

# Newsletter - December 2019



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Red Ribbon Campaign raises \$924

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 December 2019

## PARN Holiday Office Hours

Monday, December 23 - 9 am to 5 pm  
Tuesday, December 24 - 9 am to 2pm  
Wednesday, December 25 - Closed  
Thursday, December 26 - Closed  
Friday, December 27 - Closed  
Saturday, December 28 - Closed  
Sunday, December 29 - Closed  
Monday, December 30 - 9 am to 5 pm  
Tuesday, December 31 - 9 am to 2 pm  
Wednesday, January 1 - Closed

We will resume regular business hours on  
Thursday, January 2, 2020



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

*\*Note: No Drop In on Thursday, December 26*



## Office Hours @ PARN

**Monday:**  
9:30 am–5 pm  
**Tuesday:**  
11:30 am–5 pm  
**Wednesday:**  
9:30 am–5pm  
**Thursday:**  
9:30 am–5 pm  
**Friday:**  
9:30 am–5 pm  
**Closed Saturdays and Sundays**

## PFLAG Peterborough Sharing Meetings Happening in December

PFLAG Peterborough Sharing Meetings take place on the 2nd Thursday of every month at 7pm in Suite 302-2 at the PARN offices, 159 King Street in downtown Peterborough.

For directions or more information, please contact Catherine Middleton at 705-745-5782, or visit the website at [www.pflagpeterborough.com](http://www.pflagpeterborough.com)

**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.

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

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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.

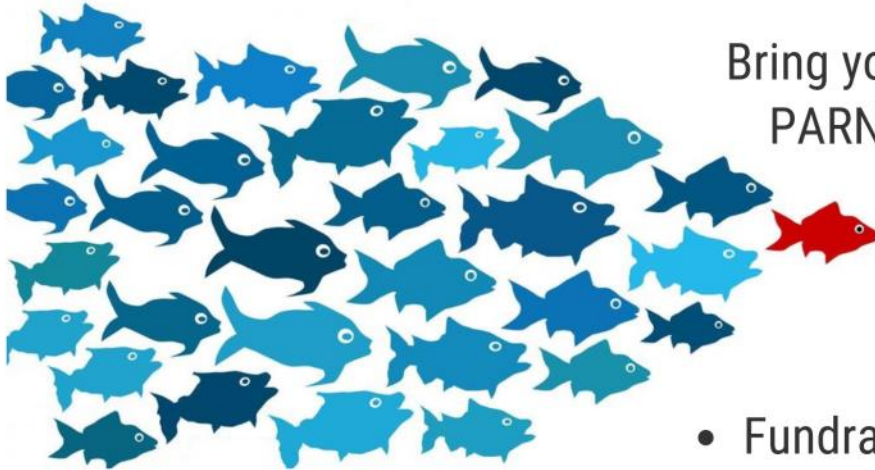
For more information, please visit:

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

An Invitation from

# PARN's Board of Directors

Leadership Volunteer Opportunities



Bring your skills and experience to PARN as a member of the board or a committee, including:

- Strategic Planning
- Board Development
- 30th Anniversary Gala
- Fundraising and Communications

PARN's work is guided by a Board of volunteer directors who ensure that the agency is meeting and exceeding its commitments to the communities we serve - people living with, affected by, at-risk for and concerned about HIV support, prevention and education - in Peterborough County, Northumberland County, The City of Kawartha Lakes and Haliburton County.

The board meets on a monthly basis and provides governance leadership, sets strategic directions for the agency, approves and monitors the annual budget, and supports fundraising and fund development. Board members are encouraged to join any of the committees to focus on specific areas of interest and development.

If you would like to get involved in a leadership role at PARN, and you live within the four county region, are an Enduring Member of the agency (or you are willing to become one), we would like to meet with you to discuss the opportunities. You can call PARN Executive Director Kim Dolan at 705-749-9110 or 1-800-361-2895, or you can email the Board directly at [chair@parn.ca](mailto:chair@parn.ca).



# Aboriginal AIDS Awareness Week - December 1-6

Aboriginal AIDS Awareness Week launched on Sunday, December 1 in Ottawa, ON with a Parliamentary Tea followed by events across the country aiming to unite an Indigenous response to HIV and AIDS mirroring the World AIDS Day theme 'Communities Make the Difference'.

Aboriginal AIDS Awareness Week events will connect Indigenous organizations and leadership, government partners, community health workers, and grass roots activists to raise awareness on the critical role of community to inform culturally safe approaches to holistic HIV testing, care and treatment. It will also address barriers that stop communities from delivering essential services.

For more information, please visit:  
[aboriginalaidsawareness.com](http://aboriginalaidsawareness.com)

**First Nations  
Communities  
Make The Difference!**



**Respect, Knowledge & Culture**

**ABORIGINAL AIDS AWARENESS WEEK**

December 1 - 6

Email: [info@can.ca](mailto:info@can.ca)  
Office: (604) 266-7616  
[www.aids.ca](http://www.aids.ca)  
[www.aboriginalaidsawareness.com](http://www.aboriginalaidsawareness.com)  
Canadian Aboriginal AIDS Network

## Remembering Lives Lost to Addictions



Mom's Stop The Harm Peterborough have placed a tree near the food court in Peterborough Square this winter to remember the lives lost to overdose, drug poisoning and addiction. The tree is decorated with clear bulbs containing photos of loved ones who have passed away.

Photos for the tree can be dropped off at PARN (159 King Street, Suite 302) or emailed to PARN's Harm Reduction Coordinator Carolyn King at [carolyn@parn.ca](mailto:carolyn@parn.ca).

The tree was placed in Peterborough Square on Thursday, November 28 and will remain standing until the end of December.

## Out and About with PARN in November



Andrew and Becky from PARN were at Trent University on Tuesday, November 26 to talk to students about opioids and the risks of opioid poisoning as part of Addictions Awareness Week (November 24-30).



Thank You for Your Support!

# Red Scarf Project

## World AIDS Day 2019



Generous people in our communities donated a total of 180 beautiful red scarves for the 2019 Red Scarf Project. On Saturday, December 1 - World AIDS Day - volunteers took to the streets to display the scarves in Peterborough, Cobourg and Grafton. The scarves were displayed like large red ribbons – the international symbol of HIV awareness and support - to raise awareness of World AIDS Day and HIV issues in our community. People who are in need of a scarf this winter were encouraged to grab one to bundle up against the cold in the coming months.



Thank you to everyone who took the time to create scarves for the Red Scarf Project, including residents and staff from Jackson Creek Retirement Residence who crafted 30 scarves this year, and members of Emmanuel United Church in Peterborough who donated 27 hand-made scarves!



**We are grateful to St. Andrew's United Church in Grafton and PFLAG Cobourg for taking the lead in Northumberland where community members created 60 red scarves for December 1st!**





# 2019 Red Ribbon Campaign



25 Volunteers  
5 Locations  
1000 Red Ribbons  
\$924 raised

Thank you to all of the volunteers and local businesses who helped PARN raise \$924 and distribute 1000 Red Ribbons in our communities on Saturday, November 23, 2019. We are grateful for your ongoing support.

Please support the businesses that made space for PARN volunteers on November 23 for the Red Ribbon Campaign:

Thank you to Fabricland,  
official supplier for the 2019  
Red Ribbon Campaign.



## Chapters

**Freshco** (Brock Street)

**Freshco** (Lansdowne St.)

**Peterborough Square**

**Peterborough Regional Farmer's  
Market**

# Harm Reduction & Hep C Services

Come visit Mackenzie and Becky from PARN to receive any of the following services:

- Harm reduction kits and supplies (including needles, cookers, ties, pipes etc.)
- Naloxone kits and training
- Information about safer drug use
- Resources and information for individuals who use drugs



- Connection to Hep C testing
- Information about prevention strategies and treatment
- Support for clients, families and friends
- Resources and information for any questions or concerns regarding Hep C



**Friday, December 20th, 2019**

**10:00 am - 1:00 pm**

**Campbellford Community  
Resource Centre**

65 Bridge St. East, Campbellford

**Check in at the front desk and visit us in room CF2!**

**Questions? Call us at 705-749-9110!**



Harm  
Reduction  
Works  
@  
PARN



# 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!**

- September 17th
- October 15th
- November 19th
- December 17th
- January 21st

**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/STBBI PROGRAMS  
SUPPORT. PREVENTION. EDUCATION.





# 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



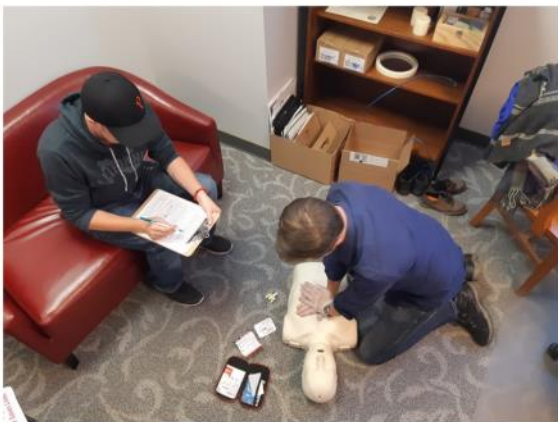
# Naloxone Saves Lives



**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