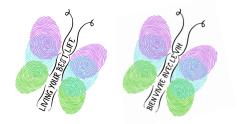
## LIVING YOUR BEST LIFE: Defining

Living versus Living Well With HIV in Canada



## Bien vivre avec le VIH

# Wellness Resources and HIV Organizations

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# Organisations de services de lutte contre le SIDA et autres ressources

This is a non-exhaustive list of HIV organizations and wellness or mental health supports in communities across Canada.

Il s'agit d'une liste non exhaustive d'organisations de lutte contre le VIH et de soutiens en matière de mieux-être ou de santé mentale dans les communautés partout au Canada.

National List of HIV organizations (community or research)/Liste nationale d'organisations de lutte contre le VIH:

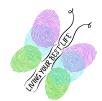
Realize/Realise https://www.realizecanada.org/en/ https://www.realizecanada.org/fr/

CiHR Canadian HIV Trials Network (CTN) https://www.hivnet.ubc.ca/ https://www.hivnet.ubc.ca/fr/

CPARG – Canadian Pediatric & Perinatal HIV/AIDS Research Group https://www.cparg.ca/

CATIE (Canada's source for HIV and hepatitis C information) https://www.catie.ca https://www.catie.ca/fr/accueil

HIV411 / HCV411 Find HIV and hepatitis C services near you https://hiv411.ca/organization/positive-haven-surrey-hivaids-centre/ https://hiv411.ca/fr/



Canadian AIDS Society https://www.cdnaids.ca/ https://www.cdnaids.ca/fr/

### CHIWOS Study-linked: Women-Centred HIV Care Toolkit: Information for Women.

Our mental and emotional health section starts on page 20 - and includes resources. French Toolkit coming soon! https://cep.health/clinical-products/hiv/ http://www.chiwos.ca/women-centred-hivcare/?doing wp cron=1611629307.4247629642486572265625&lang=fr

#### Provincial Organizations/Organisations provinciales:

### Quebec: AIDS Community Care Montreal https://accmontreal.org/

https://accmontreal.org/fr/a-propos/

#### **COCQ-SIDA – Quebec-based- French language resources** Coalition des organismes communautaries quebecois de lutte contre le sida

https://www.cocqsida.com/ https://www.cocqsida.com/ https://www.cocqsida.com/ressources.html

Ontario: Ontario AIDS Network https://oan.red/

Ontario HIV Treatment Network (OHTN) https://www.ohtn.on.ca/

Ontario Aboriginal HIV AIDS Strategy (OAHAS) <a href="https://www.oahas.org/">https://www.oahas.org/</a>

#### Toronto, ON:

BLACK Cap – Black Coalition for AIDS Prevention (Toronto/Ontario) http://www.blackcap.ca/

Africans in Partnership Against AIDS https://www.apaa.ca/ https://www.apaa.ca/?lang=fr



ASAAP – Alliance for South Asian AIDS Prevention https://www.asaap.ca/

Gay Men's Sexual Health Alliance http://www.gmsh.ca/ http://www.gmsh.ca/gay-guys/hiv-stigma

Trans Women HIV Research Initiative – (Toronto, ON) https://www.transwomenhivresearch.com/

AIDS Committee of Toronto (ACT) https://www.actoronto.org/

Toronto People with AIDS Foundation (PWA) <a href="https://www.pwatoronto.org/">https://www.pwatoronto.org/</a>

Regent Park Community Health Centre – HIV Program http://www.regentparkchc.org/chronic-conditions/hiv-program

Committee for Accessible AIDS Treatment <a href="https://www.hivimmigration.ca/">https://www.hivimmigration.ca/</a>

**Casey House (Toronto) Casey House** is Canada's first and only stand-alone hospital for people with HIV/AIDS <a href="https://www.caseyhouse.com/">https://www.caseyhouse.com/</a>

**Fife House (Toronto**) Providing secure and affordable supportive housing and support services for people living with HIV/AIDS <a href="https://www.fifehouse.org/">https://www.fifehouse.org/</a>

Maple Leaf Medical Clinic/PrEP Clinic http://www.mlmedical.com/ https://prep.mlmedical.com/

The 519 – Committed to the health and happiness of LGBTQ2S communities in Toronto and surrounding areas.

https://www.the519.org/

#### The Trans People of Colour Project (TPOC)

The 519 Trans People of Colour Project (TPOC) is designed to provide access to training, skills development and employment opportunities for TPOC to take up community leadership, provide access to affirming sexual health promotion information and services and ultimately to develop a cookbook that highlights the



leadership of TPOC, has important sexual health promotion tips and centres recipes that focus on healthy eating on a budget. For more information, contact Yasmeen Persad: YPersad@The519.org

Ottawa, ON: AIDS Committee of Ottawa (ACO) <u>http://aco-cso.ca/</u>

GayZone (Ottawa) Sexual health and STBBI testing. Caters to GBTQ2+ with activities like yoga, Book Club, Mental Health Supports and Narcotics Anonymous meetings. http://gayzonegaie.ca/

Bruce House – Ottawa- Hope, housing and support for people living with HIV in Ottawa https://brucehouse.ca/

AIDS Committee of North Bay & Area – HIV and Hep C Services <a href="https://aidsnorthbay.com/">https://aidsnorthbay.com/</a>

Health Sciences North – Haven Program – HIV outpatient clinic in Sudbury https://www.hsnsudbury.ca/portalen/haven

AIDS Committee of Durham https://www.aidsdurham.com/

#### AIDS Committee of Cambridge, Kitchener, Waterloo & Area (ACCKWA) (519) 570-

<u>3687</u>) - they open at 10am - they will know of all nearby resources and will have a women's coordinator. There are accessible counselling agencies in KW that have free short-term counselling agencies in KW that have free short term counselling agencies in KW that have free short term counselling agencies in KW that have free short term counselling agencies in KW that have free short term counselling agencies in KW that have free short term counselling agencies in KW that have free short term counselling agencies in KW that have free short term counselling agencies in KW that have free short term counselling agencies in KW that have free short term counselling agencies in KW that have free short term counselling agencies in KW term counselling agencies

There are accessible counselling agencies in KW that have free short-term counselling that ACCKWA will know of.

https://www.acckwa.com/.

#### WHAI Coordinator (women's coordinator) at ACCKWA

Amy Venner AIDS Committee of Cambridge, Kitchener, Waterloo & Area Phone 519-570-3687 ext. 341 womensprevention@acckwa.com the WHAI website, specifically HIV 411 - has <u>services close to Kitchener</u>.

#### AIDS Committee of Windsor

WHAI/Women's Coordinator Julia Bracewell Wellness Resources and HIV Organizations in Canada – LYBL



Pozitive Pathways Community Services Phone 519-973-0222 ext. 118 educationwhai@pozitivepathways.com

#### **Territories**:

Blood Ties Four Directions Centre (Formerly AIDS Yukon Alliance) https://bloodties.ca/blood-ties-history/

Government of Nunavut, Department of Health Information and Resources on STIs, sexual health, family planning and pregnancy. www.irespectmyself.ca

BC: Pacific AIDS Network https://pacificaidsnetwork.org/

AIDS Vancouver https://www.aidsvancouver.org/

AIDS Vancouver Island http://avi.org/

Positive Haven Surrey HIV/AIDS Centre (Surrey BC) https://hiv411.ca/organization/positive-haven-surrey-hivaids-centre/

YouthCO – Youth Leading the HIV & Hep C Movement https://www.youthco.org/

Alberta: HIV Community Link – Prevention+Support+Advocacy Calgary, Southeastern AB https://hivcl.org/

Alberta Community Council on HIV https://www.acch.ca/

HIV Edmonton https://www.hivedmonton.com/

Saskatchewan: All Nations Hope Network https://allnationshope.ca/

Persons Living with AIDS – The Network,

http://www.aidsnetworksaskatoon.ca/



Saskatchewan Health Authority-Positive Living Program – HIV and Hepatitis C Care https://www.saskatoonhealthregion.ca/locations\_services/Services/Positive-Living

Prairie Harm Reduction – Formerly AIDS Saskatoon <a href="https://prairiehr.ca/">https://prairiehr.ca/</a>

SHARP – Saskatoon HIV/AIDS Reduction (in harm) Program <u>https://www.sktc.sk.ca/programs-services/health/stc-health-centre-services/sharp-</u> <u>saskatoon-hiv-aids-reduction-in-harm-program/</u>

#### Manitoba:

Nine Circles Community Health Centre - Winnipeg, MB https://ninecircles.ca/

Manitoba HIV Program https://mbhiv.ca/

Maritime Provinces: AIDS Coalition of Nova Scotia https://www.acns.ns.ca/

Nova Scotia Advisory Commission on AIDS https://novascotia.ca/aids/usefullinks.asp

AIDS Committee of Newfoundland and Labrador https://acnl.net/

AIDS New Brunswick http://www.aidsnb.com/en/

Peers Alliance – Prince Edward Island https://www.peersalliance.ca/

**HIV Specialized Organizations** 

Alliance for South Asian AIDS Prevention (ASAAP) <a href="https://www.asaap.ca/">https://www.asaap.ca/</a>

Asian Community AIDS Services - ACAS http://acas.org/



BLACK Cap – Black Coalition for AIDS Prevention (Toronto/Ontario) http://www.blackcap.ca/

Canadian Aboriginal AIDS Network (CAAN) <a href="https://caan.ca/en/">https://caan.ca/en/</a>

African and Caribbean Council on HIV/AIDS in Ontario <a href="http://accho.ca/">http://accho.ca/</a>

Committee for Accessible AIDS Treatment (CAAT) Toronto <a href="https://www.hivimmigration.ca/">https://www.hivimmigration.ca/</a>

Ontario Aboriginal HIV AIDS Strategy https://www.oahas.org/

#### Mental health supports:

1) If you are linked with a community health centre or physician, they should be able to link you with a social worker if that is needed. Most HIV clinics do have a social worker linked with them.

2) Ontario has a new mental health program.
<u>https://bouncebackontario.ca/</u>
It is physician or self-referral and the program is self-directed or with a coach.

3) Free online therapy/counseling not HIV/AIDS related: https://www.couchmd.ca/?gclid=CjwKCAiAiML-BRAAEiwAuWVggoL1Axkar-NshQ0DkacPqM2rbyOLQMwHRo8za7hBbXFI\_BDSE-ro8RoCUj0QAvD\_BwE https://togetherall.com/en-ca/ https://cimhs.com/ https://ca.portal.gs/ https://myicbt.com/home?gclid=CjwKCAiAiML-BRAAEiwAuWVggpjWwABRabCGBHrzVixV1qXp4lvjizfYMEwN2p1igdIApdZvXKy7fhoCfF0 QAvD\_BwE https://www.7cups.com/

#### 4) CAMH (Centre for Addiction and Mental Health) www.camh.ca

5) Woebot – Mental Health Chatbot – free App (Artificial Interlligence) https://woebothealth.com/ Wellness Resources and HIV Organizations in Canada – LYBL



6) Togetherall – Online peer-to-peer support community for your mental health <a href="https://togetherall.com/en-ca/">https://togetherall.com/en-ca/</a>