



Word on the Street

SUMMER 2016

StreetWorks Harm Reduction Services offers free and confidential services to anyone in the Niagara Region.

Stop by our office at 120 Queenston St., St. Catharines. Monday-Friday, 9am-5pm

We offer a mobile service. Monday-Friday, 6pm-10:30pm
Call us at (905) 328-6715



Peer Program Reboot!

WE WANT YOU



Are you looking to give back to your community? Looking to make a healthy connection with other folks who use? Looking to make some extra cash? Interested in working with the StreetWorks program?

Join us on the 2nd and 3rd Thursday of the month from 2pm - 4pm.

Our peer program compensates peers for 2 hours of work.

There are only 3 spots available each shift so make sure you come into the office the day of and sign up. Work ranges from preparing safer inhalation supplies and gear, to neighbourhood clean ups!

The first shift will be Thursday July 14th 2pm-4pm

Interested?
Talk to staff to find out how to join!

Expiring Naloxone

Have you checked the expiry on your kit? A large batch of the kits will be expiring this October. Let us know if you need to get some new vials. When replacing expired kits, make sure you bring in your old vials!

If you're interested in getting a kit, ask about our 15 minute training, talk to staff today.



Join Us on Overdose Awareness Day

August 31st is International Overdose Awareness Day. Come join us at Start Me Up Niagara located at 17 Gale Cres. in St. Catharines from 3-7pm. We will be having an Open Mic session, a giant canvas that you can paint tributes on, and more! Chat with StreetWorks or Aaron at Start Me Up for more info.



Mixing

- Most overdose deaths occur when multiple drugs have been taken.

le: Alcohol + Benzodiazepines + Opioids

Prevention: Use one drug at a time or use less of each drug if mixing.

Tolerance

- It can decrease **rapidly** when taking a break from using a substance (in jail, in treatment or in the hospital)

Prevention: Use a small amount and see how your body reacts before using more.

OVERDOSE PREVENTION

Inconsistent Drug Quality and Potency

- Drug quality and strength can be unpredictable since they are unregulated.

Prevention: Try a very small amount first. Does it taste, smell or look different?

Using Alone

- If you overdose, no one will be there to help you.

Prevention: Fix with a friend (**Do not Share Needles**). Leave door unlocked and call someone to tell them that you are about to use.

Thursday Nights

Did you know that on Thursday Nights in the van we have an addictions counsellor out with us? If you feel like talking about making some changes she is there to listen!

Like all of our services, it is free and confidential.

**FREE
CONDOMS &
LUBE
AVAILABLE
THROUGH
STREETWORKS**

A Gentle Reminder of Confidentiality



All information shared with staff at StreetWorks is confidential but there are a few exceptions to this rule just like with any other service provider:

1. If it becomes apparent that you seriously intend to do harm to yourself or another person
2. If a child under the age of 16 is being harmed, at risk of being harmed, or there is a suspicion of child abuse or neglect
3. If a court of law presents us with a legal subpoena demanding your records

Get Fit and Have Fun!

Walk, run, or bike over to see us!

Lately the van has been very busy, so dropping by the office when you are in the neighbourhood will ensure you get the supplies you need. Walking or riding your bike has many benefits such as:

- Boosts your energy!
- Lifts your mood.
- Decreases stress.
- Strengthens your heart and lungs.
- **HELPS THE ENVIRONMENT!**



Satellite Sites

Can't make it in to the office? Visit one of our satellite sites for safer injection materials.

St. Catharines

Mapleland Pharmacy
120 Welland Ave.

STOMT Drop-In

St. Barnabas Anglican Church
33 Queenston St.

Port Colborne

Boggio's Pharmacy
200 Catharine St.

Ridgeway

Boggio and Edwards Pharmacy
307 Ridge Rd.

Brodies Pharmacy
315 Ridge Rd.

Welland

VIP Pharmacy
601 East Main St.

Fonthill

Boggio & Parton Pharmacy
155 Hwy. 20 West

Niagara Falls

Project Share
4129 Stanley Ave.

Beat the Heat!

Summer's here! We are getting clear skies in the Niagara Region, however, some days are going to be extremely hot and you can be at risk for:

- Sunburns
- Heat stroke
- Dehydration

Although we are encouraging you to walk or bike to the office, you should take extra precautions while in the hot weather.

You can beat the heat by:

- **STAYING HYDRATED:** Drink lots of water and carry it wherever you go.
- **COOLING DOWN:** Stop in at Start Me Up or catch some shade under a tree.
- **TAKING IT EASY:** Avoid being outside too long especially during the hottest times of the day (12-3pm)



Winston beat the heat by taking a mid-afternoon ice bath nap.



This wonderful piece was painted by a program participant. If you would like to share a piece of writing or art in the next newsletter, let us know!