

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! *(new times!)*

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

Tuesdays 1-6pm

Wednesdays 9am-noon / 1-4pm

Thursdays 1-6pm

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 aim to get to you faster than your dealer.

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!

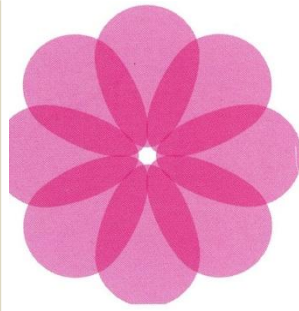
Outreach!

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

Zen Meditation

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

Join us Every Friday at noon!

in the **NESI Drop-in,**

during this time, John runs a 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! See you there!

Every Friday Morning: 1-on-1 Computer Support at NESI!

Pop-in for computer help from Sam, our NESI volunteers.



When? Every Friday 9-11am

Where? The NESI Drop-in

Computers can be a pain in the ass to learn! Support is friendly, and ranges from the very basics of how to turn on a computer & surf the web, getting an email, facebook accounts, looking for housing and more. We aim to make these lessons non-judgmental, fun, patient and meet you where ever you are at in your knowledge of computers.



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

Hepatitis C Educational Group

Organized by Joanna and Stephany

Join us every Thursday to share food and learn more about Hep C and other health topics.

Where? NESI Drop-in

When? 1:30pm-2:30pm Every Thursday

Here's the line up....

March 3rd Liver Primary Care & Diseases (Joanna & Stephany)

March 10th Is Hep C Curable? (Daniel)

March 17th Mood (Todd)

March 24th Safer Injecting (Mika & Shannon)

March 31st Getting on ODSP (Brian)

FREE FOOD! Everyone welcome!

International Women's Day!



Join us in celebrating International Women's Day!

When? 7pm Tuesday, March 8th
Where? St. Paul's University Auditorium (223 Main St.)

Join us for a discussion about Economic Parity through the lens of colonialism and violence against women!

Speakers:

Colleen Cardinal (*Families of Sisters in Spirit*)
Tiffany Rose (*Ottawa Network of Peers Acting for Harm Reduction*)
Professor Betty Baba (*University of Ottawa*)

Catch a preview of "*The 60's Scoop: A Hidden Generation*"

Watch features excerpts from "*L'homme qui repare les femmes*" (English subtitles)

Want to go together as a NESI group? Talk to Shannon

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**

W-18: 100 times stronger than Fentanyl



We need to talk!

Please share your experiences about any W compound related drugs showing up in Ottawa or Gatineau so we can keep each other safe!

W-18 & other compounds have been appearing in lots of places in Alberta. **What's the big deal?** W-18 is 100 times stronger than Fentanyl.

It's a synthetic opioid with no known clinical use, but has been attributed to at least 213 overdose deaths in the last year. W-18 also skirts most government regulations when it comes to controlled narcotics making it pretty unreliable and is often made in unregulated labs, where dosing is totally unreliable.

Another risk is that when you try and cut the drug up to that small level, you're going to have 'hot spots' in the tablets, meaning there are going to be dosage levels that have elevated drug concentrations that could be fatal.

The mixed effects and varying strengths of W-compounds makes administering Naloxone challenging as it is unlikely that the specific identity of the compound will be known.

Theoretically, Naloxone should be effective... BUT, given how high some of the W-compounds will get you, many doses of Naloxone MAY be required, AND, given that W-20 to W-32 can act like methadone, it's hard to predict outcomes. It is therefore important that Naloxone shots be given, observed, and repeated, one at a time, until breathing improves.
(flip page over on dealing with a W compound induced overdose)

TIPS for Women who inject drugs...

Some women can't shoot themselves up and rely on a partner/spouse to inject them.

This can inevitably lead to a power imbalance. Some of these partners may abuse female drug users by not shooting them up when they want or need it or by giving them too much of the drug.

Abusive partners may also take advantage of women in other ways.

Take control of your own use by learning to shoot up yourself.

Establish your own connection with a **dealer** so you can get what you need when you need it. **Stay connected** with harm reduction workers. **Knowing** how to **inject** and score for yourself means you don't have to rely on others and reduces your risk of facing abuse.

If you are a **sex worker**, try to always get **paid in cash** and try to avoid trading sex for drugs.

Buy your own drugs so you can remain in control! Some clients may try to take advantage of you by not giving you the drugs when you need/want them the most.

Many drugs including opiates and amphetamines affect our **periods**. They may become shorter, longer, or stop altogether. Despite this, you still need to use **birth control** and **condoms** to prevent STIs.

Got more questions? A NESI harm reduction worker or peer worker are happy to chat with you!

(thanks to CATIE for gathering this info. Grab the "Sharp Shooters" handbook, from the NESI van or drop-in)

untitled

By Jesse James

The hindrance of dormancy begins to fade as he kneels and prays in his prison of change
The sun has finally begun to shine,
Like a move once watched long forgotten and never played.
Bringing forth a wave of proliferous
Coloured flowers and beautiful jade.
The whispered wind of painful sin had Spoken, the windows of my soul were broken,
The boys voice manifested
Through tears of pain and neglect as his spirit awoken bringing forth a remnant of a violated taken.
I now release him from his cage
For i set his soul free from this
Firey cage forever.

Help us Deregulate Naloxone!

Naloxone has been proven to save lives.

Health Canada has caught on about the growing number of opioid overdoses and deaths occurring across Canada and so are all of us!

Some provinces have already made naloxone available through community-based take home programs and others have undertaken regulatory changes to allow use by first responders.

Making naloxone non-prescription would allow more people to access it.

Let the government know that you also want to see Naloxone more easily accessible! Pick up a card from us, fill it out, and we'll mail it off for you!

Messages of support could include...

Your own experiences with Naloxone.
Times naloxone would have been useful.

Friend or loved one in Jail?

Got a friend or loved one in jail? Trouble staying in touch? Don't have a phone, or the cash to mail a letter?

If you want to write to someone behind bars, NESI welcomes you to do so, we'll provide you with the material you need and can mail letters out for you, in total confidentiality.

We also accept collect calls.

More and more friends and loved ones seem to be in the slammer this season and police continue to carry out crack downs in the market on street level drug users and throughout our neighbourhoods. We realize this is messed up and negatively effects & traumatises our community behind bars. Let's work together to support each other, inside and out!

Beats to Beat out Police Brutality.



Across the continent, police brutality is being resisted and challenged. Join community members for a free feast, Hip-Hop concert, and meet some great community organizers sharing their experiences to end police brutality.

Where? SAW Gallery, 67 Nicholas St.

When? Tuesday, March 15th

6pm-8pm opening feast & speakers,

8pm-11pm – concert

Hip-Hop groups: Lee reed, Test Their Logik, Mother Tareka

spoken word artist: King Kimbit

Speakers include: members of Critical Resistance and other activists and organisers working for justice in their communities

sex:POSITIVE

Challenging Societies negative attitudes about sex!

by Charlie Glickman (reprinted with permission)
(sexuality educator, author, speaker, trainer)

Sex-positivity is much more complex than whether you like sex or not.

Western societies have been influenced by the idea that sex is harmful, shameful, disgusting or sinful for centuries. While allowances have usually been made for certain situations, such as procreation, the idea that pleasure, the body, and sex are (at best) necessary evils has deep roots in many different cultures.

Over the course of the 20th Century, those attitudes shifted somewhat, but in many ways, all that we did was move the boundaries of allowable sex. And yet, many perfectly common forms of sexual expression continue to be placed outside the definition of acceptable sex.

One common way that sex-negativity can manifest is through the Myth of the Normal. When the Myth of the Normal is invoked, we define certain sexual acts or situations as normal, while everything else becomes abnormal/sinful/wrong/shameful. A quick glance at the average sex advice column in the supermarket checkout stand magazines will offer plenty of examples of the ways that we create the Myth of the Normal.

Unfortunately, many people whose sexual practices, fantasies, and desires cause no harm to anyone are placed outside “normal,” resulting in shame, secrecy, guilt, and fear.

Making this more complex, many people mistake enthusiasm for sex with sex positivity. However, just as it’s possible to enjoy food and still have a negative relationship with it, it’s quite common for people to enjoy sex and still judge or shame themselves and other people. These sex-negative patterns have a deep impact on how we think about and experience sex. As a sex educator, I strive to help people explore the ways that sex-negativity affects them in order to move towards a more joyous relationship with sexuality.

In my view, sex-positivity is the view that the only relevant measure of a sexual act, practice, or experience is the consent, pleasure, and well-being of the people engaged in it or the people affected by it. In my experience, this is a much more useful way of exploring sexuality because it helps us see past our own triggers and squicks, set aside our judgments, and make room for the diversity of human sexuality. We can build a sex-positive sex of ethics, set and hear boundaries, and discover the sexual expressions that work for us while honoring and celebrating those that work for other people. This is what I see as the path out of sex-negativity.

NESI News would like to start including a monthly article on some aspect of sex positivity that has to do with consent, pleasure, well being and busting the Myth of the Normal. If there is something you’d like to see this column discuss contact a NESI worker you feel comfortable chatting with.

Want a place to call home?

Couch Surfing? Roughing it?
Can’t seem to get a place?
Haven’t had a place to call your own for a long time?

Heads up! There has been some new money finally put towards helping those living without a place through “housing first” initiatives. This has opened up opportunities for getting housing faster. Got bad credit? Previously evicted? Not a problem. And, you don’t have to stay in a shelter to qualify! Talk to a NESI worker to get plugged in!



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	Site Van
179 Clarence St.	613.232-3232
Mon-Fri 8:30am-4:30pm	Daily 5pm-11:30pm

French Toast Friday’s with dual

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



New Partners in Pipes!

We are excited to announce our latest partners in Safer Inhalation Distribution! This initiative aims to continue to increase accessibility and availability of harm reduction for safer smoking in our city through more fixed locations and the city’s mobile service.

Ottawa Public Health’s SITE program and several Ontario Addiction Treatment Centers (OATC Clinics) will be distributing kits for safer smoking!

Here’s where & when you can pick up from them...

SITE

Site Office	Site Van
179 Clarence St.	613.232-3232
Mon-Fri 8:30am-4:30pm	Daily 5pm-11:30pm (mobile service)

OATC

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



Why should we Welcome the Refugees?

By: Ontario Coalition Against Poverty

We've got a lot of calls from people living in poverty who question whether refugees should be allowed into Canada when so many of us are experiencing homelessness and hard times. An expression we keep hearing is that 'we should take care of our own first'. This is our response and to those who want us to blame the refugees rather than look at the real reasons why there is poverty and homelessness, and displacement.

Canada has, of course, been shaped by immigration and the history of people who have come here is hardly a picture of easy times or luxurious treatment. Those fleeing persecution and poverty have always experienced discrimination and exploitation. Immigrants have always faced the lie that they are somehow enjoying special treatment. Refugees coming here today from Syria and other countries face the same slanders that other immigrants have faced. In reality, the idea of a free ride for the refugees is a racist myth you should take with a whole grain of salt.

If we look at why there is a refugee crisis today, the fact leaps out at us that people are fleeing devastation and dislocation of their countries, caused by western exploitation and military attacks.

Power and money in Canada have played a major role in such destruction. 75% of the world's brutal and exploiting mining companies have their headquarters in this Country and over 60% of mining capital is raised on the Toronto Stock Exchange.

The war in Syria and the wider crisis in the Middle East was caused by western invasion and our federal Government continues to drop bombs in Syria and Iraq that drive people from their devastated communities in an effort to survive.

Refugees fleeing war and poverty are 'our own' and they have the same adversaries as the poor and homeless in Canada. These adversaries are the very people and institutions who have imposed austerity here, and war abroad, they build an oversupply of luxury housing while the homeless sleep on the streets while they demand further cutbacks to social programs to force people to scramble for the lowest paying jobs on offer. Do you really think that, if no refugees came to Canada, the governments that refuse to build social housing (while they give away billions in tax breaks for the rich), would be any more likely to give a damn about poverty and homelessness?

Canada was created on the stolen land of the indigenous peoples. They are really the only ones with any right to decide who is and who isn't welcome here. We'd like to offer a suggestion on this matter. Open the borders, welcome and support the refugees and fight those responsible for poverty, war and the refugee crisis.

(the above piece is a condensed version from the Ontario Coalition Against Poverty's original piece "Why the poor and homeless should welcome refugees". Available at www.ocap.ca)

To learn about ways to volunteer or support those arriving to our city check out www.refugee613.ca or talk to a SWCHC staff. A big kudos to the nurses and settlement workers for their tireless work in welcoming and supporting new arrivals to our community.

Bank Account\$

There's lots of benefits to having a bank account. One of the main ones is not having to rely on loan sharks other places that rip you off and take a good chunk of your money each time you use them. Have you had trouble opening a bank account in the past? Don't have the required pieces of I.D.? No problem!

SWCHC & NESI have a relationship with one of the local banks in our hood and we can provide you with a support letter that will make the process easy! Plug in with a NESI worker to find out more!

Looking to move? Can't find a place? Trouble paying rent? Shitty landlord?

Monica, from **Housing Help** is now available for drop-in help at Somerset West Community Health Centre, 55 Eccles. Drop by and get the housing support you deserve! **Fridays 9am-4pm**

Free Hair Cuts for women!



Once a month, NESI offers free haircuts for women! Haircuts are carried out by Glenn, who's skills rival the talents of Edward Scissor hands.

When? Wednesday, March 16th

Where? The NESI Drop-in

Limited space! Call us to book your spot.

613.238.8210 ext. 2246

It's Tax time... Get your Money Back!

Get your money back from the Tax man. Do you have years on end of back pay? No I.D.? No problem!

There are plenty of places around the city that are offering free tax clinics. Most require an appointment. Connect with a NESI worker to get the list! Sign up soon. Spots are filling up fast!

My Dream

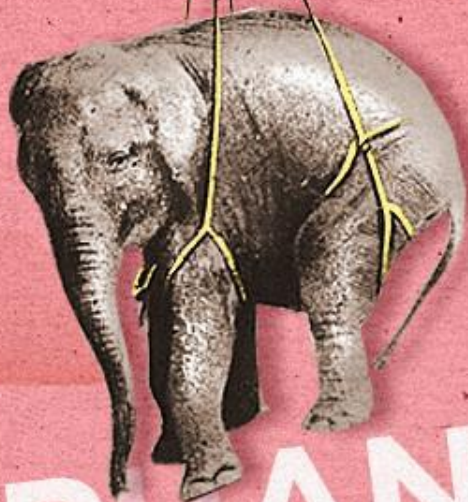
By Carrie

My world is just a lonely place, and sometimes I feel I have no face
I still believe I have a place I try everyday to have a say & pray.
I firmly believe that I was not Meant to be deceived
And then I was received.
All i can say is never give Up.
We all count & I don't mean to be bought
Love yourself always & never betray yourself or give up
Thank You All
Xox I love You All And you Know Who you Are!

I take the time to write this to you because no matter what we can't do we can too what i will always care and no matter.

THESTIGMAPROJECT

HIV TALK



ELEPHANT
REMOVAL
REQUIRED.

YOU DON'T HAVE TO WHISPER.
IT'S OKAY TO TALK ABOUT HIV.
YOU JUST MIGHT LEARN SOMETHING.

Have questions on how to reduce your HIV risk, or about HIV testing? We're here to chat!

Ask NESI staff or get in touch with Sarah North 613-295-9574

Have you received a ticket?

The Ticket Defence Program (TDP) is a pop-up legal clinic run by volunteer lawyers, paralegals, and students. If you are homeless or street-involved, the TDP offers **FREE** legal advice and/or legal representation if you have been given a ticket(s) by a police officer or OC Transpo officer in Ottawa. Come to our next drop-in session to discuss your options.

Friday, March 4th

12:30-2:30pm at Centre 454

2:30-4:30pm at the Salvation Army

Friday, March 18th

12:30-2:30pm at Centre 454

12:30-2:30pm at Odawa Native Friendship Centre

2:30-4:30pm at the Salvation Army

Friday, April 1st

12:30-2:30pm at Centre 454

12:30-2:30pm at Odawa Native Friendship Centre

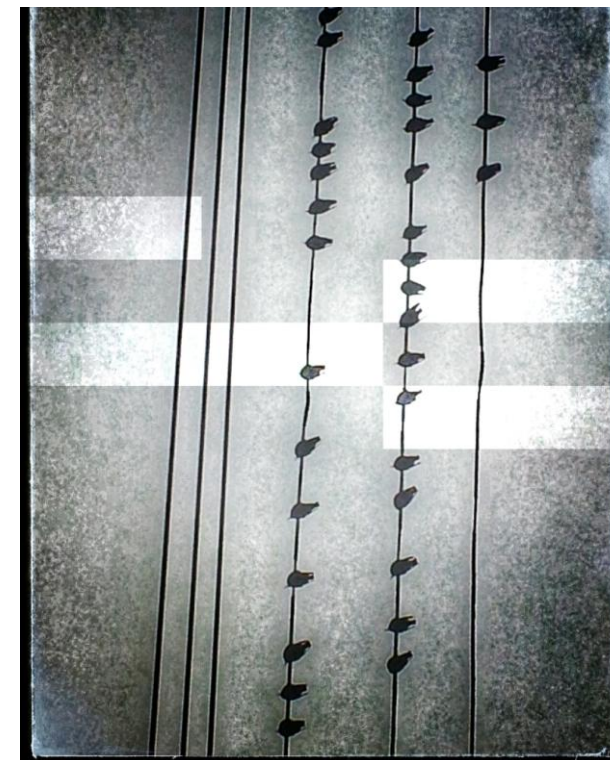
2:30-4:30pm at the Salvation Army

Call for submissions

Got something to share in the NESI News? Let us know & we'll give you space to have your ideas and thoughts shared. Dope related, hope related, or something on your mind! We are looking for art, poetry, thoughts and rants. Call or email Stan to submit your piece and we'll include it in next month's Newsletter. Phone # 613.295.4329 email: skupfers@swchc.on.ca. We are happy to accommodate keeping your submission anonymous & confidential if that is what you would like to do.

Birds on Wire

By: 1.1.1.



Bank Account\$

Reminder! With most of us getting money back from taxes, what better time to open a bank account? By doing this you don't have to rely money lending places that rip you off or take a good chunk of your money each time you use them.

Have you had trouble opening a bank account in the past? Don't have all required pieces of i.d.? No problem! We can help. SWCHC/NESI has a relationship with one of our local banks in our area and we can provide you with a support letter that will make the process easier. Plug in with a NESI worker to find out more