

# Newsletter - January 2020



*Photo: Todd Van Donk/TorStar*

## Thank You Kim!

Kim Dolan is moving on from PARN to take over the Executive Director role at YWCA

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**

<b>Chair:</b>	<b>Vice Chair:</b>	<b>Secretary-Treasurer:</b>
Lawrence Finnie	Kim Sanderson	Elisa Hollingsworth

#### **Members at Large:**

Adrienne Barnes, Kim Kennelly, Mark Phillips.

# What's Going On January 2020

**Please Note:** The PARN offices will be closed on Friday, January 31 for staff training. The offices will re-open at 9:30 am on Monday, February 3.



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

## Northumberland Harm Reduction Forum

PARN - Your Community AIDS Resource Network invites its partners and other agencies in Northumberland County to an open forum and Harm Reduction education session on January 29th, 2020 at Venture 13 (739 D'Arcy St, Cobourg)!

Join Harm Reduction Program Coordinator: Carolyn King, Outreach Worker: Mackenzie Clark and Hepatitis C Program Coordinator: Becky Lyon, to learn about PARN's mission, vision and values; harm reduction practices and principles; and PARN's overall role within Northumberland County.

Snacks and drinks will be provided between 9am and 9:30am, followed by an educational presentation and open forum to have all of your harm reduction questions answered. We hope to see you all there!

You can reserve your no-cost ticket here:  
<https://www.eventbrite.com/e/harm-reduction-open-forum-presented-by-parn-tickets-87717295793>



### 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 Meeting Happening in January

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>

# A Message from Lawrence Finnie, Chair of PARN's Board of Directors

December 19, 2019

Dear Colleagues and Partners of PARN,

With both sadness and gratitude, PARN's Board of Directors recently accepted Kim Dolan's notice of resignation as the executive director of PARN. Kim joined PARN as executive director in 2003. Since then, PARN's programs and services – building on the foundation of HIV prevention, education and support that began in 1990 – have expanded to include a wide range of programs and strategic partnerships that address the complex issues faced by those to who are living with, affected by and at risk for HIV and hepatitis C. As part of a provincial network of organizations and coordinated regional initiatives and partnerships, PARN's trauma-informed and inclusive programs and services are based on evidence and wise practice, and rely on tools designed to improve health equity and access to care.

The strong, committed team of staff, along with leadership from the board are well positioned to continue working with community partners, peers and volunteers, people with lived experience and institutions to achieve our shared goals. We know that Kim's decision was thoughtfully considered. Kim will leave PARN with many successes and the awareness that now, more than ever, there is much to be done in our quest for healthy, inclusive communities. We sincerely thank her for her contributions over the past 16 years and wish her all the best in her future endeavors.



Kim's last day will be Friday, January 31, 2020. Over the coming weeks the board will establish a leadership team and develop a process to fill the executive director position. We are confident that Kim and the staff team will make this a smooth transition for our clients, partners and supporters.

Please join us to celebrate

**Kim Dolan**

who is moving on after more than

16 years of leadership at

**PARN - Your Community AIDS Resource Network**



Tuesday January 28th, 2020

5:30pm ~ 7:30pm



Nexicom Lounge - Showplace Performance Centre

290 George Street North, Peterborough

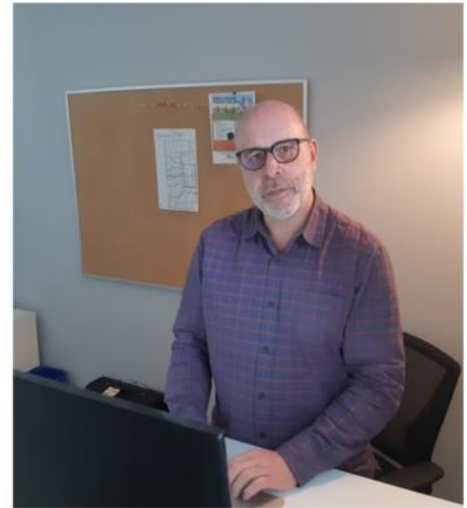
The Celebration for Kim will include stories, speeches, music and other kind offerings from members of the community. Please let PARN know by 4:00pm on Friday, January 24th, if you will be attending and whether you would like to share a few words, a poem or well wishes by email at [brittany@parn.ca](mailto:brittany@parn.ca) or by calling 705-749-9110x204

# Re-Introducing Charles Shameess

***Charles Shameess - who has worked off-and-on with PARN since its inception - will be serving as the agency's Interim Executive Director.***

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.

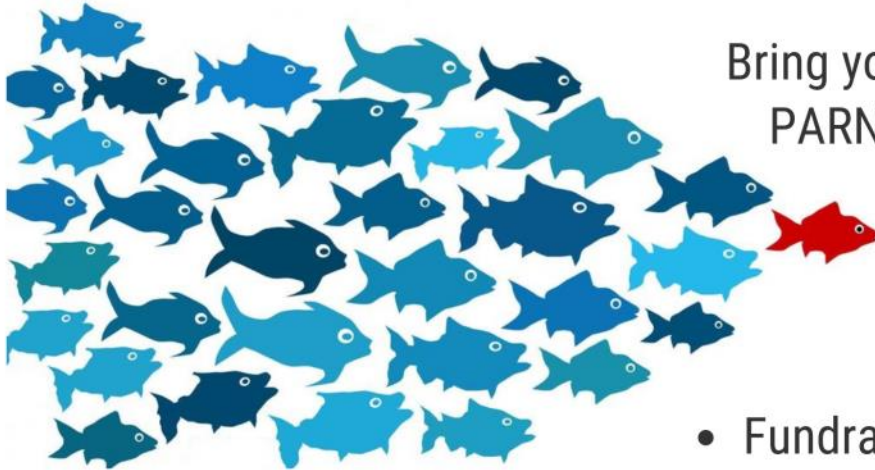
Charles returned to Peterborough in 2016 to coordinate the Haliburton, Kawartha Lakes, Northumberland Drug Strategy. In the summer of 2018, Charles moved into a new pilot position managing PARN's Harm Reduction Works program.

In early 2019, Charles took on the role of Director with the Sault St. Marie and Area Drug Strategy. He returns to PARN on January 20, 2020.

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).

# Please Welcome the new Placement Students at PARN!

## **Janalyn Dodds**

I am a student in both the Mental Health and Addictions and Social Service Worker program at Fleming College. I am at PARN completing my Mental Health and Addictions placement. You will see me around the office from Tuesday to Friday each week for the next 14 weeks. I am really looking forward to getting better acquainted with everyone involved in the PARN community. As a former drug user, I hope to bring a level of compassion and understanding that services users feel is helpful to them in whatever stage of life they may currently be in or traveling into. I was extremely lucky to be given the opportunity to be a panelist at Peterborough's Opioid Summit at Marketplace Hall on July 11th, 2019. It was there I began to share my experiences with the community for the first time in hopes to be able to inform others and perhaps end some of the stigma attached to those who use drugs. Feel free to say hello if you see me around and I look forward to meeting everyone!



## **Laura Geffert**

I am a third-year student at Trent University in the Bachelor of Social Work program. I have worked locally in the social service field for over 10 years prior to returning to school, primarily with children in the child welfare sector. I have also worked with my husband as a Foster Parent and have 2 children of our own, aged 10 years and 6 years old. My husband and I lived in Montreal, Red Lake Ontario and worked in Maine, USA for a couple years in the mental health sector before moving back to Canada and settling in the Peterborough area. I have a degree in Natural Resources/ Outdoor Education as well as a Chartered Herbalist degree. I am excited to be doing my placement at PARN. I am eager to learn new things, work within our community again and engage with a more adult population. I feel grateful to have this opportunity to gain some knowledge in an area totally different from my previous experience.



## **Sam Giffen**

I am in the Mental Health and Addiction Worker Program with the Indigenous designation at Fleming College. I became really interested in this organization because my professor used to talk about the work that happens at PARN and I knew I needed to learn more. After being told some details about PARN I started to do my own research and my passion for the organization grew. I knew this is where I wanted to have the opportunity to do my placement. I feel that PARN is a perfect fit for myself and my strengths because at PARN there are many opportunities to expand my knowledge and gain more skills. Having the opportunity to get hands-on experience will help me gain the skills that it takes to be a great Mental Health and Addictions worker. At PARN we have the opportunity to try a little bit of everything. You will see me around Reception, Harm Reduction, Outreach and more, I'm the one with the colourful hair! Although I want to try everything at PARN my main focus is to work in the Harm Reduction program. I am so grateful to be a placement student and I look forward to meeting new people and trying new things.



# Please Welcome the new Placement Students at PARN!

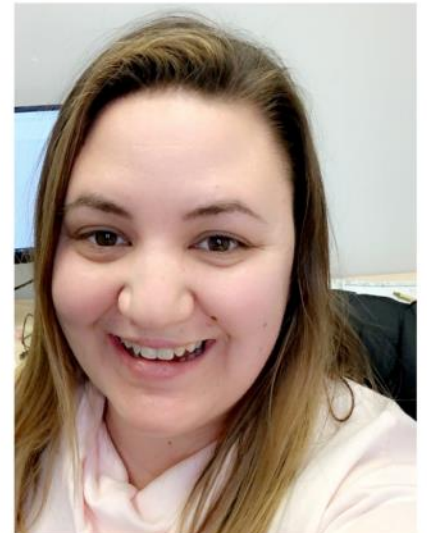
## **Eden Parr**

I am in my 4th semester of the Social Service Worker program at Fleming. I have always had a passion for supporting people and I chose to do my placement at PARN after one of my professors spoke about the organization and its programs and services. I knew that this was the place I wanted to be involved in. PARN programs such as Harm Reduction Works have given people the ability to have somewhere to turn to, to get the support and help they need from a welcoming organization. My goal is to work in all the programs here to expand my knowledge and be able to help all service users. I believe Harm Reduction is where I would like to do most of my work as it provides an opportunity to interact with service users who are trying to make a difference in their own lives and being able to provide them with the knowledge and tools they need to stay safe. PARN is a wonderful organization and a safe place with warm hearted people and I am very excited to be part of it.



## **Samantha Wakeling**

I am a fifth semester Social Service Worker & Mental Health and Addictions Worker – Dual Pathway Student. PARN is my first placement of two I am required to participate in to receive both diplomas. I have chosen this field because I am familiar with the challenges people living with mental health and addictions face and I am passionate about helping people overcome systematic barriers. Over the past few semesters at Fleming, I have found a passion for reducing stigma about mental health and addictions, as well as education about the importance and benefits of harm reduction practices. I believe in meeting a person where they are at and celebrating each milestone reached in recovery regardless of how big or small it may be. I began learning about PARN through a course I was taking and instantly felt a connection to the mission and services offered. I am very excited to have the privilege of working with both the staff and people who utilize the services provided by PARN over the next 14 weeks.



## **Megn Walker**

I am a third-year social work student at Trent University. This placement is important for me both personally and professionally and I feel honoured to be learning from the PARN community. As a queer cis-gender woman, I am interested in grounding my practice in work that lifts up the LGBTQ+ community –therefore, learning how to support those living with HIV / AIDS is essential for me. I am also passionate about awareness raising and reducing stigma around social issues, particularly substance use, because I see how societal misconceptions can compound and create unnecessary barriers to service. For instance, I helped create a social action group on Trent campus to combat stigmatizing attitudes towards opioid use in light of the opioid crisis. I look forward to participating in PARN's harm reduction work because I have realized, through my studies as well as my life experience, that I want to take my values and beliefs and transform them into action. I am excited to learn from everyone I meet here as I grow through this work at PARN.



# Beyond the Basics

## Meaningfully Engaging People with Lived Experiences

Brittany Cameron and Becky Lyon | PARN

This training seeks to further support the inclusion of diverse voices as an integral part of reducing and eliminating transmission of HIV and Hep C, while supporting better overall health outcomes in our communities. Topics covered include peer engagement as related to prevention, transmission, testing, treatment, and outreach programming.

### Location:

Peterborough Lions  
Community Centre,  
347 Burnham Street  
Peterborough, ON

Jan  
30th

Coffee,  
tea &  
snacks  
included

\$30

Learn more and register at  
[www.questionofcare.com](http://www.questionofcare.com)

**PARN**  
COMMUNITY-BASED HIV/STBI PROGRAMS  
SUPPORT, PREVENTION, EDUCATION

PETERBOROUGH  
**DRUG  
STRATEGY**

a question  
of care!  
[questionofcare.com](http://questionofcare.com)



# REFRAME FILM FESTIVAL

January 23-26

Since 2005, ReFrame has been lighting up the darkest time of year with the best social justice documentaries from across Canada and the world.

This year's Festival launches on Thursday, January 23 with a screening of the film *Maxima* at Showplace (290 George St N, Peterborough) at 7:30pm. The Festival will run until Sunday, January 26. For more information and a full list of films, please visit: [reframefilmfestival.ca/](http://reframefilmfestival.ca/)

PARN is proud to be sponsoring two films at this year's ReFrame Film Festival:

**Killing Patient Zero - Sat Jan 25 - 12:15pm - Market Hall (140 Charlotte St, Peterborough)**

At the height of the gay liberation movement, an entire generation were busy celebrating their newfound emancipation, unaware of an impending epidemic. A disease that seemed determined to wipe out a generation of gay men, was largely ignored by politicians and the mainstream media. Gaetan Dugas offered to help early scientific research into the disease's origins, but through an unfortunate series of events, he would be vilified as Patient Zero, the man who gave us AIDS.

**CommUNITY - Sun Jan 26 - 2:30PM - The Venue (286 George St N, Peterborough)**

Canada is facing an opioid crisis. People are dying in unprecedented numbers, and communities across the country are struggling to find ways to address the problem. As the issue continues to create division, the question becomes, how do we build more compassionate communities in the face of the struggle? How does kindness help us heal? Following *CommUNITY* there will be a panel where we will hear from people with lived or living experience of substance use and addiction about the role community has played in their recovery pathway.



# Women in Action

Encouraging Collaboration through  
Food and Community



## Our Next Meals will be Taking Place:

Friday January 10th and Friday January 24th

3:00-6:30 pm

The Bridge, 256 Brock St.



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



*Employment Opportunity @ the Peterborough  
360 Degree Nurse Practitioner-Led Clinic*

## Social Worker (MSW)

**Position:** Social Worker (MSW) Full Time, Permanent

**Start date:** February 2020

**Deadline to apply:** January 27, 2020

The Peterborough 360 Degree NPLC is a dynamic community-based interdisciplinary primary care clinic providing comprehensive health services to residents of Peterborough City and County with particular expertise in providing care to people whose health is made vulnerable by poverty, homelessness and poor access to the social determinants of health. The 360° NPLC operates from a philosophy of harm reduction and is committed to working from within an anti-oppressive and anti-racist framework that is trauma-informed and which values cultural humility and inclusiveness.

### Job Summary

The Social Worker is a member of the interdisciplinary team providing comprehensive, collaborative and client focused care. The Social Worker is responsible to provide individual counseling and case management; advocacy and system navigation; case conference planning; group facilitation; community resource management; and program planning and evaluation.

The 360 NPLC is committed to equity in employment practices. Applications are encouraged from qualified individuals who are Indigenous people, members of racialized communities, individuals of diverse sexual orientation and gender identification, persons with disabilities and others protected under the Human Rights Code.

To view the qualifications and application information for this position, please visit:

[www.360nursepractitionerledclinic.ca/social-worker-msw-apply-by-jan-27/](http://www.360nursepractitionerledclinic.ca/social-worker-msw-apply-by-jan-27/)

**Peterborough 360 Degree  
Nurse Practitioner-Led Clinic**

# Hepatitis C Drop-In



***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:**

- January 21st
- February 18th
- March 17th
- April 21st
- May 19th
- June 16th

**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.



# Think you might have Hep C?

Get tested and find out  
your results with a no-cost  
drop-in service!



PARN, in partnership with the Positive Care Clinic (Lakeridge Health), is providing no-cost Hep C testing at the PARN offices (159 King Street, Suite 302) on Tuesdays & Thursdays from 9am to 4pm.

**Last appointments at 3PM!**

Getting tested can change your life!

## There is a cure for Hep C

## Get tested! Get cured!

Please **call ahead** to ask about dropping in or book an appointment at **1-866-303-2420**  
***Free, confidential, supportive services.***



**Lakeridge  
Health**

# 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

# 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

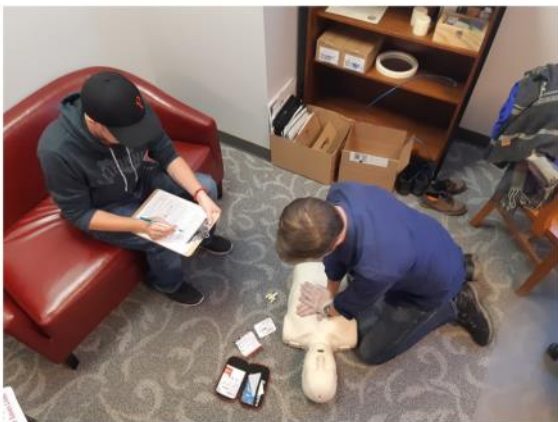
# Naloxone Saves Lives



**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