



HIV/AIDS

Regional Services



WISH LIST

- Toaster
- Toaster Oven
- Radio
- Shampoo/Conditioner
- Jeans
- Canadian Tire Money
- Tampons and/or menstrual pads

International Women's Week

And

Rouge Dance Fundraiser

Two big events this month: Details inside!



SUPPORT EDUCATION INFORMATION
NEEDLE EXCHANGE FREE CONDOMS

Save the Date!

19th Annual



Thursday May 5th and Friday May 6th, 2011

Held at Glen House Resort,

Gananoque, Ontario

Sponsored in part by the

Ontario Ministry of Health

and Long Term Care, AIDS Bureau

&



Regional Support Coordinator

Joanne Sands

Opening Doors is an annual conference for front-line workers, people living with HIV/AIDS, caregivers, volunteers, families, partners and friends. It is designed to provide opportunities for education, support and networking. The main conference is preceded by a pre-conference designed for those infected or personally affected by HIV/AIDS. It is hosted at The Glen House Resort on the 1000 Islands Parkway, 9km east of Gananoque.

In Regional Support I am always looking for ways to enhance knowledge around HIV/AIDS in rural communities. I recently came across an article that helps to explain the barriers to accessing information that people in rural communities face and possible solutions. Definitely worth checking out!

<http://www.catie.ca/eng/SpecificCommunities/RuralCanada.shtml>

Women and HIV/AIDS Community Development Coordinator

Deb Kinder

International Women's Week is fast approaching and there are a number of things planned, including:

The International Women's Week Fair – Sunday March 6th from 11:00am-4:00pm at City Hall.

This admission free event features local musicians including Shout Sister and Caledonia's Choir, Samba Maracuja, and other local talent. There will also be community displays depicting the herstory of women in different countries, women in various professions, and other historical women's issues. Free kids activities will take place throughout the day and delicious food will be available for sale. Also, kids and adults are welcome to bring a small item for our time capsule.

GET PAMPERED at the Women's Café – Thursday March 10th from 12:30-4:30pm at 259 Ontario St.

Enjoy an afternoon of pampering all for free – hair, makeup, nails and massages all afternoon long. No appointment necessary – enjoy a specialty coffee and activities while you wait and leave with a goody bag. Children are welcome to attend – we'll have activities for them too! The Women's Café happens every Thursday from 1:00-3:00pm (except for March 10th – hours as above) and is a drop in group with different activities each week depending on the interest of the participants. Some future events include a "cook and freeze" class, jewelry and craft making, scrapbooking and a barista class. Please come and join us any Thursday afternoon – children are always welcome.

IWW/RRWMF Concert and Dance – Saturday March 12th from 8:00pm-1:00am at the Renaissance

International Women's Week will wrap up with a fundraiser concert/dance to be held at 285 Queen Street between Barrie and Division at the Renaissance Event Venue. Performers include Dawn & Marra, Sue Prosser, Samba Maracuja, Gillian Shields and sMoKe&MirrorZ not to mention our amazing MC Tegan Boyce. Dance to our amazing DJ, bid on fabulous silent auction items and support the International Women's Week Community Coalition and Raise the Roof Women's Music Festival. This is an inclusive event – all are welcome. Tickets are \$10.00 in advance, \$15.00 at the door and can be purchased at Ben's Pub on Clergy Street, HIV/AIDS Regional Services or through a committee member. Contact Deb at 613-545-3698 or dkinder@kingston.net for further details.

Also a big **THANK YOU** to all who supported the **KINKston CARNALva!** We raised almost **\$5000.00** to be split between SWAG and Reelout. Watch for a second event to be held at the end of the summer.

Volunteer Coordinator

Tegan Boyce

A special thanks to all of you who participated in our Volunteer Training Program! We are excited to have you all on board to start volunteering with us; for those of you who missed this training session, keep your eyes open for future Volunteer Workshops.

Rouge is back for its third year in a row and this time... It's going Disco! On Friday, March 25th – join us at The Renaissance for a Disco party that will get you groovin' for a good cause. Cover is \$10 and this is a 19 + Event – Doors open at 9:00pm until 2:00am – So come on out and shake your tail feather! (All proceeds of this event go directly to client care at HIV/AIDS Regional Services)

HIV/AIDS Regional Services Presents...

ROUGE

19+ goes DISCO!

Friday, March 25th
9:00pm - 2:00am
The Renaissance
(285 Queen St.)
\$10 COVER

Dust off your bell-bottoms, Platforms and sequined tops and travel back in time to the 70s, where stayin ALive was mandatory!

The Disco ball will be spinning ALL night long so you can shake your groove thing to the beats of DJ Clement

ALL PROCEEDS of this event go Directly to client care at HIV/AIDS Regional Services

Education Coordinator

Grace Pavlatos-Jones

Hello all. I hope that everyone is surviving this very long and cold winter. I myself cannot wait for spring to arrive!

I would like to extend a special thank-you to the Pullman-Meltz family for organizing their 3rd Annual Big Give and to Allison (from Ontario St.) for your very generous donations of warm clothing, hats, mittens, dog food etc. Your gifts and acts of compassion were truly appreciated by many here at HARS and your generosity will not be forgotten.

Over the last couple of months it has been my pleasure to meet with various organizations in the community. Thanks to all of you for making me feel so welcome. And, thank you to Shirley for accompanying me and sharing your story. Your words will have a lasting effect on many.

It has been a very busy couple of months as we strive to provide many services with regards to HIV/AIDS education. It is clear that we have a lot of work yet to do. Distinguishing between HIV and AIDS for example, has been a major factor for me to address. Discussing the very basic facts of HIV and AIDS is still a huge issue for many and often needs emphasis on how the virus is actually transmitted. Clarifying facts and addressing and dispelling common myths associated with HIV/AIDS is of paramount importance in various areas of health care.

Thanks to all for your ongoing support as I continue my journey here at HARS.

"The best way to find yourself is to lose yourself in the service of others". Gandhi

Education Coordinator

Colin Hastings

When I first arrived at HARS in the fall, it seemed like I was coming in at a particularly busy time for the organization. A few months later, I am quickly realizing that such level of activity seems to be the norm around here...which is wonderful; it is so exciting to be part of the variety of creative ways that everyone at HARS engages with the community. To that end, we are going to publish two newsletters in as many months (look for the next one in the beginning of April) to provide enough space to share information about upcoming major events. As you have read, in March we have International Women's Week and our Rouge Goes Disco Dance to look forward to, next month's edition will tell you all you need to know about Opening Doors 2011, Taste for Life, and this year's vigil in the spring.

Grace and I are lucky enough to be receiving more requests for speaks every week and our schedule for March is filling up fast. In addition, FUSE, Kingston's LGBTQTTI? Youth group is up and running again and is enjoying some fine turnouts. Visit our website for more information on FUSE and any or all of the events published in this carefully put together newsletter.



Starting Tuesday January 25 FUSE, a drop-in for LGBTQTTI? youth (under 19), will be back up and running. Come on in to chill out, grab a snack, meet new people, chat, get info & much more.

Every Tuesday 4:30- 6:30pm
20 Montreal St

For info contact Colin at HARS

Tel: 613.545.3698 Email: colin@kingston.net

Do you use the exchange here at HARS?

We want to hear what you think about it.

Come share your thoughts on the needle exchange program at
HARS

Friday March 25th

3:00-4:00

Coffee and doughnuts will be provided



ENHANCED SURVEILLANCE OF RISK BEHAVIOURS AMONG PEOPLE WHO INJECT DRUGS

**HAVE YOU INJECTED
DRUGS RECENTLY?**

**CONFIDENTIAL
SURVEY**

**We want to help protect the health of
people who inject drugs from HIV and Hepatitis C
Please help us by taking part in the I-Track Survey**

**The survey will take a small amount of your time
You will be paid \$20 towards your expenses
Check it out!**

Where: HARS

When: Tuesdays (9:30-4:30)

**THIS SURVEY IS ENTIRELY VOLUNTARY
THERE IS NO OBLIGATION TO PARTICIPATE**

For more information please call:

(613) 329-2615

KCHC Kingston Community
Health Centres



Public Health
Agency of Canada

Agence de santé
publique du Canada

HIV/AIDS

Regional Services

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Regional Support Coordinator:	Joanne Sands
Prison Support Coordinator:	Diane Smith-Merrill
Women and HIV/AIDS Community Development:	Deb Kinder
Volunteer Coordinator:	Tegan Boyce
Education Coordinator:	Grace Jones
Education Coordinator:	Colin Hastings

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