

# Newsletter - February 2020



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Love Positive Women  
PARN is hiring  
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 for 2019/20

### Chair:

Lawrence Finnie

### Vice Chair:

Kim Sanderson

### Secretary-Treasurer:

Elisa Hollingsworth

### Members at Large:

Adrienne Barnes, Kim Kennelly, Mark Phillips.

# What's Going On February 2020

**Please Note:** The PARN offices will be closed on Monday, February 17 for the Family Day Statutory Holiday. The offices will re-open at 9:30 am on Tuesday, February 18.



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:

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 February

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 email [peterboroughon@pflagcanada.ca](mailto:peterboroughon@pflagcanada.ca).

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

# Save the Date!



**Wednesday,  
April 22, 2020**



# 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>



# Love Positive Women

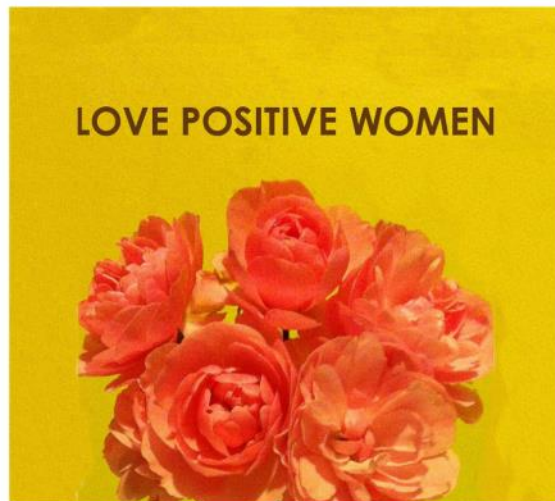
## February 1-14, 2020

Saturday February 1st marked the first day of Love Positive Women, 2020. Love Positive Women is a global project that raises awareness about women and girls living with HIV using social media to link local grassroots gestures of love. Using Valentine's Day as a backdrop, Love Positive Women creates a platform for communities and individuals to engage in public and private acts of love and caring for women living with HIV.

Going beyond romantic love, Love Positive Women is a call to action. It requires participants to spend time reflecting about how they, as either a woman living with HIV, or an ally, will commit to loving women living with HIV. Working from a place of strength Love Positive Women focuses on the idea of interconnectedness, relationship building, loving oneself and loving one's community. When we start from a place of love, there are endless ways to build strong communities.

This year in Recognition of Love Positive Women WHAI@PARN is participating in a provincial card exchange as well as providing opportunities for connection, skill building and fun for HIV positive women in our community. In addition we will be posting relevant content to the WHAI@PARN and the @PARN Facebook pages.

As the global HIV community moves forward with its 90-90-90 targets and we celebrate the era of U=U, we must also continue to hold space for the people for whom 90-90-90 and U=U is inaccessible. HIV work is social justice work, Love Positive Women reminds us that our work is not done and that achieving optimal health outcomes can only happen when the solutions are driven by the brilliance and expertise of those living with and affected by HIV. February 1st also marks the first day of Black History Month and presents us with an opportunity to reflect on the intersections of identity that define the people we know, love and work with, as well as those we have never met. Love Positive Women is a reminder of and an anchor to our global community.





# Employment Opportunities @ PARN

## Executive Director

We are looking for a transformational leader and strategic influencer with a strong commitment to social justice and the passion and skills to lead PARN into its 4th decade of service and leadership.

We are looking for a creative critical and systems thinker who is able to develop and maintain strategic relationships, identify risk and opportunities in uncertain environments, seek solutions to overcome challenges, and communicate complex issues to move by-standers into action.

Do you have a demonstrated history of thoughtful leadership and strategic planning in a not-for-profit organization, with concrete examples of success in leadership, and a facilitative working style. Are you highly organized and able to delegate appropriately, with strong project and time management skills? Do you listen deeply and communicate strategically? Are you a skilled presenter who has mastered technology and uses it to your advantage?

For more information and to apply, please visit: <https://pivotalhr.fitzii.com/job/46015?s=re>

## Support Program Coordinator

The Support Program Coordinator will coordinate the development, delivery and evaluation of programs and services for people who are living with, affected by and at risk of HIV, hepatitis C and other blood-borne infections. Working closely with the Peer Engagement and Harm Reduction programs the Program Coordinator will provide supportive counselling, access to resources and skills development opportunities to individuals living throughout the four-county region including two prisons. This is not an entry level position.

The successful candidate will develop, recommend and implement a work-plan framed by GIPA/MEPA, the social determinants of health, the care and treatment cascade and the principles of harm reduction and a budget for the delivery of the program, monitoring progress throughout the year and taking corrective action.

The incumbent will be equally adept working with people who experience systemic barriers, service providers, decision makers and peers. The Coordinator will represent PARN and our communities at provincial meetings and locally with diverse agencies, organizations and groups that provide supports and services to people who are living with HIV and people at risk.

For more information and to apply, please visit: <https://charityvillage.com/jobs/support-program-coordinator-in-peterborough-ontario-ca/>

## Harm Reduction Outreach Workers (2)

Two Outreach Worker positions available in Peterborough, Kawartha Lakes, Haliburton and Northumberland Counties. One position is for a one year parental leave and the other is a permanent position.

Harm Reduction Works provides information, education, and equipment to people who use inhaled and injected drugs at fixed and satellite sites and on mobile outreach in the 4 counties; and collaborates with service providers and organizations in the four-county region of Peterborough, Kawartha Lakes, Northumberland & Haliburton to expand the availability of harm reduction equipment and services, and to reduce the impact of the opioid crisis at the individual, community and systems levels.

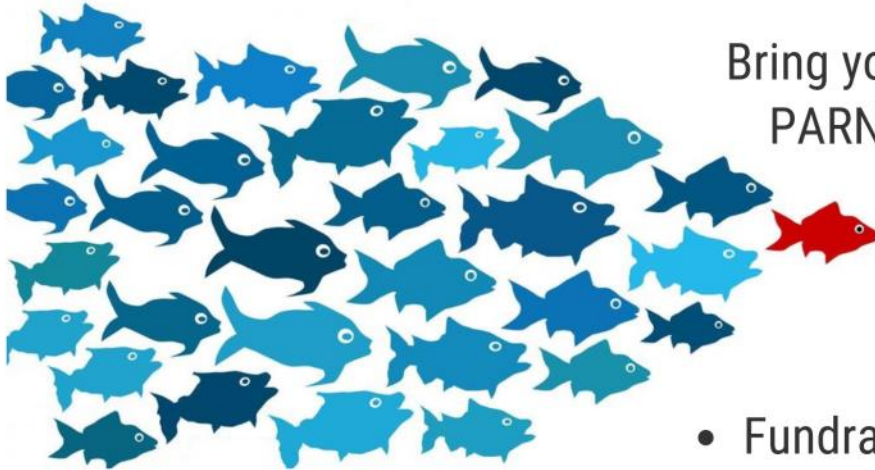
Successful candidates will build on the successes of our existing program.

For more information and to apply, please visit: <https://charityvillage.com/app/job-listings/e600999f-d941-ea11-80de-14187768272a>

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).





# Women in Action

Encouraging Collaboration  
through  
Food and Community



## **Our Next Meals will be Taking Place:**

**Friday, February 14th and Friday, February 28th**

**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, or to register for the one time self defense class contact Rachel Petty by email at [Rachel@parn.ca](mailto:Rachel@parn.ca) or by calling 705-749-9110.



# 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.***



# 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

# Rebel with a Cause

**An Elizabeth Fry Society of Peterborough Fundraiser**

**March 11th, 5:00 - 8:00pm  
the Canadian Canoe Museum**

**Honouring three  
outstanding  
Peterborough women  
engaged in gender and  
criminal justice issues**



**Lynn Zimmer**

**An evening gala with  
live music, food, silent  
auction, cash bar,  
spoken word & awards**



**Ximena Murchadh**

**Tickets on  
Eventbrite or  
Facebook**

**Email debbie  
@efryptbo.org  
for more info**



**Deb Gillis**





# Volunteers Wanted!

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Harm Reduction kit making!  
**Every Wednesday 1pm-2pm**



Come to PARN and help  
make some kits!

Location:  
PARN 159 King St #302  
Peterborough



**Everyone** is welcome!



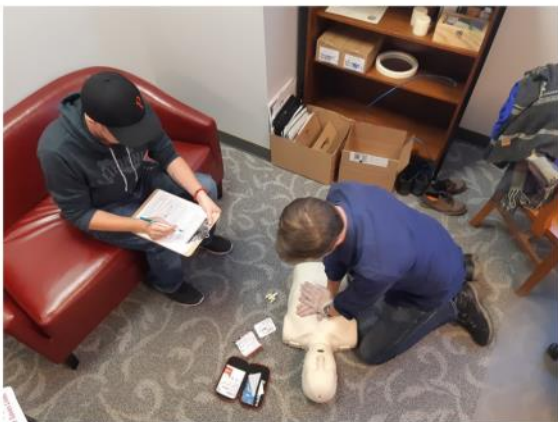
# Naloxone Saves Lives



**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