

NEED GEAR? CONDOMS? SUPPORT?

The NESI team distributes kits for safer rock smoking, rigs, and all the stuff that goes with them! We also have supplies for safer sex, and provide support and referrals to services.

Here's how to reach us...

NESI Drop In!

Times: **Mondays 9am-12/1-4pm**

Tuesdays 1-4pm

Wednesdays 9am-noon / 1-4pm

Thursdays 1-4pm

Fridays 1pm-4pm

We're at Somerset West Community Health Centre (corner of Booth and Eccles). Drop-in for support and advocacy in a non-judgmental environment. Chat. Chill out on a couch. Grab some gear. Use a computer. Have a coffee. In a rush? You can also grab a five packs of stems or fits from reception or medical walk-in. Call us! We accept collect calls. **613.238.8210 ext.2246**

the NESI VAN

Just give us a call! **(613)761-0003**

We're out on the road:

Tuesday's market mornings: 10am to noon

Monday to Saturday: 5pm -11:30pm

Wednesdays: 5pm to 10pm

(Sundays no service)

We're happy to deliver supplies to you anywhere in the greater Ottawa Area. Got rigs to return? Used Pipes? We'll come get'em!

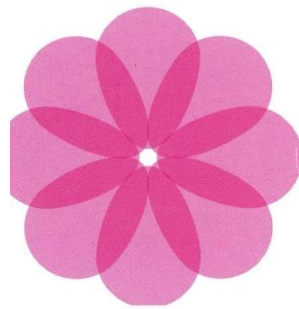
Outreach!

Outreach & Peer workers are out on foot throughout the week in different neighborhoods.

Call our **outreach cells!**

Shannon: 613.290.0363

Stan 613.295.4329



Daisy's

Support, Supplies &
Something to Eat

Fridays

5:30 - 8:30am

1475 Caldwell

Questions? 613-327-0002 or 613-722-4000 x.258

BELL & ECCLES

By: Savanah



SITE Programme sur les aiguilles et les seringues
Needle & Syringe Program

Ottawa Santé publique
Public Health

POPP

Get trained. Save a life. A naloxone kit could help you prevent a loved one from overdosing on opiates. Many fatal overdoses have already been averted by people who use who carry these kits. Get your free training and Naloxone kit today through Public Health's **SITE Peer Overdose Prevention Program (POPP)**.

How & Where?

Site Office 179 Clarence St. Mon-Fri 8:30am-4:30pm	Site Van 613.232-3232 Daily 5pm-11:30pm
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Monthly info brought to you by SWCHC's Needle Exchange Safer Inhalation Program

Phase 1 Peer Program

Looking to make a healthy connection with other folks who use drugs? Looking to make some extra cash? Come work with the NESI program! **Every Thursday at 1PM**, our peer program compensates peers for 2 hours of work. Every **2nd Thursday** of the month we do a **Women's only day**. Work ranges from preparing smoking & injection supplies and gear, to workshops and/or gardening! Interested? Call us to find out how to join!

(613)238.8210 ext 2246

Drop by the NESI Drop-in!

As you know, the NESI drop-in has expanded into a larger space! We're still at the back of the building next to the washroom, but now have a private exchange room, space for one on one counseling, and a bigger Drop-in for peer support, knowledge sharing and hanging out! There are phones, computers, coffee and comfy couches for you to use!

We're open 1pm to 4pm every week day!

Connect with a NESI staff or peer to get a copy of our Monthly Drop-in Calendar which include dates for programming like movie days, men's drop-in day, women's day, meditation Fridays, and more! We welcome all people who use drugs to come on by!



Thanks to everyone who worked over the last year to bring harm reduction to folks throughout our city who smoke or inject drugs. Your work is monumental in making sure people are using safer and plugged in to the supports they need. Keep up the great work & may 2016 be an even better year, full of respect & dignity for all!

Tips from Peers on Safer Ways to use Fentanyl...

As we all know, Fentanyl is the leading drug contributing to overdoses in our community! Here are some tips from NESI peers, if you're using...

- * Do a taste or sample before you smash!
- * Know your supplier * Never use alone
- * Don't mix fentanyl with other downers
- * Chewing fentanyl patches is a safer way of using when cut into small strips & stuck to the inner cheek
- * Smoking Fentanyl is still risky but decreases a chance of overdose.(Grab some FOIL from N.E.S.I or S.I.T.E.)
- * Don't stop using until you want to stop. If a tolerance is lost, you're just as vulnerable as when you first started.

The NESI program is based at Somerset West Community Health Centre, 55 Eccles (Corner of Booth and Eccles).

Got Questions? Need Supplies?

Drop by the NESI Drop in room, or call **(613)238-8210 ext 2246**. Call a **NESI Worker** at: Shannon ext.2319 Stan ext.2392 Evening or night? Call the NESI Outreach Van: **(613)761-0003**

POPP at 420 Cooper!
SITE's Peer Overdose Prevention Program is coming to Centretown Community Health Centre!

Where? 420 Cooper
When? 1pm Tuesday, January 26th
Do you, your friends or loved ones use opiates? You could save a life.

Join us for a naloxone group training from Public Health!

Get trained and get your very own Naloxone kit!

Get trained.



Save a life.



Sterifilts now at the Tool Shed!

What the hell is a sterifilt? A sterifilt is a sterile, single use filter used for injecting that eliminates virtually all impurities from your solution before you shoot up! At the same time, it holds back less of the drug you are shooting.

Here's some other things about sterifilts...

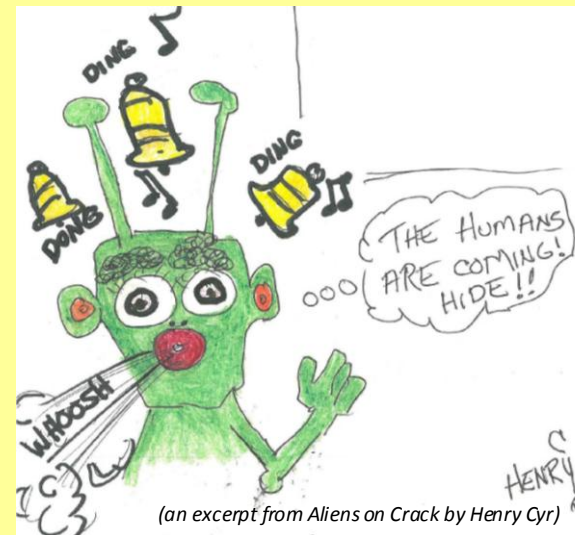
A sterifilt holds back up to 5 times less drug than typical cotton filters and takes out more crap!

The sterifilt is a one-use filter, this helps avoid abscesses, infections, and more. The Sterifit protects the tip of the needle when drawing up your drug.

For more info, or to get a sterifilt, stop by the **Tool Shed** or talk to Caleb at ACO, 19 Main Street. 613.238.5914 ext. 239

Smoking Crack? Tips on Dealing with Anxiety & Paranoia

Feelings of anxiety and paranoia are reactions to having too much adrenaline in your body. One way to prevent yourself from getting into this state is to pace yourself and keep your dose level down.



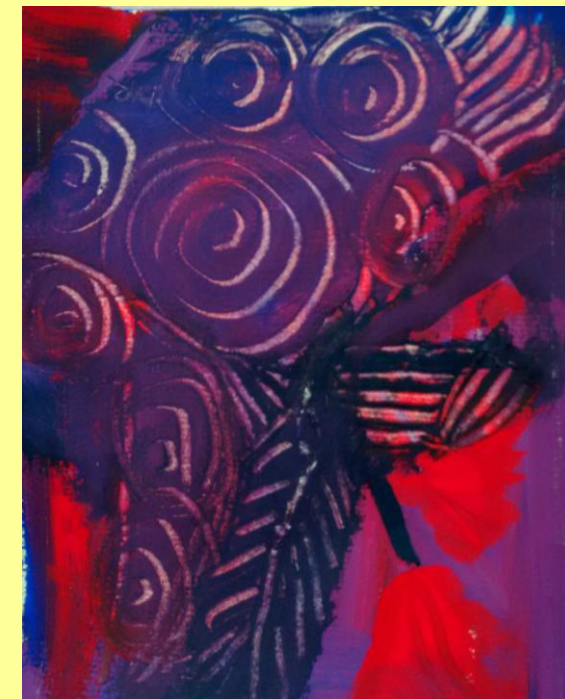
When you feel anxious, chill out for a bit. Your adrenaline levels will even out and the bad feelings will wear you off.

You can also burn off the adrenaline by being busy, for example going for a walk, or cleaning your place.

Remember, the peek effect of crack lasts for only about twelve minutes. Taking more and more crack, will just make you feel worse & will also cost you a lot \$!

If you feel paranoid, give your body and mind more time to balance itself out. Taking a thirty minute break will normally help.

If you feel paranoid when you start using again, then you should consider ending your session, and taking some time out.



By: Dave

This painting represents the different poles between cocaine vs. Opiates. Anyone who has been there will see it. However, so many issues are missed. Abuse, co-dependancy, passive aggressiveness, violence against women, etc. Bias from race, religion – how unfortunate.

GOT CHARGES OR TICKETS?

Get the legal support you need!

Police carried out another big crack down in the market on street level drug users last month. "Project Freeze" saw over 80 substance use charges on over 51 folks. We realise this is messed up and negatively effects and traumatises our community. If you need support, we invite you to talk to a harm reduction worker you trust. If you are facing charges or need legal support be sure to check out the ticket defense program clinic. Legal help is friendly, walk-in, and you don't even need your paper work! Connect with us for an updated schedule of dinic times.

Umbrellas in Sarijevo

by: 1.1.1.

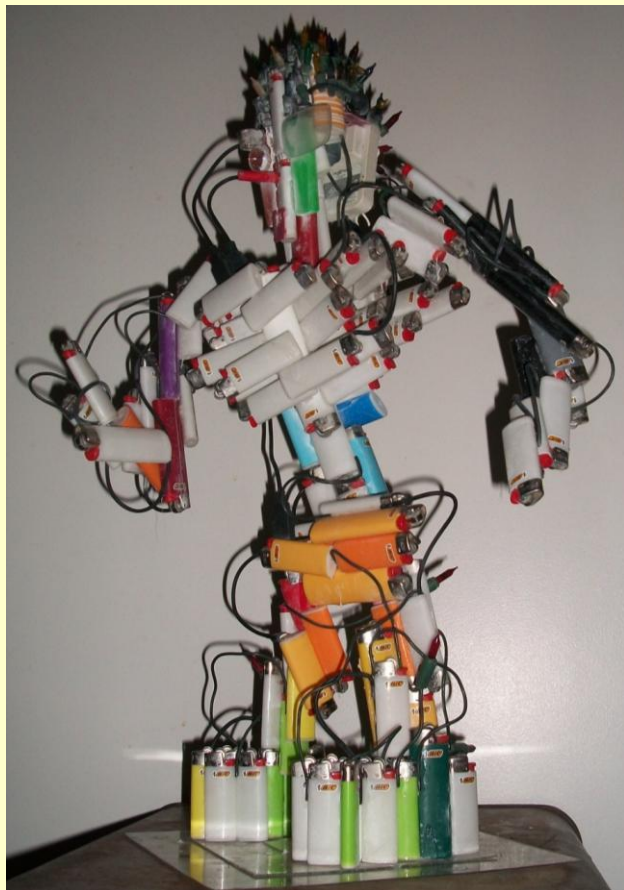




Need to connect with distant friends or family? The NESI drop-in welcomes anyone who uses street drugs and needs a space to hang out. You don't have to live in the hood, or be a SWCHC client to drop by. Talk to a worker to connect about making free long distance calls and using a computer. We can also take confidential messages for you!

Need a Light?

a sculpture by Christian



(made with Xmas lights & dead BIC lighters)

A Poem by: Dave

Beware of people
Careless of heart,
And those who are
Careless with your's.

Someone to talk to...

We survived the holidays and made it to full on winter! This can be a rough time for us all. Feeling overwhelmed? Need someone to talk to? The 24 Hour Crisis Line is there to hear you out. Chat with someone in total confidence & call them anytime:

613.722.6914

Ode To Christmas

By: Joe Banks

I heard a person say " I will love you till the end"
And then I dreamed a dream
I love you till the end of life
I just want to be there and here
My youngest daughter sleeps on my mother's couch tonight
I will love you both till the end
If I fall from grace
If I break
Grace pick me up
And an old man sang
He sang a song of love
The only thing I could see was a pair of lovers from yesterday
I heard sounds from long long ago
My illusive dream?
And the wind was singing in my ears tonight
Roll, roll, and roving I will go for my dreams.

Heads up from dual ...

Hearing, and seeing, lots of very potent powdered fentanyl in the Market. Please share with your networks and friends. We at DUAL sincerely hope everyone, and those in your lives, have a safe, peaceful and joyful holiday! Onwards and upwards in 2016!

A POEM by Christine

What to do
without you when
it's over – our
luck might change
if we only had a
four leaf clover.
We will never part
for we have our heart
set on a goal with
body, mind, and soul.
Side by side
we shall ride
hand in hand
we will travel the land.
I'm working for NESI
so work neatly
don't be messy
so keep your pay secretly
to yourself and I
intend to keep it
myself and keep
working for NESI
for heaven to Betsy.



2ml Water update!

As you're aware we've experienced issues with carrying sterile 2 ml water over the past months. After rigorous and arduous efforts to obtain 2 ml water, OHRDP concluded that the manufacturer is no longer able to provide us with the product. In order to ensure that people who use sterile water to prepare an injection have access to sterile water, OHRDP will keep on providing 3 ml sterile water for injection. 3 ml water is currently the best option and has been distributed in Canada for this purpose since 2004.

Grief & loss

(from the Centre for Grief and Healing)

Life is full highs and lows. Without realizing it, sometimes our lows are tied to the losses we are facing or have faced. Grieving is a personal and highly individual experience. How you grieve depends on lots of things, including your personality, coping style, life experience, your faith, and the nature of the loss.

There is no "normal" timetable for grieving. The grieving process takes time. Healing happens gradually; it can't be forced or hurried. Some people start to feel better in weeks or months. For others, the grieving process is measured in years.

Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

MYTH: The pain will go away faster if you ignore it.

FACT: Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing it is necessary to face your grief and actively deal with it.

MYTH: It's important to be "be strong" in the face of loss.

FACT: Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to "protect" those around you by putting on a brave front. Showing your true feelings can help them and you.

MYTH: If you don't cry, it means you aren't sorry about the loss.

FACT: Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain just as deeply as others. They may simply have other ways of showing it.

MYTH: Grief should last about a year.

FACT: There is no right or wrong time frame for grieving. How long it takes can differ from person to person

Not on ODSP? Are you having trouble working because of your health issues and/or addiction? You might be able to qualify for ODSP. Get on it! Come to SWCHC, and meet with Brian from Centre 454 to talk about your options to apply for ODSP. Together you can ensure to make sure they will put together a solid case for ODSP. Help is also available for the appeal process as well!

When?

2nd Wednesday of every month

By appointment:

Call Somerset West Community Health Centre
613-238-1220 x 2325.

You can now pick up tools for injecting from the following methadone Clinics...

Ottawa Clinic

401 Somerset West 613-233-1114
Mon, Tues, Wed, Fri 6:00am – 4pm
Thurs.6:00am – 2:00pm
Saturday & Sunday 9:00am -12:00pm
closed weekdays 11:30am – 12:00pm

Ottawa West Clinic

1318 Carling Ave. 613-627-0856
closed Mon, Tues, Fri 12:30pm – 1:00pm
Mon, Tues, Friday 8:30am – 4:30pm
Wed, Thurs 8:30am – 1:00pm
Saturday & Sunday 9:00am – 12:00pm

Vanier Clinic

263 Montreal Rd. 613-749-9666
Mon, Tues, Wed 8:30am – 3:00pm
Thurs, Fri 8:30am – 4:00pm
Saturday & Sunday 9:00am – 12:00pm

READY to DETOX?

Need a break? Can't seem to do it without some support? Call Detox **613.241.1525**. Need to get there? Call a NESI worker at our number below to help you get there.

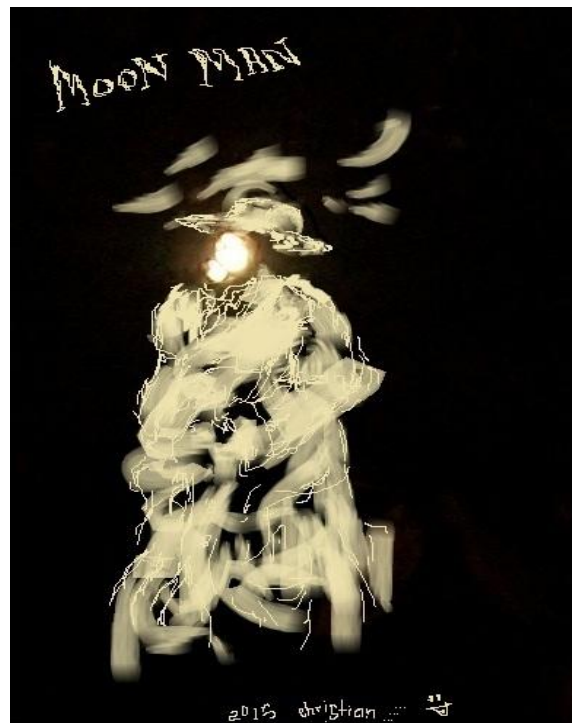
French Toast

Friday's with.....



Are you an active or recovering drug user? Come to DUAL's **Breakfast every Friday morning from 9:30-11:30am** at 216 Murray Street!

We provide a chill, peer-run, safe space. Find out about services, surveys, & advocacy opportunities happening right now! So far we have at least 30 people visiting a week, so don't be shy



Zen Meditation with John

Feeling stressed or overwhelmed? Want to learn how to settle the mind? Want to try something different?

Every Friday at noon, in the **NESI Drop-in**, NESI runs a Zen meditation class. Classes are free & all welcome! There will be sitting meditation, walking meditation and a brief talk. Everyone is invited to attend no experience is needed. Try and arrive 5 minutes early! See you there.

Looking to take up a new habit?



Looking to take up a new or different routine? Don't have the cash to do it?

The City of Ottawa offers help with program fees so that all residents can take part in recreation and culture activities regardless of their ability to pay. If you are already a participant in a community or social service agency program, or if you are an individual or family with a low-income, you may qualify for the Ottawa Hand in Hand recreation and culture fee support program.

Steps to apply for the Ottawa Hand in Hand Recreation and Culture Fee Support:

- Step 1: Get the application form at any recreation or cultural facility or at a Client Service Centre.
- Step 2: Complete the application form.
- Step 3: Bring the completed application form to your local recreation or cultural facility. A supervisor will review the application for approval.

More information on the fee support program:

- Residents of all ages are eligible for Ottawa Hand in Hand, recreation and culture fee support.
- Applications can only be approved at a recreation or cultural facility.
- Residents are encouraged to apply for the Ottawa Hand in Hand fee support as early as possible before the program registration period. Each qualifying individual, or member of a family, is eligible for an annual amount of fee support (\$170 per person).
- Participants can register for recreation and culture programs or activities at any of the program registration locations across the City.
- Applicants are encouraged to pay a minimum of 25 per cent of the program cost. A parent or guardian can transfer all, or a portion of their

Ottawa Hand in Hand fee support entitlement to a child or children in their household.

- Applications for Ottawa Hand in Hand, recreation and culture fee support are accepted at anytime.

For info and application forms visit the nearest recreation or cultural facility near you, or talk to a NESI worker to point you in the right direction.

Thinking of Quitting Smoking?

By Debbie, nurse at SWCHC

Cigarette smoking is a strong, expensive addiction. If you are interested in cutting down or quitting, talk to us! We can introduce you to the Somerset West staff that can help you out with FREE nicotine patches, gum, lozenges, or 'inhaler'. The nicotine therapy gets rid of cravings so you can cut down/quit smoking. Then you can save money, and improve your breathing, circulation, appetite and overall health! Quitting smoking is a great opportunity to feel better in every way. So come to the walk-in or talk to a NESI worker today!

Psychiatric Survivors of Ottawa

You are not alone in your struggles with mental health challenges. PSO is a community of peers and their families who use their lived experience with the mental health system to support one another.

They're rooted in the self help philosophy, which provides an effective addition to traditional mental health and recovery programs. They engage in mutual support, recovery education, and fostering a community of peers who support one another.

The member's lounge is open 12-4pm daily! Come get connected to a group of peers and become part of our community! We are located at **The Bronson Centre**, 211 Bronson Centre unit 33 1 block south of Slater St (the transit way), Bus #4 stops outside. *Interested in finding out more? Call 613.567.4379*