



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



Word on the Street

WINTER 2017



is looking for Peer Outreach Workers!

Are you a current or former drug user interested in giving back to your community?

StreetWorks Needle Exchange is now recruiting Peer Outreach Workers to do outreach in the Niagara Region.

What does the peer program look like?

We are looking for people to help provide information about safer drug use, community resources, and distribute harm reduction materials to members of your peer group and community. This is a paid position and you will receive an honorarium for your work. A series of training workshops will be held at the beginning of the program.

How do I get involved?

If you are interested in this program please pick up an application from StreetWorks (in the office or van). If you need help filling it out staff would be happy to help you. Successful applicants will be contacted for an interview.

Qualifications:

- * Lived experience and/or understanding of people who use drugs and/or people involved in the sex trade, homelessness, poverty;
- * Lived experience with drug use and existing connection with people who use drugs;
- * Strong belief in harm reduction;
- * Have some effective ways of dealing with stress and stressful situations;
- * Interest in receiving training on topics like Harm Reduction, HIV/AIDS, HepC, etc.;
- * Respect other people's right to refuse help or resist change;
- * Dependable and willing to commit to 5 hours per month and meetings every 2 months for 1 year.

APPLY TODAY!

If this opportunity interests you please complete an application (you can get one by stopping by our office at 120 Queenston St., St. Catharines or asking staff in the van).

Applications must be submitted by January 30, 2017.

If you need help filling out the application staff would be happy to help you.

We want your sharps!

Bringing us your returns is your responsibility to the program. You can drop them off at the office, one of our satellite sites, or we can come and pick them up.

No biohazard bin? Put your used sharps in a puncture resistant container (pop bottle, coffee can, laundry detergent bottle, etc).

Staff do have the right to refuse returns in questionable bags or containers.



Take another crack at it! Safer smoking tips

1. Smoke in a safe place & try not to smoke alone.
2. Don't forget to drink lots of water. Crack can be very dehydrating.
3. Hold the flame 1/2 inch away (never directly on the pipe). Heat for 5 seconds so the pipe doesn't get too hot.
4. If you are going to share your pipe make sure everyone has their own mouthpiece.
5. Have a safe place to comedown.

Using alone... Never a good idea

If you use alone and an emergency happens (you overdose, have a bad reaction to the drug, etc) there is nobody there to help you. Let someone know you are using, check in on one another.

With the high potency of the drugs on the street right now it is important that there is a Naloxone kit where you plan to use in case of an overdose situation, but remember you can't use it on



Have you used your Naloxone kit? Let us know so we can replace it for you. If you have lost your kit let us know as well. It is extremely important that we make sure you have a kit.

Stop by the office or talk to staff in the van about getting your kit replaced.

Outreach at Port Cares

Every other Thursday starting on January 12th, staff from StreetWorks will be at the Port Cares Reach out Centre from 4-5pm.

Staff are able to provide Naloxone training, replace used/lost/expired kits, provide people with 10 packs of syringes as well as answer any questions you might have.

Port Cares Reach Out Centre
61 Nickel St.
Port Colborne, ON

**FREE
CONDOMS &
LUBE
AVAILABLE
THROUGH
STREETWORKS**

Stay Warm this Winter

- **Stay in heated buildings** as much as possible
- **Dress appropriately and cover exposed skin** - Wear gloves, mittens and a scarf to protect the chin, lips, and cheek. Exposed skin can become frost-bitten in 30 seconds
- **Wear a Hat** - Up to 40 per cent of body heat loss can occur through the head
- **The Canadian Paediatric Society recommends keeping children indoors** if the temperature falls below -25 C, or if the wind chill is -28 C or greater
- **Drink warm fluids** but avoid caffeinated or alcoholised beverages, as they cause your body to lose heat more rapidly.
- **Wear clothes in layers:** inner layer, middle layer, and outer layer
- **Keep moving.** Limit time sitting - stand up and move around
- **Take shelter from the wind** - this can reduce wind chill exposure
- **Use caution when shovelling snow**, especially for those that have heart, breathing problems or other medical conditions. Snow shovelling is strenuous and can cause an onset of heart or respiratory problems.
- **Check on neighbours** who may be at risk.

Source: <https://www.niagararegion.ca/>



St. Catharines

OUT OF THE GOLD



November 1, 2016—March 31, 2017
6 p.m.

Hot Meal with or without Overnight Shelter

- Sunday:** Westminster United Church
180 Queenston Street
- Monday:** Silver Spire
366 St. Paul Street
- Tuesday:** Cathedral of St. Catherine
67 Church Street
- Wednesday:** St. George's Anglican Church
83 Church Street
- Thursday:** St. Alfred Roman Catholic Church
272 Vine Street
- Friday:** Knox Presbyterian Church
53 Church Street
- Saturday:** Queen Street Baptist Church
57 Queen Street

Out of the Cold 905-984-5310 or 905-641-2249

Shelter Info 211

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.

Get Involved!

Join us on the 2nd and 3rd Thursday of the month from 2pm-4pm for our Peer Program. An extra bonus (besides hanging out with some pretty awesome people and giving back to the program), is you get paid for your time!

There are only 3 spots available each shift and people are chosen by a lottery system.

Come by the office the day on peer days around 2pm to get your name put into the hat.



Peer Program Dates

January 12 & 19

February 9 & 16

March 9 & 16

stomt
sex trade on my terms

stomt is a weekly drop-in for women participating in sex work.

Feel free to drop in and spend some time any **Wednesday between 8pm to 11pm** at

St. Barnabas Anglican Church
33 Queenston Street, St. Catharines.

Any questions please contact:
Adrianna @ 905-988-3528 ext. 3244

Food, Coffee and Hygiene Products will be available.

MENTAL HEALTH & ADDICTIONS

ACCESSLINE

1-866-550-5205

CONFIDENTIAL HELP 24/7

YWCA NIAGARA REGION