

# SPECIAL EDITION NEWSLETTER

Positive Living Niagara



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UPDATE**



Certainly 2020 has been a year to remember! With everything going on in the world, it's easy to be overwhelmed. But despite all of that, every day we see beauty and kindness still shining a light in the darkness. Friends and neighbors are checking in on each other, strangers are sharing random acts of kindness, allies and friends standing together to lift up others. There will always be hard times, it is the nature of life, but let us not forget those bright, beautiful bursts of colour emerging from the cracks in society. Let us nurture kindness, compassion and love.



## *Support Services Update*

As Niagara moves into "Stage 2" of the Province's three-stage reopening framework, some of us may be feeling somewhat anxious. Please know that feelings like this are normal. There is no "proper" way to feel during a world-wide pandemic, we assure you.

As of June 29th, all staff will be back in the office from Monday to Friday. Please don't hesitate to reach out to us if you need anything, or if you just need to talk. We are also able to meet with you in the community; we can grab a coffee or tea and chat in the park.

We will keep you informed of changes at Positive Living Niagara regarding groups and activities. One group met recently in a park and it was a great success. Now that the weather is nice, we have that option!



**Note: While we are moving back to having staff in office full time again, some staff will be away on vacation at various times. Remember to call first.**

## *Service Modifications for Reopening*

### **Transportation:**

We will continue to provide transportation to medical appointments. You will be asked screening questions and be required to wear a mask if staff is accompanying you.

### **Office Appointments:**

In order to maintain social distancing protocols and ensure a safe office space, you will be required to make an appointment if you wish to speak to a case manager or other staff member, in the office. No drop-ins at this time.

### **Community Visits:**

Now that some of the restrictions have been lifted, we can meet with you outdoors (parks, etc) where social distancing can be maintained

### **Groups:**

Some of the groups will continue to be offered online for now, but there will be options for in-person gatherings that are held outdoors, as long as there are no more than 10 people. Keep an eye on your email for updates regarding groups.

# Bored? Missing People? Join a Group!

## MEN'S GROUP

It's back in action! Well, in a virtual setting, to start. I'm extremely excited to host a bi-weekly Virtual Men's Group via Zoom. If you're not familiar with Zoom, it's an app you download on your phone, tablet or computer and is very user friendly (and I'm available to troubleshoot any hiccups!). While we are doing things virtually, the group focus will be about building relationships and getting to know one another. Based on provincial guidelines, we will also have the opportunity of face-to-face meetings in an outdoor setting to ensure social distancing. Keep an eye on your email for updates from me! If you haven't received an email but want to get involved, just contact me and I'll add you to the list. The group is open to all who identify as male. I look forward to seeing you in the near future!



Darryl  
Extension 120  
ddyball@positivelivingniagara.com

## WOMAN'S A & A



Crystal ext 144  
cgoicoechea@positivelivingniagara.com  
Sarah ext 127  
sburtch@positivelivingniagara.com

Women's "Affirmations and Activities" is a social/educational group for all women! A safe place to make connections with other women, share stories, engage in fun activities and crafts and just support one another. A place where you can be yourself, make new friends .... and laugh a lot!

The group has been operating online during the covid-19 situation, but are starting to move to some outdoor gatherings where social distancing can be maintained. All who identify as women are welcome! Please contact Crystal or Sarah for more information.

# Community Connections

## UPDATE

In February, phase one of our Community Connections program kicked off with a two-day retreat in Port Colborne. We focused on self-confidence, assertiveness and starting to think about becoming involved in the community through work, school or volunteerism.

Phase two was to start at the beginning of March, but sadly, COVID-19 hit and we had to postpone program intakes. However, we have now adapted phase two of the program



134. She will help step you through your options and help make the connections you may need to move forward.

Not sure if a change is in your future? Looking for inspiration? Check out some of the links below. Explore areas of interest, talents, your unique personality, etc.



and those of you who registered, were contacted via phone for the intake process. This consisted of learning a little bit more about your goals, dreams and ambitions. Although not all support agencies are open, we were able to make some referrals and get the ball rolling. This way, as we start returning to normal, we will be ready for whatever direction you are interested in going.

If you are interested in joining Community Connections or just want to learn more about your options, give Wendy a call at ext



<https://www.jobbank.gc.ca/career-planning/quizzes>

<https://www.16personalities.com/>

<https://www.iaccess.gov.on.ca/labourmarket/careerQuiz/careerQuiz.xhtml>

<https://www.whatcareerisrightforme.com/career-aptitude-test.php>

# COMING SOON!



## **FUN! PRIZES! FRIENDS!**

Tentative date - July 22

Watch your email  
for details!

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Positive Living Niagara and the  
Niagara Falls Community Health  
Centre are partnering on a  
brand new PrEP Clinic.

Follow us on  
Facebook to stay up to date!  
More details coming soon!

# Niagara Falls PrEP Clinic!

**COMING IN JULY!**



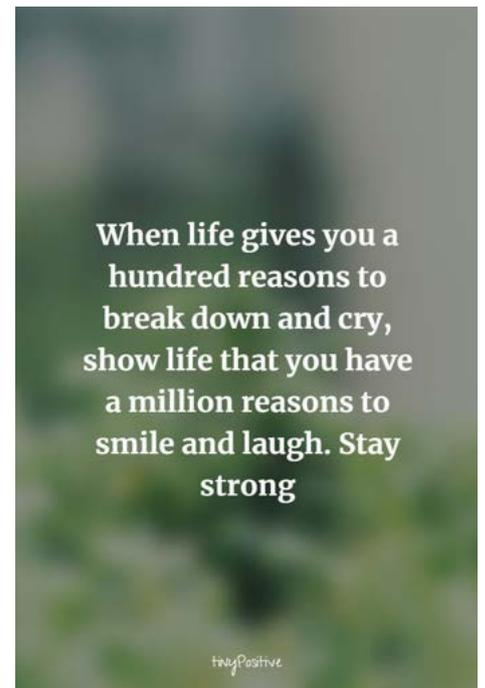
# Mental Health & Addiction Support

## In Niagara

- To learn more about available supports and resources across the Niagara Region, call the **Access Line** at: 1-866-550-5205
- If you or someone you know is in crisis, call **COAST Niagara**: 1-866-550-5205
- **For children, youth and families**, counselling and support is offered 24/7 through the Crisis Line at 1-800-263-4944
- **Wellness Together Canada**, provides a range of free, online services and connections to counselling for those struggling with mental health or addiction issues. To access this service, click this link <https://ca.portal.gs/>

**Streetworks and CTS** remain open and accessible. For Streetworks, enter through the side door at 120 Queenston St., between 9-5 pm or call 905-328-6715 to have supplies delivered to your home

Visit the CTS at 105 Queenston St (rear entrance) 7 days/week 9:30 am-7:30 pm



## Covid-19 Information and Resources

For reliable information about HIV and Covid-19, Please visit the International AIDS Society's FAQ's about Covid-19 and HIV at [www.iasociety.org](http://www.iasociety.org)

For reliable local information about Covid - 19, please visit the Niagara Region Public Health website: <https://niagararegion.ca/health/covid-19/default.aspx>

To learn more about the Ontario Government's strategy for "Reopening Ontario" visit: <https://www.ontario.ca/page/reopening-ontario>