



M.I. Talk Program F.A.Q.

What is in this program?

This is a 4-5 week one-on-one program. Through discussions and exercises with one of our specifically trained staff, you will have a chance to meaningfully and freely talk about and reflect on your sex life, your sexual relationships, and your sexual health - whatever they mean to you!! By the end of the program, you will be able to identify some actions to achieve the sex you want!

This program is part of an initiative across Ontario to support stronger mind, body and communities among gay, bi queer and other men having sex with men. Check www.ouragenda.ca and www.thesexyouwant.ca for more details.

How is this program different from other services you received?

The program is designed with reference to a well-recognized personal development approach, called Motivational Interviewing, MI, (Google it- you will find tons of info about it!!). You do not need to know what MI is about before using the program. All you need to know it is an approach that respects people's own need, pace and strength for identifying change that can support their growth. This approach has been piloted in a number of AIDS Service Organizations in Ontario, and GBTMSM reported positive experiences in learning more about themselves, and what they could do to improve their (sex) lives.

How did it start?

The shame, judgment and stereotypes surrounding often shut down any open and honest dialogue about their sex lives, sexual relationships and sexual health. We believe that gay, bi queer and other men having sex with men should have equal rights and opportunities to enjoy SEX, strives to: ☐ provide you with a safe and non-judgmental space to discuss your concerns (and wishes/fantasies) about how you, as a gay, bi, trans or queer man, can better enjoy sex and relationships. ☐ offer encouragement, alternatives, tools, and inspiration for making a positive change to have the sex and relationships you want AND care about the sexual health of yourself and other guys you love or play with.

Who can join?

This program is for YOU if you are a gay, bi, trans, or queer-identified guy who likes (to have sex with) men.

Who delivers the program?

This program is offered by our agency staff who have been trained in Motivational Interviewing. Some of them identified as gay, bi, queer or trans guys who have years of lived experience in our communities.

How long is the program?

You will be expected to meet with our trained counsellor for 4-5 weekly sessions (We do ask for a “committed” relationship here :). Each session lasts around 50 minutes-an hour.

What happens in the program?

It will have interactive discussions and exercises to help you identify goals for a positive (sex)life change. You will set your goals that can be directly or indirectly related to your sex life, sexual relationships and sexual health. For example, if you expand your circle of friends socially, or take better care of yourself physically, all areas of your life – including sex and relationships - will benefit. We will work with you to make sure your goals are practical and achievable.

I’m still feeling a little shy about sharing some of my stuff related to sex!

Talking about sex can be nerve-racking or intense for some people. Meanwhile, some may have been looking for a safe space to openly talk about it. We operate from a sex-positive, and gay affirming perspective. There is zero tolerance for homophobia, transphobia, sexism, racism, stigma or judgments about age, body type, drug use or the kinds of sex you have. Safety and comfort for all participants is a priority for us. The program is completely confidential: no real name is required and discussions in the program are kept among your facilitator and supervisor.

Anything else I should know?

There is no charge to take part.

Feeling interested to join?

When you are interested to join, you will first attend a one-on-one casual, but confidential information session to make sure the program is a good fit for you (just like a usual first date to get a sense if we are a match!!).

So, contact Gilles Charette at gilles@kingston.net or 613.545.3698 for more information or to book an information session.