

Newsletter - July 2020



PARN is now providing Harm Reduction services and Naloxone distribution from an office at 541 Water Street in downtown Peterborough. Please see page 3 for details.

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

Chair:	Vice Chair:	Secretary-Treasurer:
Lawrence Finnie	Kim Sanderson	Elisa Hollingsworth

Members at Large:

Adrienne Barnes, Kim Kennelly, Christopher McIntyre, Mark Phillips.

Important Notice About PARN Services

PARN is continuing to provide services during the COVID-19 pandemic and has implemented social-distancing practices in its office to allow for continuation of service to some of the most vulnerable people in Peterborough and the Four Counties. Anyone displaying symptoms of COVID-19 (namely fever and dry cough) should not come into the office for service and instead should call their appropriate worker. Contact information is below.

Harm Reduction Works @ PARN

PARN is operating its harm reduction services out of an office at 541 Water Street (see page 3 for more info):

- Mondays, Wednesdays, Thursdays and Fridays from 9:30 am to 4:30 pm and;
- Tuesdays from 11:30 am to 4:30 pm.

In addition to open office-hours, PARN is also providing harm reduction delivery services at the following locations and times:

- Outside of One Roof Community Centre - 7 days a week - from 12 pm to 2 pm
- New shelter at the Wellness Centre - 7 days a week in the afternoon
- Bethune Street - Mondays, Wednesdays and Fridays from 5 pm to 8 pm

Harm Reduction delivery services in Peterborough can also be reached at 705-559-0656.

For Harm Reduction services in Northumberland County, please call 905-269-0693. For Harm Reduction Services in the City of Kawartha Lakes and Haliburton County please call 705-559-6328.

HIV Support Services

Rachel Petty (705-559-6330 or rachel@parn.ca) is continuing to provide support and practical services to people living with HIV. If Rachel is unavailable, please contact Brittany Cameron (705-957-2137 or brittany@parn.ca)

Hep C Services

For Hep C Services at PARN, please contact Becky Lyon at 705-957-3568 or becky@parn.ca

Rainbow Youth

Rainbow Youth is doing virtual Drop In on Thursdays at 3:30 pm. Please contact Marty Cleary at marty@parn.ca or 705-312-0858

Peers and Volunteers

All PARN Peer and Volunteer activities are suspended until further notice.

This information is subject to sudden change. Please visit www.parn.ca for the most up-to-date information.

Harm Reduction Works now located at 541 Water Street

Beginning Tuesday, June 23, PARN will be providing Harm Reduction services out of an office at 541 Water Street in downtown Peterborough instead of from the truck at 159 King Street.

We are grateful to One City Peterborough and Emmanuel United Church for providing us with this space.

This new location will provide a more comfortable and confidential setting to access Harm Reduction services and Naloxone. Please follow the driveway to the back of the building for access. Signs will be posted to help you find your way.

Hours at 541 Water Street :

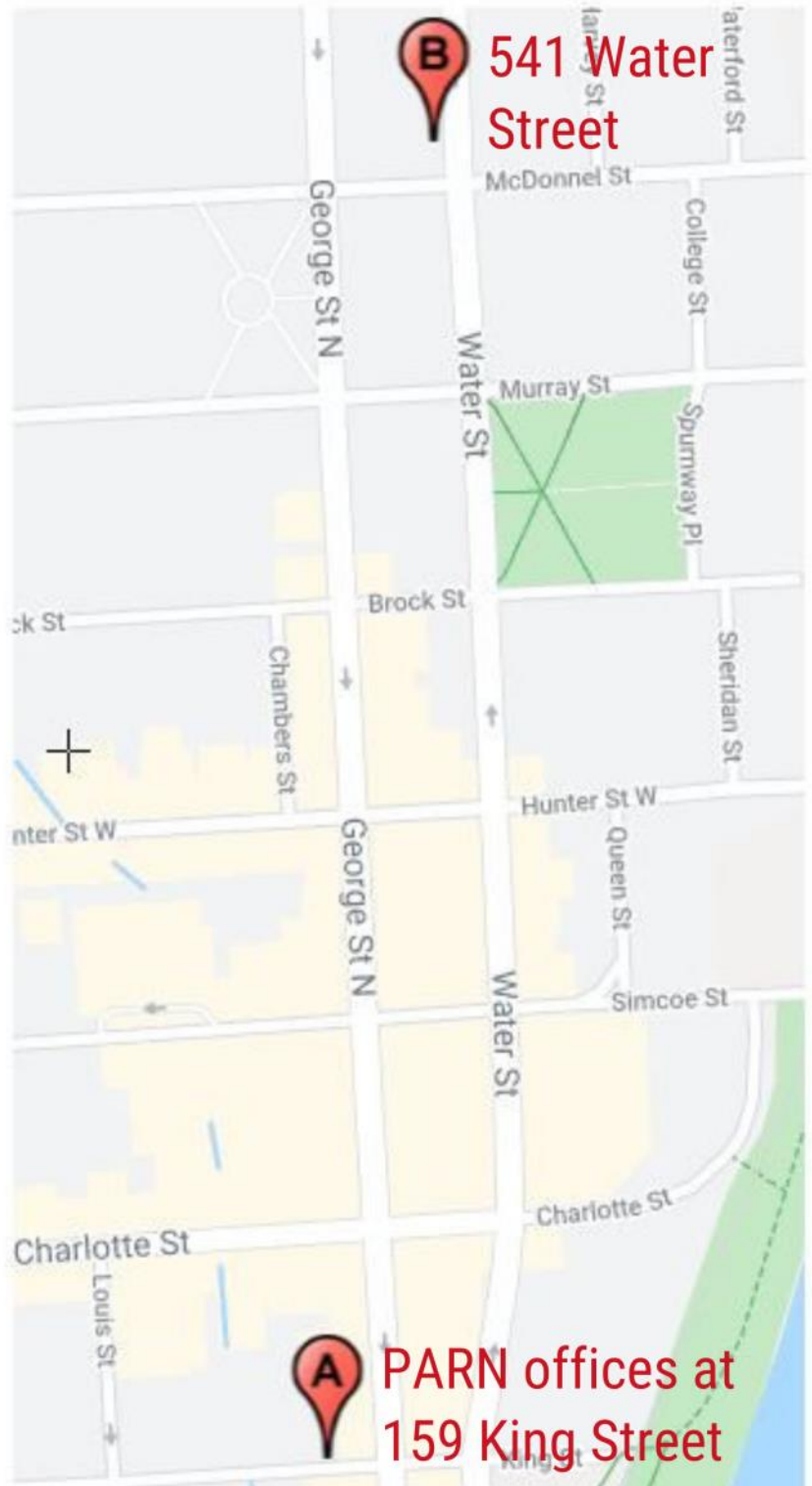
Monday - 9:30-5pm

Tuesday's - 11:30am-5pm

Wednesday - 9:30-5pm

Thursday - 9:30-5pm

Friday - 9:30-5pm



Spike In Drug Poisonings

Fentanyl is being found in cocaine (both rock and powder) and other drugs. The safest assumption to make right now is that your drugs are poisoned with fentanyl.

Reduce your risk of overdose

- Don't use drugs alone
- When using with a friend, don't use at the same time
- Carry a Naloxone kit and put it in a visible place close to you
- Test your drugs by using a small amount first
- Avoid mixing drugs



**Need a Naloxone Kit?
We can get you one.**

Under Canada's Good Samaritan Drug Overdose Act, you will not be charged for possessing or using drugs for your own use if you seek medical help for yourself or someone else who has overdosed.

Please welcome Sally Goodwin to the PARN Team!

I recently joined the PARN team as a Harm Reduction Outreach Worker and I am excited about the opportunity to work with my colleagues to provide much needed services to some of the most vulnerable people in our community.

Over my first week, I found that people who use drugs are appreciative of PARN's services, particularly at this time when so many services are inaccessible and isolation has been encouraged. I have already had so many genuine and meaningful conversations with people accessing Harm Reduction services, people who have questions about their drug use, people who want to share their struggles and their successes, and people who are just looking for connection.



I have also had great experiences talking to people who are walking down King Street. The other day, a community member came over to the Harm Reduction Truck to ask what we were doing.

"Harm Reduction," I replied.

The man had never encountered the term before, so I explained using analogies like "you wear a seat belt to reduce the risks of being in a car, and sunscreen when you're out in the sun." And then I explained how Harm Reduction saves lives. His response was profoundly positive, empathetic and understanding. He responded with compassion and proclaimed: "too many people are dying."

We ended up having a lengthy conversation about the poisoned drug supply and how things have gotten worse over the last couple of years, with more folks dying as a result. I stressed how important it is that we all work together to reduce the number of deaths related to opioid poisoning in our community. He expressed that this work is very important and good for the community.

It's this type of compassion and understanding that will make a difference in our community. If you have questions about Harm Reduction, ask us. If you understand harm reduction philosophy and practices, I encourage you to take the time to talk about it with someone who has questions. People are dying in our community, and stigma is contributing to these deaths. We all have a role to play in ending the overdose crisis that has taken so many lives from Peterborough, Northumberland, Haliburton and City of Kawartha Lakes.



PARN's Annual General Meeting of the Membership

Wednesday, August 5, 2020

The Board of Directors will host the 30th Annual General Meeting of the Membership of PARN virtually on Wednesday, August 5, 2020 by Zoom.

The Annual General Meeting will begin at 6:30 pm and include the following business:

- Presentation of the annual report of the agency's activities in the past fiscal year (April 2019 to March 2020);
- Presentation of audited financial statements for the past fiscal year;
- Election of new members to Board of Directors for 2020-2021.

To RSVP for the AGM, please contact Peg Town by Wednesday, July 29 at 5:00 pm. You can reach Peg at peg@parn.ca or 705-749-9110 ext 202.

We welcome new members at anytime throughout the year, but new Enduring Membership applications must be received by PARN before 5:00 pm on Monday, July 6, 2020 in order to be eligible to vote at the Annual General Meeting.

An enduring membership is free and automatically renewed every April 1st. Members agree with PARN's mission and goals to provide HIV support and prevention in City of Kawartha Lakes and Haliburton, Northumberland and Peterborough counties.

If you are already involved with PARN as a volunteer, student, client or in any other capacity but not sure if you're also a member, please check with Peg Town, Office Administrator, peg@parn.ca for clarification. As a member, you receive regular communications like the newsletter, and invitations to special events, including the Annual General Meeting.

For an application form, visit parn.ca/get-involved/membership/ or request one by emailing Peg Town at peg@parn.ca or calling 705-749-9110.

PARN'S Hepatitis C Phone Line



705-957-3568



Need to talk to someone privately about Hep C?

**Call Becky from PARN at 705-957-3568
to ask questions on:**

- * What is Hep C and how do you get it?
- * How to prevent Hep C
- * Connection to testing and treatment
- * Living with Hep C

**Please contact me Monday to Friday
from 9:30am-5:00pm**



**Main office line:
705-749-9110
x.205**

**HEP C Services
@ PARN**



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

United Way
Peterborough & District

