

EXtreme REALITY

Northern Healthy Connections Society

What's New ?

Wednesday Lunch N' Grab

Open to persons who
access the NHCS
needle exchange.

Return used needles
on Wednesday and
have lunch on us !!!

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.

Winter 2017



Northern Healthy Connections Society



Follow the organization on the Web, Face Book and Twitter
www.facebook.com/nhcsns
<http://www.nhcsociety.ca>



What's In A Name

The new name Northern Healthy Connections Society was launched with a celebration outlining the history and achievements of the organization from 1996 until 2016. This event also offered a Silent Auction with approximately 90 items donated by local artists and business owners. Your support was greatly appreciated. Without community support it would not have been possible. The event was held at the Best Western Glengarry in Truro on November 21st during AIDS Awareness Week. Special thank you to the Glengarry and their staff. The entertainment was provided by Alana Weatherbee who played the banjo and Stephanie Patriquin playing the piano. Thank you so much for a great evening. There were approximately 30 people in attendance. There were highlights shared relating to the history of the organization as well as future funding concerns. The history was displayed along one whole wall of the room with pictures, posters and printed information capturing highlights of the last 20 years.

January is Cervical Health Awareness Month February is National Cancer Awareness Month and
March is Colorectal Cancer Awareness Month

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Youth PhotoVoice Project

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

This project
started
October
2016... The
project was
available to
students whom
after
graduation will
be working in
Group Homes
and Youth
Detention
Centres

Information on
future projects
call
902-895-0931

Referrals are
accepted from
Restorative
Justice, and
Mental Health

Hep C Aware Project

Are you HEP C Positive? Would you be interested in being a part of a teleconference to share your experiences living with Hepatitis C. It could be very helpful and offer support to those newly diagnosed. NHCS is interested in starting a sharing session a way to share what worked for you and what didn't. A peer to peer sharing session. Call the office at 902-895-0931 to acquire additional information or register to become part of this ANONYMOUS sharing session.

The Hep C Aware Project is looking for volunteers to tell their story in this publication or on YouTube about what it is like living with Hep C. The project values your input and respect your anonymity and privacy, so it has been arranged not to have your picture or name on YouTube. Your story will be highlighted only and will serve as an educational and awareness piece. If interested please contact Janet at 902-895-0931. If you are interested in receiving information on NHCS Hep C Aware Project or tattooing and piercing please



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 1 year and have been accessing the Needle Exchange"
- Q) "How did you feel coming into NHCS?"
A) "NHCS is responsible for changing my life and providing me with support".
- 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) "I came across the organization on Twitter".
- Q) "What are you taking away from your visit to NHCS?"
A) "It is nice to access a discrete location to access materials and not feel

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

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As a result of the funding provided by the Department of Health/ Addiction Services a PFLAG Group was started (Parents & Friends of Lesbians and Gays). This group meets at NHCS every Thursday evening from 6:00 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.

are you a young gay, bi, two-spirit, trans*, or queer guy?

want to be a healthy, sex-savvy trendsetter?

introducing ...

totally OUTRIGHT in nova scotia

Totally OUTright in Nova Scotia
is a FREE, sexual health leadership program for gay, bi, two-spirit, trans*, and queer (GB2STQ*) guys aged 18 to 29 from across Nova Scotia.

It's for young men interested in meeting other guys, learning about building stronger communities, and improving their own overall health.

Participants will engage in interactive, thought-provoking presentations from GB2STQ* community leaders, and experts in GB2STQ* men's health.

Topics include:
coming out, sexual health, relationships, substance use, harm reduction, community history, and a whole lot more!

The initial program offering will run for four days in February 2017 in Halifax. Travel, meals and accommodation assistance is available.

Totally OUTright in Nova Scotia is a program of the Gay Men's Health Project of the AIDS Coalition of Nova Scotia

Program funding provided by

MAC AIDS FUND

NOVA SCOTIA Community Services

Mental Health Foundation of Nova Scotia

Want to know more?

www.tinyurl.com/totally-outright
OR check us out on Facebook OR contact the Gay Men's Health Coordinator at GMHC@acns.ns.ca
or 902-425-4882, ext. 222
or 1-800-566-2437, ext. 222

Did you know?

NHCS has a Needle Exchange Program 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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MARK YOUR CALENDAR

National Non-Smoking Week—January 17-23, 2016

National Condom Day—February 14, 2016

Pink Shirt Day—February 24th

International Women's Day—March 8th

International Harm Reduction Day—May 7, 2016

National Prescription Drop-off Day—May 21, 2016

World Hepatitis Month—May

International Day Against Homophobia—May 17th

Truro Pride Parade July 16th

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

Surveys, Data Collection and Questionnaires NHCS needs you to respond !!!

Northern Healthy Connections Society (NHCS) is presently planning to conduct surveys at the Colchester Food Bank regarding the InfoBag program offered by NHCS which was funding by the Community Health Board.

The data collected will serve as an indicator if the recipients reused the cloth bag and actually increased their level of knowledge of Sexually Transmitted and Blood Borne Infections as well as healthy decision making.

The bags for the program were donated by Atlantic SuperStore in Truro.



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

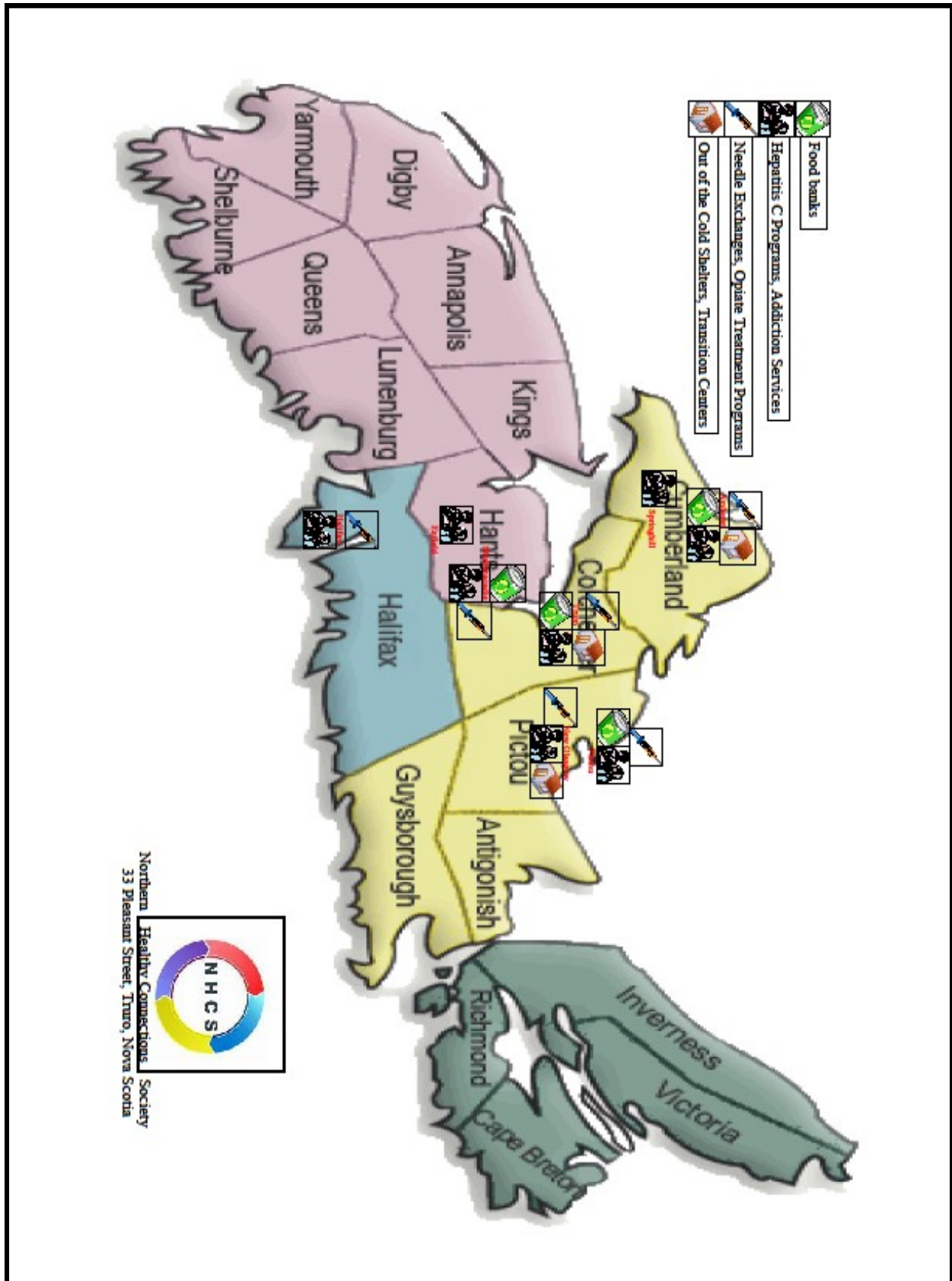
NHCS's condom co-op offers condoms at cost to local groups, community partners and businesses. **Be a part of the solution and not the problem...offer free condoms !!!**



When you don't know where to turn.

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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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**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.**

**Remember...
volunteers are
the core of any
organization !!**

Choirs for Comfort

This event will be held at the First United Church in Truro on February 11, 2017. There will be a total of 12 choirs participating to provide wonderful music and raise money for the Northern Healthy Connections Society. This event will be the 13th Choirs for Comfort concert which will begin at ???

Some groups that will be taking part include are the Cantabile Boy's Choir, Cantabile Singers, Cobequid Educational Centre, First Baptist Girl's Choir, First United Church Choir, St. Andrew's Church Choir, Seinneadair, Tatamagouche Area Singers

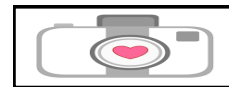
Admission is by donation to the Northern Healthy Connections Society and Scotiabank will match donations up to \$5,000.00



The Northern AIDS Connection Society applied for 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 name is LookOUT Youth PhotoVoice Project and will be commencing late January 2017. The project will focus 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.

PhotoVoice provides a voice to individuals through photography and artistic creativity. The process is intended to give tools and guidance to LGBTQ youth in order for them to conceptualize the circumstances leading to and the issues surrounding sexualized violence within their community and how this affects them as individuals.



For information call 902-895-0931 or email admin@nhsociety.ca

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Services

Our Contact Information

Tel: 902 895-0931
 Toll Free 1-866-940-AIDS (2437)
 E: admin@nhcsociety.ca
 Web: northernaidconnectionsociety.ca
 Facebook: www.facebook.com/nhcsns
 Twitter@nhcsociety

Mental Health Services — Crisis Response
 600 Abenaki Road, Truro, N.S.
 B2N 5A1
 902896-2606 or toll free at
 1-800-460-2110 ext. 2606
www.cehha.nshealth.ca

Opiate Treatment & Recovery Program
 733 Prince St.,
 Truro, N.S.
 902-893-4776
www.addictionservices.ns.ca

Amherst

**Sexual Health Centre
 Cumberland County**
 Information, Education
 Workshops, Free
 Condoms
 902 667-7500
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
Trurosexualassault@hotmail.com

Pictou

**Pictou County Centre
 for Sexual Health**
 Services for both
 women and men
 902 695-3366
pcsexualhealth@hotmail.com
www.pictoucountysexualhealth.com

RESPECT
 Students Making
 Healthy Decisions
 Dalhousie Agricultural
 Campus
 902 893-6300
respect@nsac.ca

**Pictou County
 Women's Centre**
 902 755-4647
pcwc@womencentre.ca

**DalOut—Dalhousie
 Agricultural Campus**

Truro

**Central Nova
 Women's
 Resource Centre**
 82 Esplanade. Truro
 902 895-4295
cnwrc@eastlink.ca
cnwrc.weebly.com

**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 !!