the stigma.



### Madi Hewie

I'm a Social Service Work/Mental Health & Addictions student at Fleming College. I grew up here in Peterborough, and first got acquainted with PARN by attending the Rainbow Youth Drop-In when I was 14 years old. From that point

forward, I felt at home within PARN and strived to one day obtain a career here. My work background is primarily in Child and Youth Programming and Early Childhood Education at the YMCA of Central East Ontario – Balsillie Branch here in Peterborough where I have worked for 3 years.

Since then, I have worked alongside anya gwynne in the Queer Radicals group and have achieved my long goal by being hired at PARN as a Summer Student!! I am extremely excited to contribute to PARN's programming and to venture on into harm reduction, as well as going back to my roots by assisting in the Rainbow Youth Drop-In by getting to work with youth who are now attending.

The goals I plan to work towards within the duration of my contract is to widen my knowledge of services and their impacts here at PARN and to apply my experience as a past participant to scaffold the use of lived experience in my day-to-day operations.





# **World Hepatitis Day**

**Sunday, July 28th**

**Do you know the  
difference between  
Hepatitis A, B, and C?**

Come chat with Becky  
from **PARN** and Kara from  
the **Positive Care Clinic!**

**Pop-Up @  
Peterborough  
Square: 11am-3pm**

**340 George St N**

Becky Lyon  
Hep C Outreach Coordinator  
705-749-9110 x. 205

Kara Carr  
Registered Nurse  
705-749-9110 x. 213



**Worldwide,  
300 million people  
are unaware that  
they are living with  
viral hepatitis.**



Talk to your  
provider  
about liver  
health.



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



**HEP C Services  
@ PARN**



**Lakeridge  
Health**



# My Hep C Story: Ron Dutton

Story by Michael Savage - PARN Placement Student

"You just have to put one foot in front of the other."

That advice from Ron Dutton seems simple enough. But it's far from easy. As with many that have shared similar personal stories of experience, strength and hope, Ron finds it best to take one step at a time.

Ron was diagnosed with Hep C by his family doctor in Toronto during a routine blood test in 1992.

At the time, Hep C was not a priority. Ron lived with untreated ADHD and was engaged in recreational drug use. He had far less information than he does now regarding the danger of shared needles, which is how he contracted the virus. Unfortunately, due to relentless stigma, even individuals in the medical profession assumed that a Hep C diagnosis was a death sentence.

"My doctor said I was dying and told me, 'you'd better talk to your brother to make sure your assets are in order,'" Ron recalls.



That was 27 years ago, and Ron is still very much alive and feeling better than ever. It has taken a tremendous amount of fortitude and dedication, but Ron is now at a point where he is eager to have his story of perseverance heard, in the hopes that he can help others. Part of that story involves Ron's lengthy relationship with alcohol and drugs, his mental health, and many stops and starts along his road to recovery.

Change is possible, and Ron is living proof. But change doesn't happen overnight.

The death of his mother in 1999 had triggered Ron to start looking at his lifestyle and contemplate making changes. He knew he wanted to act but it took a while for him to fully commit, which is not atypical. Seven years after his original diagnosis, Ron was sheltered at the Brock Mission in Peterborough when he learned about the Positive Care Clinic on King St. Ron was recommended to use their services for testing and treatment for his Hep C.



"There were flyers up on the bulletin board at Brock Mission saying that treatment was available (at Positive Care)," Ron said. "But I was not ready at that time."

In 2006, while still actively using drugs and struggling with alcohol use, Ron had an ambulance called for him. It was pointed out to Ron that his skin was looking yellow and that he ought to seek help. At the time a liver biopsy was conducted to determine the amount of scarring endured on the liver due to his untreated Hepatitis C. It was a tumultuous time for Ron. "Being in the hospital, that's as close to death as you can be," he said.



# My Hep C Story: Ron Dutton

*Continued from previous page*

Being housing insecure, Ron was discharged to the same house he had been living in where a roommate was still using injection drugs. After discharge, Ron was visited by the Health Unit to determine who else may have been impacted by shared needle use from his past. Although Ron gave up the needles, he continued using crack.

Then came 2010 and everything turned around. Ron had become sick and tired of being sick and tired. Ron put one foot in front of the other and sought help, this time with purpose. He has been moving forward ever since.

"I met with PARN (Peterborough Aids Resource Network) staff and students in 2010 and was welcomed with open arms," Ron happily recalls, noting that his initial experience at PARN involved access to the agency's food shelf.

Soon after, he began utilizing more of PARN's services, including access to the Harm Reduction cupboard and regular visits to a case manager for one-on-one meetings. Through agency referrals, Ron became involved in the Carea Community Health Centre Hep C drop-in program held in PARN's programming space.

"These are the people who will give you a pat on the back and sometimes you need that," he said. "If I needed somebody, this is the place I would go."

Connecting to the Positive Care Clinic down the hall, Ron went for weekly blood tests and began a six-month Hepatitis C treatment program that included seven pills and one needle per week. The meds were brutal, but Ron forged on. (Note: this combination of interferon and ribavirin is no longer used since safer, shorter, highly effective and more tolerable tablet-only treatments are now available).

"Pick your day that you do the needle because you won't feel well the next day," Ron recalled thinking, noting that irritability and forgetfulness were typical side effects. "I was eating more, gaining weight, and hair was falling out. It took a while for the meds to get out of my system when I was done."

Ron kept a tape recorder on hand for audio recordings that tracked his treatment progression, noting all the challenges faced by the treatment side effects.

Ron remained unfazed in his pursuit of a healthier, happier life. During this time Ron successfully secured a change in his housing, a move that he considers "a life changer."



He attended the Come Cook with Us program on a regular basis, familiarized himself with the Hep C cook book, and set aside time each Wednesday to purchase groceries. As part of his health management, Ron is also grateful for the donation of YMCA passes he received. To this day, Ron maintains that the support he received from PARN staff and community partners were instrumental in his recovery. "It was good to be in the kitchen, good conversation, fresh coffee," he said.

Now Ron has been clear of Hep C for nearly a decade. He is feeling on top of the world and wants everyone who may be struggling to know there is hope.

# My Hep C Story: Ron Dutton

*Continued from previous page*

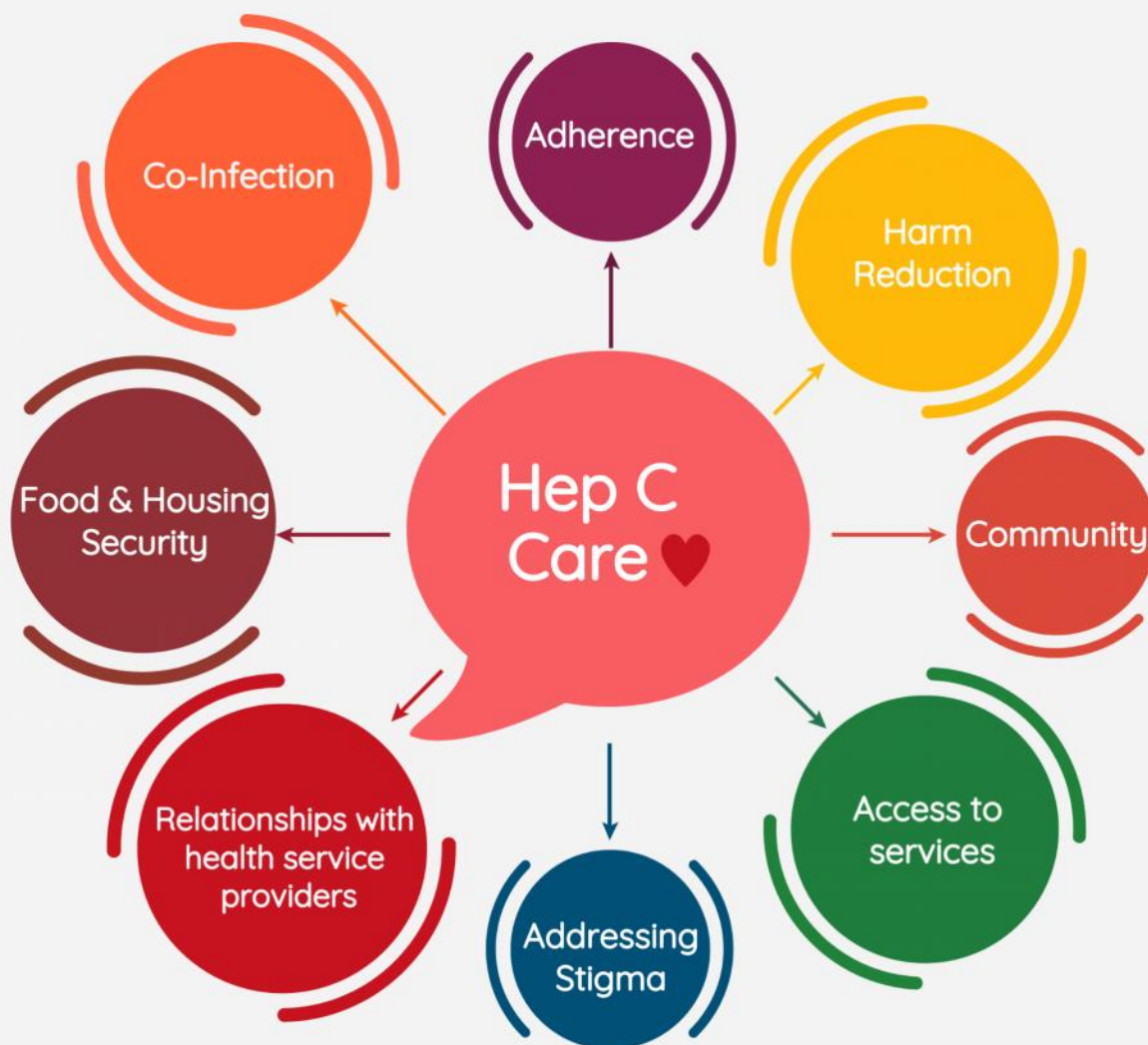
"You can get out of it," he said. "It's not something that you can say, yes, ok I'm ready. It takes time. You need to find a way to start. You start thinking to yourself, I gotta make a change."

"In recovery, whenever I was in distress, I just thought of myself and my dad going fishing. It's a better place. I won't ever go back (to the way things were). If I do, I'm dead. (Today), I am more alive. I get up every day to enjoy every day, where I'm at and what I have. Now I just want to sit back, hug a tree, smell a flower, fish, and enjoy."

Ron has plenty to live for, including a grandson that he beams about. "I haven't met him but hope to meet him one day," he said. "I really, really hope so. I want to get closer to my family."

Today Ron is here to help others. "I had a magnet that said 'Peer Support' it felt good."

"It is important for me to share my story because I want others to know you can come back from this. I am here to help 24/7. It doesn't matter what time it is, I'll come down and meet you. I took so much in my life and I want to give it all back."





# Hepatitis C Drop-In @ PARN



Had an exposure?  
Recently diagnosed?  
On treatment?



**Come to PARN to have your Hep C questions answered with our team!**

## Third Tuesday of every month!

- July 16th
- August 20th
- September 17th
- October 15th
- November 19th

**1-3 pm**

**159 King Street, Suite 302-2**

**Snacks and drinks provided!**

Becky Lyon  
Hep C Outreach Coordinator  
705-749-9110 x. 205



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



# Hepatitis C one-on-one Info Sessions

Stop in every Tuesday from  
3–5pm



Need to talk to someone privately about Hep C?

**Meet Becky at PARN 302–159 King St  
to ask questions on:**

- \* What is Hep C and how do you get it?
- \* Prevention strategies
- \* Living with someone who has Hep C
- \* Connection to Hep C testing
- \* Support while on treatment
- \* Compensation support
- \* Support for families, friends & roommates
- \* Info about our drop-in program
- \* Challenges connecting to services

Can't come by?  
Call Becky at  
705-749-9110 x. 205



**United Way**  
Peterborough & District





## Central East Opening Doors Conference: Creating Connections

October 24 - 25, 2019 · Viamede Resort, Woodview



An evidence-based learning opportunity that focuses on the medical and psychological well-being of people living with HIV and/or AIDS (PHA), and their respective service providers.

### Why should you attend this conference?

- Holistic insight into the current health, legal and social issues that impact people living with HIV and/or AIDS;
- Networking with a diverse range of people in your community;
- Knowledgeably strengthen your advocacy, anti-oppression and activism skills;
- Enjoy a beautiful getaway on Stony Lake;
- Learn something new and meet other amazing people who make community a better place to work and live.

### Program Sessions

- Grief and Loss
- Cannabis
- Peer Panel: Isolation and Loneliness
- Complementary Health
- Housing
- Sexual Health
- Harm Reduction
- Peer Led Sessions
- Online Dating Safety
- Engaging People Living with HIV and/or AIDS

### Cost


#### **For People Living with HIV and/or AIDS:**

- Free with Double Accommodation

#### **For Service Providers:**

- Full registration \$75, includes 1.5 days of education, meals and accommodation
- Day registration \$25, includes 1.5 days of education, lunch

Contact: Victoria van Veen - [victoria@eVvVents.ca](mailto:victoria@eVvVents.ca) - 705-930-5774 - [www.ceodconference.ca](http://www.ceodconference.ca)

Presented by:  Ontario



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## PANACHE Study Seeking Older People Living with HIV and/or AIDS

Are you 60+ years old and living with HIV?

As part of the Preferences and Needs for Aging Care among HIV Elders (PANACHE) Ontario study, Realize, the University Health Network, and our community partners are organizing community consultations across Ontario to gather information on the healthcare and social support needs and preferences of older people (age 60+) living and aging with HIV. An honorarium will be provided.

To find out more or to sign up, follow this link: <http://bit.ly/Study19>

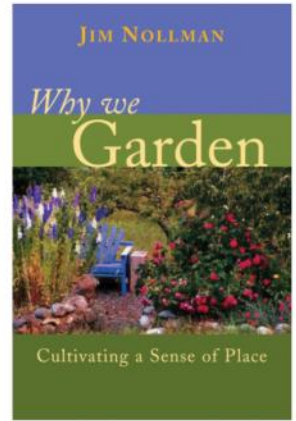


# A Visit to PARN's Community Garden

by Michael Savage

In his best-selling novel *Why We Garden: Cultivating A Sense Of Place*, author Jim Nollman writes, "rediscovering roots and making connections to our surroundings" are two significant reasons to garden. At PARN, where making connections is part of our DNA, we concur.

We are excited to announce that for the third year in a row, our plots at the Stewart Street Community Garden in Peterborough are up and growing under the stewardship of PARN staff, volunteers and peers, in partnership with Elizabeth Fry staff. It is a labour of love, commitment and trust, one that has as its eventual reward the arrival of a colourful cornucopia emerging from the soil. To the novice gardener, the slightest appearance of green is cause for celebration, confirmation that our collective effort has not been in vain. I am happy to report that my enthusiasm for the fruits of labour has been equalled by the much more experienced and knowledgeable green thumbs I have the pleasure of toiling with.



Gardening is like no other activity when it comes to examining our own lives. On hand and knee, we experience the rediscovering of roots that Nollman spoke of – natural, connected, and filled with child-like anticipation. Personal growth, it occurs to me, can be explained by the blossoming of plants and flowers. Perfectly imperfect. Beautiful. Unique. With boundless potential. It is a renewal of sorts to be down on all fours, becoming one with the earth, eliminating weeds while creating space for healthy growth. There is a personal healing that takes place and a call to spirituality, if we're in a spot where we can listen and feel and absorb and belong. Soon, we are marvelling at the beauty of a blooming azalea or hibiscus ... or, in the case of the PARN garden, tomatoes, cucumber, pumpkin, carrots, leafy greens, peppers and peas. All fresh, all delicious, all created with devotion and tender loving care, and with priceless contribution from the sun, rain and fertile ground.



The garden is representative of PARN's commitment to food sustainability. It provides sustenance and nourishment, while guiding us to new practices of conservation. In a community where food insecurity runs rampant, tending to our garden is more than just an enjoyable hobby. It is our duty. It was the reason we felt compelled three years ago to create the garden, an idea fortified by participants of the Come Cook With Us program offered through PARN, in partnership with Peterborough Public Health. It has been a collaborative effort from the get-go.

Recent trips to the garden have morphed into small, impromptu gatherings of staff and passersby. Curiosity creates community, and for some that have approached while we shovel and rake and cover and hoe and water, immediate connections have been made. It is almost as though we can see the roots strengthening in the folks we talk to, whether they are offering advice on seedlings, sharing stories of gardening and personal growth, or learning a thing or two they might not have known before. As with the garden itself, these fledgling relationships help sustain us and enhance our own growth, reminding us how fortunate we are to be part of community.



# Businesses in downtown Peterborough responding to opioid crisis

The Downtown Business Improvement Area is partnering with Peterborough Public Health and Harm Reduction Works @ PARN to provide Naloxone kits at no-cost to a number of strategically located downtown businesses. Naloxone is a safe lifesaving medication that can temporarily reverse an opioid overdose, buying time for a person to get the necessary medical attention they may need. Providing access to Naloxone is an evidence-based harm reduction approach that is only one piece of a broader comprehensive plan to address the harms associated with opioids in Ontario.



"We're in the midst of an opioid crisis in Peterborough," says Terry Guiel, DBIA Executive Director. "We see first-hand people struggling with addiction and sadly, we've already lost too many members of our community."



Peterborough Public Health and PARN provided brief training sessions along with the free kits in the front lobby of Venture North at 270 George Street North on June 27 and 28 and July 4 and 5. As well as DBIA members, the Greater Peterborough Chamber of Commerce invited its members to be trained and equipped with Naloxone kits.

"We know that people working downtown are experiencing the impact of the opioid crisis on a daily basis and want to do what they can to help," says Kim Dolan, Executive Director at PARN. "This initiative increases our collective response to opioid poisonings in our community and sends a strong message that people in Peterborough are prepared to step up and save lives."



The kits are being provided by the DBIA, PARN, Peterborough Public Health and the City of Peterborough For anyone interested in receiving thorough no-cost overdose response training, Question of Care Peterborough offers training sessions throughout the year, Visit [www.QuestionOfCare.com](http://www.QuestionOfCare.com) for information on upcoming sessions.

# Steering committee established to bring Consumption and Treatment Services Site to Peterborough

**Peterborough, ON** - As part of a multi-faceted community-based response to opioid poisonings and deaths in the Peterborough region, a steering committee was struck on Saturday, June 29 to bring a Consumption and Treatment Services site to Peterborough.

Peterborough MPP Dave Smith, Peterborough Mayor Diane Therrien, and Selwyn Township Deputy Mayor Sherry Senis (representing the County of Peterborough) met with a number of community representatives including Peterborough Public Health, Peterborough Police Service, Canadian Mental Health Association, Peterborough Regional Health Centre, the 360 Nurse Practitioner Led Clinic and PARN. The group also included private business White Path Consulting, a retired ER physician and community members with experience in developing inclusive programs.

These partners will be working together to establish a site where people who use injection drugs can use those drugs under the supervision of health professionals in order to prevent opioid poisoning deaths. The site will also provide onsite or defined pathways to addiction treatment services, primary care, mental health, housing, and other social supports.

"Everyone at the table recognizes that each overdose death is someone's child. We are all putting aside our partisan differences to find a solution that works for our community of Peterborough-Kawartha," says Dave Smith, MPP Peterborough-Kawartha.

"By drawing from the strengths of multiple partners and focusing on shared goals, we will build a safer community for people at risk of opioid poisoning," says Kim Dolan, PARN Executive Director. "With leadership from multiple levels of government and the support of local service providers and engaged community members, we have an opportunity to step up and save lives."

Existing Supervised Consumption Sites are shown to decrease transmission of blood-borne infections (such as HIV and HCV), reverse overdoses, facilitate access to health and social services and reduce costs to the entire healthcare system. Sites have also been shown to decrease public injecting and discarded needles.

"The establishment of a safe consumption and treatment services site in Peterborough is an important step as our community comes together to take action against the opioid crisis," said Mayor Diane Therrien. "Even one death is too many. Public safety needs to be our top priority, we look forward to working with our Provincial partners to make this happen."

"In the City and County of Peterborough, we have an excellent network of agencies and community members that have come together to form a cohesive group intent on tackling the opioid crisis that exists in our community", says Sherry Senis. "I am confident that we will find the much-needed solutions to properly deal with the situation."

The steering committee established five working groups on June 29 that will be responsible for delivering specific aspects of the site: Service Delivery, Site Location, Communications and Community Engagement, Policies, and Data and Evaluation. The planning process will also include people who use drugs.

"Good progress was made at the meeting and I'm pleased to see so many key community partners making this application a priority," said Dr. Rosana Salvaterra, Medical Officer of Health.

Community engagement and consultations will be an important part of this process and the public can expect to hear about such opportunities in the near future. 20 people are suspected to have lost their lives to opioid poisoning in Peterborough since January 2019. Peterborough currently has the third-highest rate of opioid poisonings per capita in Ontario – only exceeded by Brantford and St. Catharines.



# **Volunteers needed for:**

## **Harm Reduction Works @ PARN**

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**Drop in and help us pack Harm Reduction Kits!!**

**Thursday, July 11 - 10am to 11:30am**

**Thursday, July 18 - 10am to 11:30am**

**Thursday, July 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](mailto:brittany@parn.ca))**

**or**

**Andrew Nelson (705-749-9110 ext 216 - [andrew@parn.ca](mailto:andrew@parn.ca))**



Gender Journeys & Rainbow Youth Present:

# A TRANS SWIM NIGHT!

June 16th, July 21st, August 18th, 4pm - 6:30pm

Trent University Athletic Centre  
1650 W Bank Dr, Peterborough



Join us the 3rd Sunday of June, July, and August for an evening of swimming and community!

This swim is for all nonbinary, two-spirit, gender diverse, trans, and questioning folks, as well as their allies.

***Please RSVP by emailing  
[genderjourneys@cmhahkpr.ca](mailto:genderjourneys@cmhahkpr.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](http://www.prhc.on.ca)



**PRHC**  
Peterborough Regional  
Health Centre



# 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