

Newsletter - September 2019



PETERBOROUGH PRIDE

peterboroughpride.ca

*Celebrating Diversity
since 2003!*



It's time for Peterborough Pride - September 13th to 22nd
See page 6 for details

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Chris Jardin is moving on from PARN

50 Years since Stonewall

Central East Opening Doors registration is open

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.

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.

What's Going On September 2019

New Office Hours @ PARN

PARN has updated its office hours to accommodate a weekly staff meeting on Tuesday mornings. Since July, PARN opens at 11:30 am on Tuesday mornings. All other office hours remain the same at PARN.

PARN Office Closures in September

Please note that the PARN offices be closed on Monday, September 2 for the Labour Day statutory holiday. We will re-open at 9:30 am on Tuesday, September 3.



Office Hours @ PARN

Monday:

9:30 am–5 pm

Tuesday:

11:30 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



Rainbow Youth Program
Every Thursday - 3:30 - 5:30 pm
Suite 302-2, 159 King Street

PFLAG Peterborough Sharing Meeting on Thursday, September 12th

After taking a summer break, PFLAG Canada Peterborough Chapter will resume its regular 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 Catherine Middleton at 705-745-5782, or visit the website at <http://pflagpeterborough.com>

Women in Action offering Self-Defence Class

Women in Action is hosting a women's self defense class on September 27th as part of the community meal program. The course will be offered from 4-5, at the Bridge. Please see page 9 for more details on Women in Action.

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)

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.

To speak to someone at PARN about HIV or Hep C, please call 705-749-9110.

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>



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 - 705-930-5774 - www.ceodconference.ca



A Message from HALCO on Ontario's Sex-Ed Curriculum

On August 21, 2019, the Ontario government released the 2019 Health and Physical Education Curriculum for elementary schools. While we have serious concerns with some aspects of the curriculum, including with the timing of introduction of discussion of gender identity, we are very pleased to see that key HIV information, including content about the harms of HIV stigma, remains. For example, the assertion that "[o]ne of the best things you can do to stop HIV is to stop the stigma that is associated with having the infection" is still included. We are extremely pleased to see that the curriculum also newly incorporates updated science underlying the U=U message, with the statement "HIV treatment can reduce the amount of HIV in someone's body to the point where it cannot be transmitted."

To read the full statement from HALCO, please visit: <https://www.halco.org/2019/news/new-sex-ed-2019aug>

Chris Jardin is going back to school

Chris Jardin left PARN at the end of August 2019 to continue his education in South Carolina. Chris has been an integral part of the PARN team since he joined the agency in January 2015 as the Prevention and Education Coordinator. Since then, Chris has worn many hats at PARN, taking on the roles of Harm Reduction Coordinator and Men's Sexual Health Worker. Most recently, Chris has been working as PARN's HIV Support and Interventions Coordinator.

Through these varied roles, Chris has touched the lives of countless PARN service users and he has been a tireless advocate for many of the most vulnerable people in our community. Whether working one-on-one with someone accessing services at PARN, providing educational workshops to local service providers, or speaking to the media about the need to eliminate stigma in our community, Chris's empathy, compassion and professionalism have shone.

In one of his first successes at PARN, Chris brought the concept of the Sidewalk Talk to Peterborough. While living in San Francisco, Chris became familiar with the work of psychotherapists Lily Sloane and Traci Ruble who created pop-up listening stations to promote empathy and inclusion, foster connection, and tear away stigma. Engaging some of PARN's community partners like the John Howard Society, Peterborough Dialogues, the Peterborough Police Service, Bedford House, Sidewalk Talk Peterborough launched in September, 2015 to coincide with Peterborough Pride.

In addition to his core work, Chris has served on a variety of committees and advisory groups during his time at PARN, including Ontario's Provincial Opioid Task Force and the Peterborough Pride Committee. Chris has also been deeply involved in the local arts community, performing in a number of productions at The Theatre On King.



We are thankful to Chris for all that he has done for PARN and our local communities and we wish him the best in his new adventure.



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Pride Week 2019 is September 13th to 22nd – Mark your calendar and join the celebration!

The theme of the 2019 Pride Week is “Unstoppable”. As a movement for human rights and as individuals that is what we are! We invite you to embrace it and make it real by participating in Pride Week in September and related events throughout the year.

Pride Week is a collection of community run events book-ended by the Flag raising on Friday September 13th and the Parade and Park events on Saturday September 21st.

To view a full list of Pride Week events, please visit: <http://peterboroughpride.ca>

2019 Marks 50 Years Since Stonewall

*The 2019 edition of Peterborough Pride coincides with the 50th anniversary of the Stonewall riots in the summer of 1969. PARN placement student **Michael Savage** recounts the events of Stonewall and how they still reverberate today.*

Fifty years ago, Marsha P. Johnson climbed up a lamppost to drop a brick on a police car. Two years from now, a statue in that same area of New York’s Greenwich Village will be unveiled in her honour. Sometimes we need to do something dramatic for our voices to be heard.

The Stonewall Riots took place in the summer of 1969. It was a response from the LGBT community to police brutality in New York City, where being openly gay was considered a crime. Lesbians, gays, bisexuals, transgender, queers, drag queens, homeless gay youth, panhandlers and their advocates, denied entry to most establishments in town, took refuge in the Stonewall Inn, a drinking establishment where they could express themselves as freely and peacefully as possible. Things came to a head in the early morning hours of June 28, 1969, when police stormed the Inn to round up as many “undesirables” as they could. To their everlasting credit, the patrons fought back.



Story continues on next page...

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Many were physically roughed up by the cops, including a lesbian that was struck by an officer while being forcefully shoved into a paddy wagon. Thirteen were arrested, including people that were violating the state's gender-appropriate clothing edict. Female officers were instructed to take suspected cross-dressers into the bathroom to check their sex. Many barricaded themselves inside the bar but were forced to evacuate when the Inn was set on fire. The flames were soon doused by the fire department, those still in the Inn were rescued, but that was hardly the end of it. Five more days of protests would follow, this time involving thousands of supporters that stood arm in arm with the patrons.

The six-day period over which the riots took place was not the start of the gay rights movement. But that week bridging late June with early July is widely recognized as the most pivotal. Gay rights organizations including the Gay Liberation Front, Human Rights Campaign, GLAAD (formerly Gay and Lesbian Alliance Against Defamation, but now just GLAAD to allow for inclusion of transgender and other marginalized people), and PFLAG (formerly Parents, Families and Friends of Lesbians and Gays) were formed as a result of the galvanizing event.

Johnson, who described herself as a "drag queen" at a time when the term transgender had yet to become part of the lexicon, rightfully earned her place in history as a leader in gay activism. Her story has been told and retold many times over of her relentlessness in pursuing justice. When her statue and that of her contemporary Sylvia Rivera are unveiled in 2021, they will forever serve as monuments to the brave who are willing to lay down their lives to simply be themselves. Are any of us willing to do that?

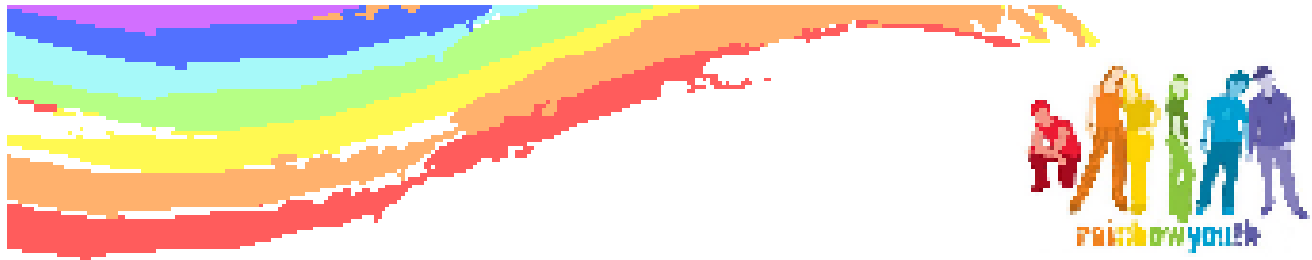


Marsha P. Johnson, pictured right

Trailblazers pay a heavy price. When we tap into their passion, call out injustice when we see it, when we stand in a crowd holding signs demanding equal pay and equal rights, when we turn to someone who looks different from us and tell them that we love and care for them and that we support them, when we perform random acts of kindness, make a Facebook posting calling on our peers to help end stigma, when we step outside ourselves and look for ways to make a difference, then we prove that the echoes of Stonewall continue to be heard.

In about three months from now, on November 20, Transgender Day of Remembrance will be observed worldwide. It will be a day for all of us to reflect on ourselves and our biases, and to honour in vigil those that have been brutally injured or murdered because they had the audacity to be themselves. All those with good intentions and a fighting spirit to stand in support of decency, equity, justice and compassion are welcome to participate.





The Rainbow Youth Program and PARN invite you to...

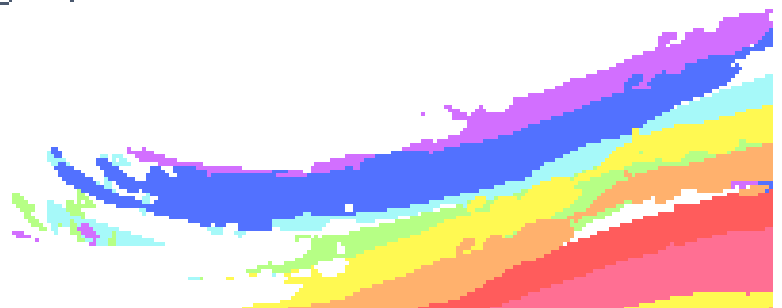
CHESHIRE ROOM OPEN HOUSE

Friday September 13. 2pm-4pm
159 King St. Suite 301.

Start off Pride week by supporting
2SLGBTQIAA+ youth in your
community!

Tour our new community space,
view our queer art gallery, and
learn about what we do.

This event is free, all ages, and wheelchair accessible.





Women in Action

Encouraging Collaboration
through
Food and Community



Our Next Meals will be Taking Place:

Friday September 13

3:00-6:30 pm

The Bridge, 256 Brock St.

Friday September 27

3:00-6:30 pm

The Bridge, 256 Brock St.

For info, updates and to request individual
reminders, like our Facebook page:
WHA1@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.



Volunteers needed for: **Harm Reduction Works @ PARN**

Drop in and help us pack Harm Reduction Kits!!

Thursday, September 12 - 10am to 11:30am

Thursday, September 19 - 10am to 11:30am

Thursday, September 26 - 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

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