

Newsletter - August 2020



PARN Peer Ron has shared his story with local filmmaker Megan Murphy. Check out the details on Page 5!

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:

Lawrence Finnie

Vice Chair:

Kim Sanderson

Secretary-Treasurer:

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 4 for more info):

- Mondays, Wednesdays, Thursdays and Fridays from 9:30 am to 5 pm and;
- Tuesdays from 11:30 am to 5 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
- Street Outreach - 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.

30th Annual General Meeting (AGM) of the Membership of PARN

6:30pm Wednesday, August 5th, 2020 by ZOOM

As a safety measure during the COVID-19 pandemic, PARN will not be hosting a social gathering in tandem with this year's AGM; just the business meeting which will include:

- Presentation of the annual report of the agency's activities of the past fiscal year, April 2019 through March 2020;
- Presentation of audited financial statements for the past fiscal year;
- Appointment of auditors for the current fiscal year, April 2020 to March 2021;
- Election of the Board of Directors for 2020-2021;
- The transacting of any other business as determined by the PARN Membership at the meeting or as required by law.

If you like to have a copy of the 2019/2020 Annual report, please contact Dylan DeMarsh at dylan@parn.ca

PARN Turns 30 This Month!

On August 8, 1990, PARN received its papers of incorporation to provide support for people living with HIV and/or AIDS in Peterborough. Over the last 30 years, the agency has grown from a staff team of 3 people to a robust 18! Our catchment area has expanded from Peterborough to include Haliburton County, Northumberland County and City of Kawartha Lakes. We have brought change to the communities where we do our work through the introduction of innovative programming such as Harm Reduction Works and Rainbow Youth. We are proud of what we have achieved over 30 years.

In lieu of a gala event that PARN hoped to host this fall to recognize our 30 years, we will be sharing messages from our supporters on Facebook and Twitter during the first week of August. We encourage you to follow our pages to check out these messages, and share your own thoughts and memories of PARN and our work over the last 30 years.

Thank you for being part of the last 30 years, and we look forward to your continued support as we work toward building communities that welcome people living with HIV/AIDS, where there are no new infections of HIV and Hep C, and where stigma and discrimination around HIV/AIDS no longer exists.



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 :

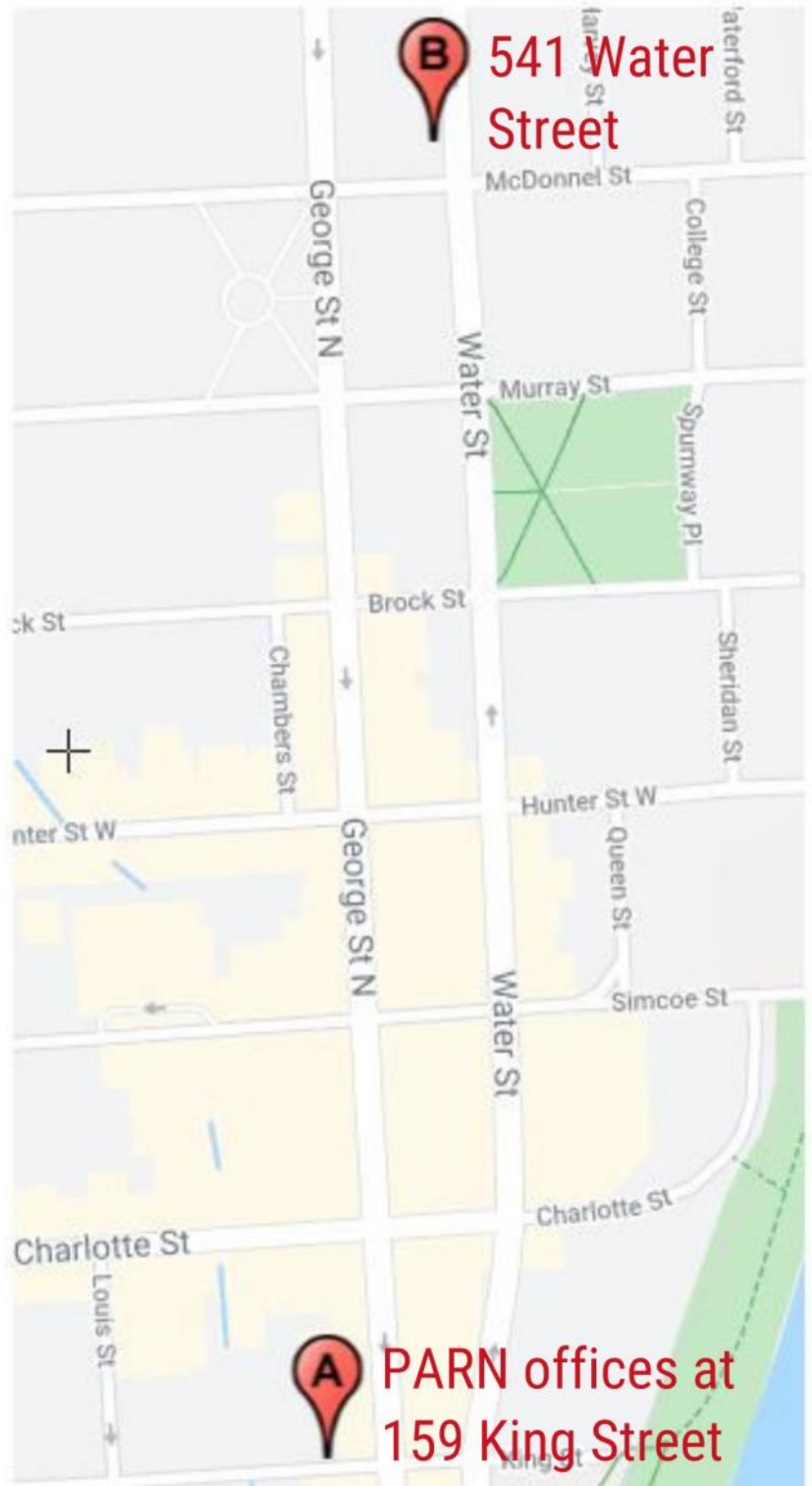
Monday - 9:30-5pm

Tuesday's - 11:30am-5pm

Wednesday - 9:30-5pm

Thursday - 9:30-5pm

Friday - 9:30-5pm



Please Welcome Sabrina Kuipers to the PARN Team!

Hi there! My name is Sabrina and I am excited to be working at PARN as the Women & HIV/AIDS Initiative (WHAI) Coordinator. I am a passionate community engager and social justice advocate with a special interest in working with women. I have spent the better part of my career working in women's community and employment programming. I was drawn to PARN because of their belief in working from an Anti-Racist Anti-Oppressive framework, their harm reduction work, and mostly because of their involvement and engagement of peers in their work. I am dedicated to working with diverse groups and helping individuals overcome systemic barriers.



I received my undergraduate degree in Social Psychology from McMaster University and later completed my post-graduate studies in Career Development, eventually becoming a Certified Career Development Practitioner with the CDPCBO. During my time at McMaster, I was the Addictions Awareness Chair at the Student Health Education Centre where I was responsible for educating the on-campus community about substance-related and behavioural addictions, planning and coordinating addiction-related events, and leading the Addictions Awareness committee.

My career journey led me to supporting marginalized populations in an employment capacity building context. I created and facilitated dynamic employability and life skills workshops, connected my clients to community resources to assist with overcoming their barriers to employment, and supported them with career exploration, job acquisition, and job maintenance. During my time in the non-profit world, I supported NEET youth, LGBTQ+ youth, those affected by mental health and addictions, those with previous contact with the justice system and child welfare system, those who were homeless or at risk of homelessness, those who were street involved, individuals from racialized communities, and more. I have also worked in post-secondary institutions, McMaster University and Ryerson University, working with newcomers, low-income women, and post-secondary students assisting with career counselling and the development of government funded entrepreneurship programs.

I am honoured to be the new WHAI Coordinator and look forward to utilizing my community outreach skills, love for public speaking, creativity and resourcefulness, and passion for supporting women to provide the best possible programming opportunities that I can for clients and service users!

Thank You Ron for Sharing Your Story!

We are grateful to PARN Peer Ron for sharing the moving story of his journey from learning that he had Hep-C to clearing the virus with the support of PARN's Hep C Services program. Ron is a crucial member of PARN's Hep C team, sharing his experiences with others to help them through their Hep C journeys at regular Drop In sessions.

Peterborough filmmaker Megan Murphy and her team at Paradigm Pictures shot this video just prior to the COVID-19 Pandemic, and we are thankful to them for working over the last few months to have this video ready in time for World Hepatitis Day this past July 28.

You can view the video here: <https://youtu.be/rfjJHA7TFP4>



1 in 3

Canadians who
inject drugs
have Hep C

Everything new,
every time you
use

To learn more about Hep C testing and
treatment in the Peterborough area,
contact Becky at PARN.
becky@parn.ca | 705-957-3568



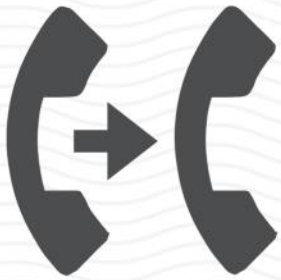
HEP C Services
@ PARN



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



Hepatitis C Drop-In *Online*



*Had an exposure?
Recently Diagnosed?
On treatment?*



**Step 1: Call Becky to register for our online
Hep C Drop-in @ 705-957-3568**

**Step 2: Join our Zoom chat online or
by phone**

Step 3: Meet your community

**Drop-in happening
Thursday, Aug 27th
1-3 pm**

Becky Lyon
Hep C Outreach Coordinator
705-749-9110 x. 205