

# EXtreme REALITY

## Northern Healthy Connections Society

### What's New ?

Testing for Sexually Transmitted and Blood Borne Infections (STBBIs) will be offered at NHCS  
Call 902-895-0931 for details

Forum on the NHCS website—get connected and share your views.

Share your story in the newsletter... - confidential and anonymous.

Do you have too many conference bags ???

NHCS has started a recycling program where old conference bags are stuffed with educational material and donated to the local Food Bank.

These bags not only act as a stronger bag for carrying food, but also provides an opportunity to share knowledge and information and is good for the environment.

Please donate your used cloth conference bags to NHCS.

Spring 2017

Northern Healthy Connections Society



Follow the organization on the Web, Face Book and Twitter  
<http://www.nhcsociety.ca>  
[www.facebook.com/nhcsns](http://www.facebook.com/nhcsns)  
Twitter@NHCSociety



### Testing for Sexually Transmitted & Blood Borne Infections and Vaccinations

This service will soon be offered through a partnership between Northern Healthy Connections Society (NHCS) and Dr. Hali Bauld in Truro, Nova Scotia. This service is one more step in providing care and options for members of the injection drug using population served by NHCS through the Needle Distribution and Disposal Site. If you are involved in high risk activity such as injection drug/opiate use, you would qualify for free testing for all Sexually Transmitted and Blood Borne Infections (STBBIs) as well as vaccinations for the Flu, Hepatitis and more. This additional service will be available by appointment only...no drop ins.

When accessing the Needle Distribution and Disposal site at Northern Healthy Connections Society—33 Pleasant Street in Truro, ask for details and make an appointment with the staff. (902) - 895-0931

World Health Day is April 7, 2017 and Grandmother's to Grandmother's Campaign is May 6th  
Truro Pride Events—July 24-29, 2017

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### Youth PhotoVoice Project

**NHCS has once again been awarded funding through the Department of Justice to offer this program**

**Information on this project call 902-895-0931**

**Referrals are accepted from Restorative Justice, and Mental Health**

**This program is also made available to institutions that offer programming for Child & Youth Worker students.**

### Hep C Aware Project

The Hep C Aware Project has been approved through Grants and Contributions with the Public Health Agency of Canada (PHAC) for one more year of transitional funding ending on March 31, 2018. As of March 2018 the agency will no longer be receiving funds from the Federal Government for this program.

The Northern Healthy Connections Society (NHCS) understands the need for programs such as this and will continue to distribute awareness and educational material relevant to Sexually Transmitted and Blood Borne Infections (STBBIs) including Hepatitis, Treatment, Harm/Risk Reduction and Testing information. This work will be continued through the Needle Distribution and Disposal Service offered by NHCS at 33 Pleasant Street, Truro, Nova Scotia. For information contact Janet at [admin@nhsociety.ca](mailto:admin@nhsociety.ca).



The office is open Monday to Friday from 8:30 am to 4:30 pm. The phone number is 902-895-0931

### FACE 2 FACE



**(Face to Face is a new article where we will be featuring interviews with people who have accessed NHCS Services or Programs & want to share their stories. Contact us to be heard.)**

- Q) "How long have you been visiting the NHCS office for services or programs?"  
A) "I've been visiting NHCS for about 6 months and have been accessing the Needle Distribution Site."
- Q) "How did you feel coming into NHCS?"  
A) "I was worried about disclosing my addiction issue, but the staff were very welcoming and supportive".
- Q) "What service were you obtaining?"  
A) "I accessed the referral system for methadone treatment".
- Q) "How did you find out about NHCS programs and services?"  
A) "A friend told me".
- Q) "What are you taking away from your visit to NHCS?"  
A) "It is great to have access to a needle exchange locally"."

**OPIATE TREATMENT & RECOVERY PROGRAM  
733 Prince Street in Truro, Nova Scotia...902-893-4776**


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PFLAG  
(Parents & Friends of Lesbians and Gays). This group meets at NHCS every Thursday evening from 6:00 pm to 8:00 pm

NHCS is starting a support group for persons who have lost a family member and are looking for grief support. If you are interested please call 902-895-0931.

**FENTANYL**  
CAN BE DEADLY WHEN CUT WITH THE DRUGS YOU'RE TAKING  
**KNOW YOUR SOURCE? BE DRUG SMART**   
[KNOWYOURSOURCE.CA](http://KNOWYOURSOURCE.CA)

Time of Death  
2330  
Cause of Death  
Overdose: Fentanyl  
unknowingly taken  
with other drugs

VPD.CA BC Centre for Disease Control Vancouver Health Provincial Health Services Authority Vancouver Coastal Health

## Did you know?

NHCS has a Needle Distribution & Disposal Site offering clean needles for those engaged in Injection Drug Use. If you need us call 902-895-0931 or stop by 33 Pleasant St. Truro.

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## Northern Healthy Connections Society

### MARK YOUR CALENDAR

National Non-Smoking Week—January 15-21, 2017

National Condom Day—February 7, 2017

Pink Shirt Day—February 22, 2017

International Women's Day—March 8th

International Harm Reduction Day—May 7th

National Prescription Drop-off Day—May 21st

International Day Against Homophobia—May 17th

Truro Pride Week July 24-29, 2017

Truro Pride Parade July 29, 2017

World Hepatitis Day—July 28th

International Youth Day—August 12

International Over Dose Awareness Day—August 31

Scotiabank AIDS Walk September 25, 2016

AIDS Awareness Week—last week in November

World AIDS Day - December 1st

The Northern Healthy Connections Society is happy to announce that funding has been made available through the Nova Scotia Health Authority to support the Needle Distribution and Disposal Services in Truro, and hopefully this work will also include additional outreach services in other areas of northern Nova Scotia. This funding will be for the 2017-18 timeframe and will be assessed upon completion of one year.

The Northern Healthy Connections Society have seen the numbers triple in the last year of needles being requested. There is a real concern of what is happening in the northern area of Nova Scotia (Colchester-East Hants, Cumberland and Pictou Counties). There is also a great concern for circumstances within the three 1st Nations Communities in the northern region. If you are aware of anyone who may be at risk, please check the services available and spread the word.

There is also educational material available regarding the risks.



### Why do I need to use a condom?

Condoms, when used consistently and correctly, are the **only** form of protection other than abstinence that can help stop the transmission of sexually transmitted infections (STIs) such as HIV/AIDS.

Condoms are available for FREE from different centres ~ the NHCS office (33 Pleasant Street Truro), Teen Health Centres, Women's Resource Centres, Centres for Sexual Health and the John Howard Restorative Justice for Youth (Truro). There are no age limits to buying condoms. Buying a condom no matter how old you are shows that you are taking responsibility for your actions.

### ??Condoms, Lube and Flavour??

Condoms are typically made of latex. Latex condoms can only be used with water based lubricants, NOT oil based lubricants such as Vaseline as it breaks down the latex.

Flavoured condoms should be used for oral sex only as the sugars they contain may cause yeast infections.

### Condom Co-op

NHCS's condom co-op offers condoms at cost to local groups, community partners and businesses. **Be a part of the solution and not the problem...offer free condoms !!!**

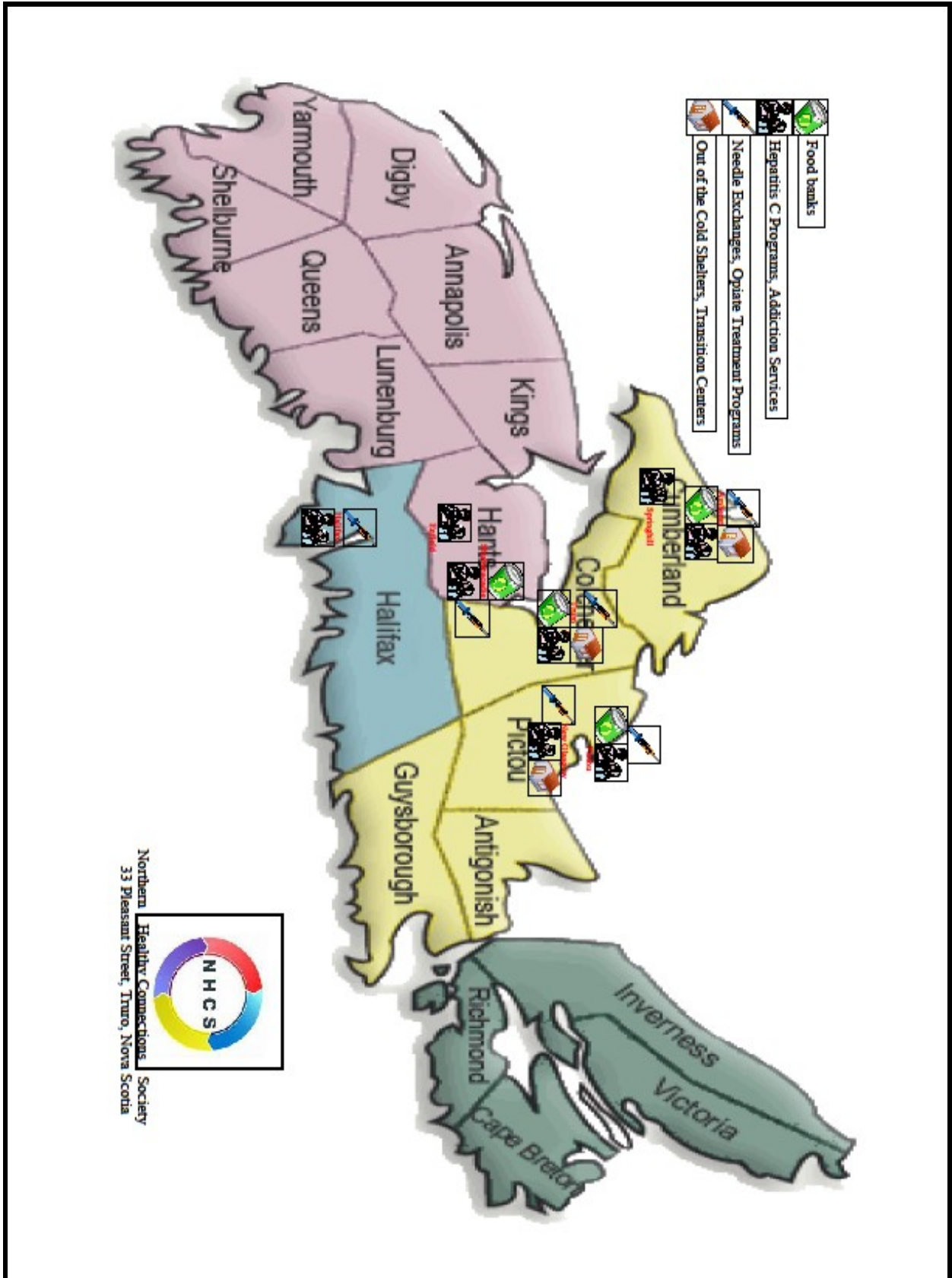


When you don't know where to turn.



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## Northern Healthy Connections Society

### Services Helping Tree/Map

Opiate Treatment  
Program Truro  
(902) 893-4776

Hepatitis Outreach  
(902)420-1767  
1-800-521-0527

Mainline Needle  
Exchange  
Outreach # (902)-877-0555  
Or  
1-800-904-4555

Hep C Aware Project  
(902)-895-0931

Northern Healthy Connections  
Society Needle Exchange  
(902)-895-0931 or  
Toll Free at 1-866-940-2437

Addiction Services  
Amherst  
(902)667-3879

Pictou Inpatient Services  
(902)485-4335

Springhill Inpatient Services  
(902)-597-8647

New Glasgow Community Health Centre  
(902)-755-7017

East-Hants Resource Centre  
(902)-883-0295

Mental Health & Addiction Services Truro  
(902)-896-2606  
1-800-460-2110 ext 42606

### Food Banks

Colchester Food Bank Association  
(902)-893-4566

76 Lorne St., Truro, N.S.

Salvation Army Family Services  
(902)893-1862

14 Outram St., Truro, N.S.

Amherst Food Assistance Network  
(902)661-0677

5 King St., Amherst, N.S.

Pictou West Food Bank  
(902)-485-8996

40 Water St., Pictou, N.S.

Pictou County East Food Bank  
(902)-755-2906

Shubenacadie Food Bank  
(902)-758-1701

5 Mill Village Rd., Shubenacadie, N.S.

### Transition Houses

Third Place—Truro

Crisis Line—1-800-565-4878 or (902)-893-3232

Administration Outreach(902)-895-9740

Office -(902)-893-4844

Tearman House—New Glasgow

Crisis Line—1-888-831-0330 or (902)-752-0132

Autumn House—Amherst

(902)-667-1200

### 1st Nation's Services

#### Transition House

Mi'hmaw Family Healing Centre

Crisis Line—1-800-565-4741

Administration—(902)-893-8483

#### Food Banks

MicMac Benevolent Society—Millbrook

(902)-895-1738

Community Centre—Indian Brook

(902)-758-3571

#### Addiction Services

Pictou Landing

(902)-752-1918

Millbrook Health Centre

(902)-895-9468

Eagles Nest

(902)-758-2776

### Out of the COLD Shelter

First United Church  
111 Lorne Street  
Truro, N.S.  
(902)895-8098

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## Northern Healthy Connections Society



**Like us on  
Facebook!**

**www.facebook.  
com/nhcsns**

**Volunteers are  
welcome !!!**

**Volunteering  
provides great  
experience, the  
chance to meet  
new people,  
utilize your  
skills and give  
back to the  
community.**

**Student  
placements are  
also an  
opportunity to  
get involved**

**Call 902-895-  
0931**

### Choirs for Comfort

This event was held at the First United Church in Truro on February 11, 2017. There were a total of 12 choirs participating to provide wonderful music and raise money for the Northern Healthy Connections Society.

This event was the 13th Choirs for Comfort concert which through good will offerings assists community groups reach their goals and helps with the provision of programs and services.

Along with the offering and the matching funds from the Scotiabank close to \$9000.00 was raised.

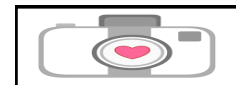
The Staff and Board of Directors would like to express our heartfelt appreciation to the organizers, choirs, First United Church, volunteers, Scotiabank staff and everyone who attended and gave so generously. It was truly a lovely event. Keep up the great work.



The Northern Healthy Connections Society is wrapping up the work conducted through funding through the Nova Scotia Department of Community Services under the "Breaking the Silence: A Coordinated Response to Sexual Violence in Nova Scotia".

The project focused on LGBTQ youth residing in the Colchester County area with a primary goal of assisting youth in understanding contributing factors leading to sexualized violence. PhotoVoice is an innovative methodology of bringing marginalized and /or vulnerable communities together around an issue or issues to creatively mobilize for grass roots social action and change.

This project conducted 10 interviews with LGBTQ youth who experienced sexualized violence. The interviews were transcribed and photos or pictures were included to the individual story forming books representing each persons experience. There were opportunities as well for knowledge exchange and information sharing to create greater awareness about the issue of sexualized violence and survival. The final report is due in May 2017.



For information call 902-895-0931 or email [admin@nhsociety.ca](mailto:admin@nhsociety.ca)

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## Northern Healthy Connections Society

# Services

### Our Contact Information

Tel: 902 895-0931  
 Toll Free 1-866-940-AIDS (2437)  
 E: [admin@nhsociety.ca](mailto:admin@nhsociety.ca)  
 Web: [northernaidsconnectionsociety.ca](http://northernaidsconnectionsociety.ca)  
 Facebook: [www.facebook.com/nhsns](http://www.facebook.com/nhsns)  
 Twitter@nhsociety

**Mental Health Services — Crisis Response**  
 600 Abenaki Road, Truro, N.S.  
 B2N 5A1  
 902 896-2606 or toll free at  
 1-800-460-2110 ext. 2606  
[www.cehha.nshealth.ca](http://www.cehha.nshealth.ca)

**Opiate Treatment & Recovery Program**  
 733 Prince St.,  
 Truro, N.S.  
 902-893-4776  
[www.addictionservices.ns.ca](http://www.addictionservices.ns.ca)

### Amherst

**Sexual Health Centre  
 Cumberland County**  
 Information, Education  
 Workshops, Free  
 Condoms  
 902 667-7500  
[shccc@ns.aliantzinc.ca](mailto:shccc@ns.aliantzinc.ca)  
 11 Elmwood Drive  
 (side entrance)

**Colchester Sexual  
 Assault Centre**  
 Provides Support &  
 Information to Anyone  
 Affected by Sexual  
 Assault  
 902 897-4366  
 80 Glenwood Drive,  
 Truro  
[info@colchestersac.ca](mailto:info@colchestersac.ca)

### Pictou

**Pictou County Centre  
 for Sexual Health**  
 Services for both  
 women and men  
 902 695-3366  
[pcsexualhealth@hotmail.com](mailto:pcsexualhealth@hotmail.com)  
[www.pictoucountysexualhealth.com](http://www.pictoucountysexualhealth.com)

**RESPECT**  
 Students Making  
 Healthy Decisions  
 Dalhousie Agricultural  
 Campus  
 902 893-6300  
[respect@nsac.ca](mailto:respect@nsac.ca)

**Pictou County  
 Women's Centre**  
 902 755-4647  
[pcwc@womencentre.ca](mailto:pcwc@womencentre.ca)

**DalOut—Dalhousie  
 Agricultural Campus**

### Truro

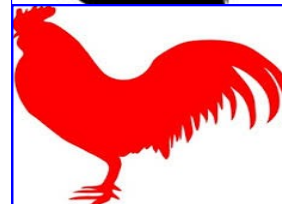
**Central Nova  
 Women's  
 Resource Centre**  
 82 Esplanade. Truro  
 902 895-4295  
[admin@cnwrc.ca](mailto:admin@cnwrc.ca)  
[cnwrc.ca](http://cnwrc.ca)

**BLAST Youth  
 Colchester-East  
 Hants Regional  
 Library ...Truro, N.S.**  
 Contact Chris  
 Wildbore at  
 902-895-4183

**SLATE Youth**  
 883 Prince St.,  
 Truro, N.S.  
 902-893-8044



Play it Safe...Always Use Condoms



Cover your cock and protect your pussy !!