

REGISTRATION INFORMATION

As we are limited to 150 people, all registration forms (both conference and pre-conference) must be received no later than April 8, 2010

Registration fee: \$75.00 per person

Cheque payable to: Opening Doors Conference

Return registration and fee by April 8, 2010 to:

John MacTavish

HIV/AIDS Regional Services 844A Princess St

Kingston, Ontario K7L 1G5

613.545.3698 1.800.565.2209

FOR LOGISTICAL PURPOSES ALL FORMS MUST BE SENT TO JOHN MACTAVISH AND CAN NO LONGER BE DROPPED OFF AT ACO

REGISTRATION WILL NOT BE ACCEPTED WITHOUT PAYMENT / NO FAXES PLEASE

Registration fees include accommodation, meals, nutrition breaks and workshops.

If you require a single room for medical reasons or have other accessibility concerns, please contact John MacTavish ASAP

NO REFUNDS AFTER APRIL 15, 2010

Please note: The pre-conference is for those infected and personally affected by HIV only. If you will be present Wednesday evening but not attending a group discussion, you will be responsible for your own accommodation and meal expenses. If this is the case please contact John MacTavish to ensure accommodations.

Opening Doors cannot accommodate children. A small subsidy may be provided for off-site child-care for those wishing to attend the conference

I wish to register for the off-site child-care subsidy

Based on need, transportation may be provided. Please contact us by April 7, 2010

Due to very limited funding, both the transportation service and child-care subsidies are only available to those infected and personally affected by HIV.

Ottawa contact: Michelle Ball 613.238.5014 ext 235

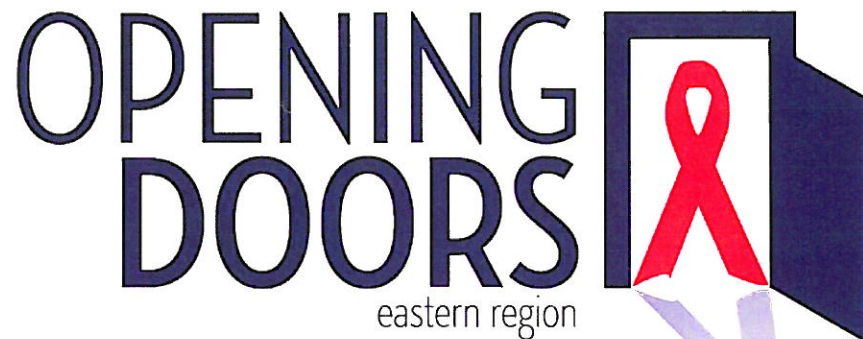
Other contact: John MacTavish 1.800.565.2209

All confirmed registrants will receive written notification after April 15 2010.

- Please note a great deal of effort goes into the Opening doors conference by both the planning committee and presenters. Kindly show your appreciation by attending all workshops you signed up for.



17th Annual



Thursday April 22nd and Friday April 23rd, 2010
Held at Glen House Resort, Gananoque, Ontario

Sponsored in Part by the Ontario Ministry of
Health
and Long Term Care, AIDS Bureau
And



OPENING DOORS

As our understanding of HIV continues to increase so do the challenges with which we are faced. Opening Doors is designed to provide opportunities for education, support and networking. Let's get together to talk and listen. Let's work together to break down the barriers of stigma and isolation. We can work to open new doors and close old ones. No one can do it alone, so let's challenge the issues together.

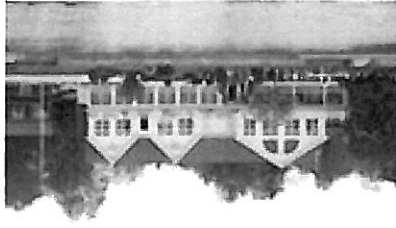
WHO SHOULD ATTEND

- People living with HIV
- Front Line Workers
- Caregivers
- Volunteers
- Partners
- Families
- Friends

There is a **maximum** of 4 representatives per agency. If spaces are available after the closing date, agencies may request additional representatives.

NOTES

- Space will be available for those wishing to participate in ad hoc discussion groups during the evening.
- Perfumes, colognes, aftershave and scented deodorants can cause serious problems to some participants. Please consider coming to the conference scent-free.
- A Resource room will be available to display pamphlets, etc. Please bring information from your organization (s).
- Please remember to bring a bathing suit as there is a pool and hot tub on site. There is an exercise room and games room as well.
- Evening snacks are **NOT** provided.
- The Resort is smoke free. Smoking in rooms is prohibited and will result in a cleaning charge to room occupant.



REGISTRATION FORM

Is this your first Opening Doors Conference? YES NO

Will you be attending Conference Pre-conference Both

Name: _____

Address: _____

Phone: _____

Fax: _____

E-mail: _____

Hotel Reservations are based on double occupancy. Please indicate name of preferred roommate: _____

No accommodation required

If a roommate is to be assigned to you, indicate if you are:

Female Male Transsexual/Transgender

Smoker Non-smoker

Would you like an alcohol/drug free room? YES NO

Do you require an accessible room? YES NO

If yes, please indicate mobility or locale restrictions

Please indicate any dietary restrictions (i.e. vegan)

If you are diabetic please bring suitable snacks

OPENING DOORS PRE-CONFERENCE REGISTRATION FORM

The pre-conference is an afternoon designed for those infected or personally affected by HIV/AIDS. This year, our pre-conference budget is limited; registration is limited to 45 people.

Wednesday April 21, 2010

2:00 - 2:45 pm Registration & Check-in

3:00 - 5:00 pm Discussion groups

6:00 pm Dinner

The discussion groups on Wednesday afternoon will provide an opportunity to exchange personal experiences and to give and receive support.

Discussion group sessions available for

1. FRIENDS AND FAMILY

People personally affected by HIV/AIDS

2. PHAs

People living with HIV/AIDS

3. SUBSTANCE USE AND HIV/AIDS

People infected/affected by HIV/AIDS with substance use issues

Please indicate which session you will be attending. For those only attending the pre-conference there will be a \$10 fee. You will receive a Pre-conference confirmation. Pre-conference applications must be received no later than March 31, 2008.

PLEASE NOTE THAT THE WEDNESDAY WORKSHOP ARE FOR INDIVIDUALS LIVING WITH HIV AND THEIR FAMILY AND FRIENDS

Wednesday April 21 - 7:30 - 8:00 pm

Smudge Ceremony - an Aboriginal spiritual practice

Thursday April 22 - 7:30 - 1:00 am

Smudge Ceremony – an Aboriginal spiritual practice. 7:30 - 8 pm

DJ - Crazy Alex Entertainment - 9 pm to 1 am

PROGRAM

CONFERENCE DAY #1

THURSDAY April 22nd, 2010

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|--------------|--|
| 8:30 - 9:00 | Registration |
| 9:00 - 9:30 | Opening Remarks |
| 9:30 - 11:00 | Keynote Speaker: Ryan Peck HIV/AIDS Legal Clinic Ontario Criminalization of HIV Non Disclosure: Updates on the latest legal developments, on community response, discuss the public health role and share ideas to reduce the scope of the criminal law |
| 11:00 - 1:00 | Lunch |
| 1:00 - 2:30 | Concurrent sessions (1, 2, 3, and 4) |
| 2:30 - 3:00 | Break |
| 3:00 - 4:30 | Concurrent sessions (5, 6, 7 and 8) |
| 5:00 - 5:30 | “Acknowledging our Losses” An opportunity to remember those we have lost. |
| 6:00 | Dinner |
| 7:00 | Smudge Ceremony – an Aboriginal spiritual practice. The intent of the ceremony is to let go of what we no longer need to carry and feel the peace we need to be together in a good way. |
| 8:00 | DJ Crazy Alex |

CONFERENCE DAY #2

FRIDAY April 23rd 2010

| | |
|---------------|---|
| 7:15 - 8:15 | Breakfast |
| 8:30 - 9:00 | Registration |
| 9:00 - 10:30 | Concurrent sessions (9, 10, 11 and 12) |
| 11:00 - 12:30 | Keynote Address Yvette Perreault, AIDS Bereavement Project HIV and Aging: What do we need to consider to support people in not only living longer, but also in living better" |
| 12:30 - 1:00 | Closing Remarks |
| 1:00 - 2:00 | Lunch |

PLEASE INDICATE YOUR FIRST AND SECOND

CHOICE WITH A #1 AND #2

CONCURRENT SESSIONS - THURSDAY 1:00 - 2:30 p.m.

□ 1. POZ PREVENTION AND LONG TERM SURVIVAL, A PHAS PERSPECTIVE – Rob MacKay - POZ Prevention Working Group

During this informative and sometimes provocative presentation Rob will explore the definition and realities of Poz Prevention. We will hear about living longer with HIV and how that influences prevention. Although this presentation features a gay perspective it's applicable to all, and all are welcome

□ 2. SYPHILIS AND HIV: Dr. Paul MacPherson , PhD,MD, FRCPC Assistant Professor of Medicine, Ottawa Hospital

In Ontario there has been a 62% increase in syphilis infections in the last year. Forty-five per cent of new infections are among people who have HIV. This workshop will look at what is happening in Ontario, how syphilis affects the health of someone with HIV and counseling around how to prevent infection .

□ 3. LANTERN MAKING - Allison Cope & Joseph Babcock - HIV/AIDS Regional Services

Join us in creating paper lanterns. Make a lantern for yourself and make one to contribute to our annual lantern festival. The Lantern Festival is a memorial to those who have lost their battle with AIDS, and t the same time, an inspiration for others living with HIV/AIDS. SPACE IS LIMITED TO 30.

□ 4. MINDFULNESS MEDITATION: Janice Giffin & Kathy Best, County Roads CHC

Mindfulness meditation is a unique form of meditation that focuses on our present moment experiences, thereby helping to regulate stress, anxiety and depression, and live more comfortably with chronic pain. Mindfulness can be practiced all the time and therefore carries through to the working day much more fully than other forms of meditation. SPACE IS LIMITED TO 15.

CONCURRENT SESSIONS - THURSDAY 3:00 - 4:30 p.m.

□ 5. Hip To Hep : Ryia Peschka , Nick Dilliso and Dave Pincan

Come join this hip crew and learn from personal experiences and more from a harm reduction approach about Hepatitis C and drug use. This will be an interactive workshop, so come learn from others and share your experiences as well.

□ 6. LIVING LONG TIME: Jay Koonstra, Brigitte Charbannecau & Randolph Shannon

A panel of folks living with HIV will share their experiences of being long term survivors. They will share their celebrations and their challenges in their journey with HIV and coming to a place where we are living long time.

CONCURRENT SESSIONS CONTINUED

□ 7. S.H.A.G - Youth Services Bureau

A new youth committee in Ottawa is working hard to create empowering spaces to support the sexual health and wellness of their peers Hear directly from youth about their experiences and ideas of how to create empowering spaces to support youth sexual health and wellness.

□ 8. MINDFULNESS MEDITATION: Janice Giffin & Kathy Best - County Roads CHC

Mindfulness meditation is a unique form of meditation that focuses on our present moment experiences, thereby helping to regulate stress, anxiety and depression, and live more comfortably with chronic pain. Mindfulness can be practiced all the time and therefore carries through to the working day much more fully than other forms of meditation. SPACE IS LIMITED TO 15

CONCURRENT SESSIONS - FRIDAY 9:00 - 10:30 a.m.

9. KEEPING DOORS OPEN, PRISONS AND COMMUNITY ORGANIZATIONS WORKING TOGETHER - Diane Smith-McNeill - HIV/AIDS Regional Services

An open discussion with CSC and HARS regarding pre-release planning. An examination of some of the complexities involved with pre-release planning and collaborating together for the best outcomes.

□ 10. "NOTHING ABOUT US WITHOUT US" - Lynne Cioppa

This interactive workshop will look at the concept of participant involvement and the benefits of and barriers to actual implementation in our organizations. This workshop will also look at the work that is being done in Ontario in order to facilitate the concept of "Nothing About Us Without Us".

□ 11. HIV POSITIVE WOMEN AND AFRICAN NUTRITION IN CANADA - Haoua Inoua - AIDS Committee of Ottawa

This workshop will provide an opportunity for us to come together and learn about African and Caribbean food, the health benefits and how it helps our immune systems. There will be a demonstration as well, so come and have a taste.

□ 12. HIV AND MENTAL HEALTH : Rhoda Amaladoss - HIV/AIDS Regional Services

The topic will focus on the apt theme of resiliency, moving away from diagnosis and giving people living with HIV the humanity they rightfully deserve. We will however, discuss the process of HIV diagnosis, and how to cope with issues like stress, anxiety and depression, using a mind-body connection like relaxation, keeping this in mind we will leave it open for people infected or affected to share their experiences of resiliency. I have been met with many interesting cases of both adults and children living with HIV/AIDS in South Africa and will share some of their experiences of resiliency in the face of despair.