

LIVING YOUR BEST LIFE: Defining Living versus Living Well With HIV in Canada



Bien vivre avec le VIH

Wellness Resources and HIV Organizations

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-hiv-aids-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-hiv-care/?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 communautaires quebécois de lutte contre le sida

<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)

<https://www.oahas.org/>

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)

<https://www.pwatoronto.org/>

Regent Park Community Health Centre – HIV Program

<http://www.regentparkchc.org/chronic-conditions/hiv-program>

Committee for Accessible AIDS Treatment

<https://www.hivimmigration.ca/>

Casey House (Toronto) Casey House is Canada's first and only stand-alone hospital for people with HIV/AIDS

<https://www.caseyhouse.com/>

Fife House (Toronto) Providing secure and affordable supportive housing and support services for people living with HIV/AIDS

<https://www.fifehouse.org/>

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)

<http://aco-cso.ca/>

GayZone (Ottawa) Sexual health and STBBI testing. Caters toGBTQ2+ 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

<https://aidsnorthbay.com/>

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) 570-3687 - 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 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 [services close to Kitchener](#).

AIDS Committee of Windsor

WHAI/Women's Coordinator

Julia Bracewell



Positive Pathways Community Services
Phone 519-973-0222 ext. 118
educationwhai@positivepathways.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
<https://prairiehr.ca/>

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

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)
<https://www.asaap.ca/>

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)
<https://caan.ca/en/>

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

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

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.

<https://bouncebackontario.ca/>

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-NshQODkacPqM2rbyOLQMwHRo8za7hBbXFI_BDSE-ro8RoCUj0QAvD_BwE

<https://togetherall.com/en-ca/>

<https://cimhs.com/>

<https://ca.portal.gs/>

https://myicbt.com/home?gclid=CjwKCAiAiML-BRAAEiwAuWVggpjWwABRabCGBHrzVixV1qXp4lvjzfyMEwN2p1igdlApdZvXKy7fhoCfF0QAvD_BwE

https://myicbt.com/home?gclid=CjwKCAiAiML-BRAAEiwAuWVggpjWwABRabCGBHrzVixV1qXp4lvjzfyMEwN2p1igdlApdZvXKy7fhoCfF0QAvD_BwE

https://myicbt.com/home?gclid=CjwKCAiAiML-BRAAEiwAuWVggpjWwABRabCGBHrzVixV1qXp4lvjzfyMEwN2p1igdlApdZvXKy7fhoCfF0QAvD_BwE

https://myicbt.com/home?gclid=CjwKCAiAiML-BRAAEiwAuWVggpjWwABRabCGBHrzVixV1qXp4lvjzfyMEwN2p1igdlApdZvXKy7fhoCfF0QAvD_BwE

https://myicbt.com/home?gclid=CjwKCAiAiML-BRAAEiwAuWVggpjWwABRabCGBHrzVixV1qXp4lvjzfyMEwN2p1igdlApdZvXKy7fhoCfF0QAvD_BwE

https://myicbt.com/home?gclid=CjwKCAiAiML-BRAAEiwAuWVggpjWwABRabCGBHrzVixV1qXp4lvjzfyMEwN2p1igdlApdZvXKy7fhoCfF0QAvD_BwE

4) CAMH (Centre for Addiction and Mental Health)

www.camh.ca

5) Woebot – Mental Health Chatbot – free App (Artificial Interlligence)

<https://woebothealth.com/>



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