

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!

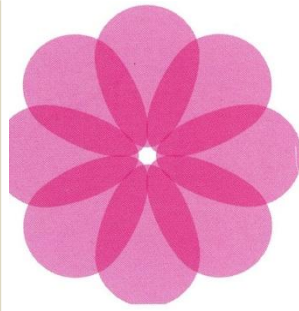
Outreach!

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 & Bobby 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!

Community Veterinary Outreach with NESI



The NESI Program is able to refer our **pre-existing** clients and peers to the

Community Veterinary Outreach Program.

This program is for people with no income, OW, or ODSP. This clinic is for people who struggle with keeping their housing and their pet.

Unfortunately this program is NOT for new pets or pets that already have a vet. If you have a pet that needs care and you are a NESI peer, talk to NESI Staff about the program. This is only for our program clients.



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 April's line up....

April 7th Housing

(Monica, Housing Help)

April 14th Nutrition & Food Resources

(Bonnie & Janelle, SWCHC)

April 21st Hep C Treatment

(Ottawa Hospital Hep C Program)

FREE FOOD! Everyone welcome!

Speak out!



Help make history happen! Sandy Hill Community Health Centre wants YOUR thoughts on the opening of a **SUPERVISED INJECTION SITE**.

Get the full scoop on the plan & tell them what you think...

When: Every Monday in April 6:30-8:00 pm

Location: 221 Nelson Street.

A site like this is designed to complement the bunch of addictions and mental health services already offered by their Centre and, is intended to reduce the number of times folks have to resort to shooting in public, limit overdose deaths and lower behaviors linked to the spread of HIV and Hepatitis C.

Call Oasis at **613.569.3488** to register for one of their Monday consults today!

Or: call NESI and register to come to our **Drop-in on Friday, April 15th at 2pm** for a consult here! (space limited registration details on next page)

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**

self acceptance

Like the saying goes...

Not everyone deserves to know the real you, let them criticize who they think you are!

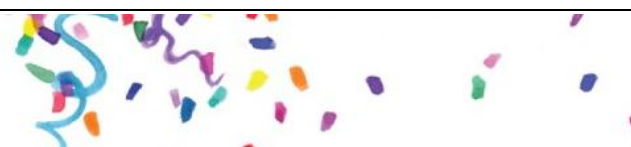
We all feel shame sometimes and do things people shame us for. Remember, rich people, poor people, famous people, isolated people, all have stuff they are ashamed of, but folks who use drugs face a lot of stigma and risks on top of that.

Don't be ashamed to take care of yourself while using drugs. Other people may not like it that you do drugs in public or drugs in your home, or drugs at all. They may even judge you for picking up the supplies and tools you use to get high. And some of these people might even want you to suffer so that you'll stop using drugs, whether it's getting arrested, developing a nasty abscess, or even worse overdosing.

That doesn't change what you need to get high. You don't have to agree with these judgmental people. Remember, you know more about the harms of your drug use than they do! Poverty combined with the war on drugs make it pretty damn hard to use safely, BUT every time you use safely you are protecting yourself and others!

Regardless of what judgmental people might think, be proud of taking care of yourself!

EVERYONE is entitled to take care of themselves, whether they use drugs or not. Learning to take care of yourself takes time and thought. Talk to your friends, find out what they know.



Naloxone has been Degregulated!

Woohoo! Big thanks to everyone who pushed for making naloxone non-prescription and sent their messages to Health Canada about your lived experiences with naloxone! This news means naloxone will be more easily accessible and we can prevent more fatal overdoses. While the province waits to determine how this will be implemented, and how immediately you can start picking up your kit from a Pharmacy, remember you can still get your FREE Naloxone kit from Ottawa Public Health's POPP training program! They'll even bring it to your door and train you on their van!

SPEAK OUT...

What are your thoughts on a Creating a safe place to shoot up?

Join the NESI gang and Sandy Hill staff for a discussion on what you think about a safe injection site opening up at Sandy Hill Community Health Centre! Get the full scoop on the plan and tell us how you'd like to see it work!

When? 2pm Friday, April 15th

Where? NESI Drop-in

Let us know you're coming! Space is limited! Talk to a NESI staff or a peer about registering!
All welcomed, but we would especially love to hear from folks with lived experience of injecting outside or in public spaces.
Let's help make history! Pizza provided

News from... The Ottawa Panhandler's Union



The Ottawa Panhandler Union (OPU) was founded by the Ottawa branch of the Industrial Workers of the World (IWW), in 2003, in response to Ontario's Safe Streets Act and its vague definition of "aggressive panhandling", as well as to address other concerns of Ottawa's street-involved population.

Panhandling is NOT illegal, yet the police are using the vague definition of this Act to fine and arrest many for illegitimate reasons.

Thanks to the Ticket Defense Program many of these tickets have been dismissed.

We are dedicated to working with Ottawa's street community and other organisations, to give support and aid to those in need.

Ottawa Pan handlers Union Meetings:
When? Every second Sunday,
This month? April 3rd & 17th 6pm
Where? Confederation Park

Contacts:

Union Rep, Proshanto Smith (613)413.1370

Ticket Defence locations:

Centretown Community Health Centre
Ottawa Mission
Centre 454

Drop-in hours:

Tuesdays 6-8pm
Fridays 12-2pm

Goodbye Winter 2016!

By B.G.

It's been a cracking good winter, that's if you like crack, and I don't mean the crack between your legs.

When winters are too long, you, me & Bell St, do more of everything, which can be good sometimes, but not all the time! What happened this winter? More pills, thrills, booze, snooze, zzzzzzzzz.....
That's all folks!

Walk-in Counselling Clinic

Do you or someone you know need someone to talk to in Mandarin or Cantonese?

We offer support for life's challenges.
Trained professional counselors.
No appointments necessary.
Free counseling services.
Counseling to individuals, couples & families.

Where? Somerset West CHC
55 Eccles 613.238.8210

When? Tuesdays 11am-5:30pm
Last walk-in session is at 4pm



WOMEN'S DROP-IN CENTRE NOW OPEN

9am-12 Mondays, Wednesdays, Fridays
211 Bronson (The Bronson Centre)
Room 246
Internet, Coffe/tea, Snacks, Clothing, Food
Bank, Toiletries
Advocacy & Support available.

The Devil wears needles

by: Henry Cyr



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?

Reminder! 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

Coping with Anxiety and & Panic

Do you have anxiety about everything, all day long?
Does your anxiety get in the way of your life?
Do you worry all the time, is it hard to control?
Do you regularly experience panic attacks?
Join us for this free 8 week education group to help you...

Understand what causes anxiety. Learn positive skills to cope with your anxiety & panic attacks.

When? May 10th to June 28th
Tuesday evenings 6pm-8pm
Where? SWCHC, 55 Eccles 3rd floor
Participants must register in advance!

Participants must register in advance
To register please contact:
Roman Belete 613.238.8210 ext 2240
Todd Cunningham 613.238.8210 ext 2332
Transportation or Childcare expenses will be covered with advance registration



Welcome to our new space! Ottawa has a new downtown community centre dedicated to gender, sexual orientation, sexuality, and reproductive health.

Kind and Planned Parenthood Ottawa (PPO) are bringing their work into one central location.

Where? 222 Somerset West suite 404 (near Elgin).

This shared centre will join Kind's and PPO's counseling, education, and volunteer programs into a single site to offer Ottawa a more inclusive and comprehensive range of sexual health and gender support services.

Kind (formerly Pink Triangle Services) is dedicated to providing a diverse, protective, and nonjudgmental environment for individuals to explore and understand their gender and sexuality through their intersecting identities and experiences. We offers peer-run discussion groups, counseling services, and educational programs in a diverse and sex-positive environment.

Planned Parenthood Ottawa offers a range of sexual and reproductive health support, including education, counseling, information, and referrals. PPO is Ottawa's only pro-choice organization that provides free, anonymous, non-judgemental pregnancy and contraception counseling. PPO has been promoting sexual and reproductive health and rights for over 50 years.

Phone: 613-226-3234 ex 301

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



Meet! The folks at **O.N.P.A.H.R.**, Ottawa's Network of Peers Acting for Harm Reduction!



The peer lead harm reduction group has been organizing for months in our city and has lots of exciting stuff on the go, and more to come! Keep an eye out for our up and coming Drop-in!

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**

Trying to eat healthy on a budget?



Food has gotten bloody expensive! The **Good Food Box** delivers fresh fruit and veggies delivered to SWCHC once a month.

Boxes available in \$10, \$15, or \$20 sizes and \$5 fruit bag. By purchasing in bulk with the Good Food Box program, you get great value for the amount of produce you get. **Registration required at main reception at 55 Eccles by the first Friday of the month.** Delivery is the 3rd Wednesday. For info, call 613-238-8210 ext. 2452.

Peer Report on Crystal Meth

There's a lot of meth on the streets and around the city. Word has it that crystal meth is 10\$ a point. It's cheaper than crack, gets you higher in a different way.

People go very quickly from snorting it to smoking it to banging it. Make sure you have all the gear you need to stay safer. Call the van or drop by NESI to gear up. We don't have meth pipes, but we've got stems, rigs, foil, lip chap, and everything that goes with them! What is important for harm reduction with crystal? Taking care of your teeth is key! People get oral sores quick on crystal. You can also develop some bad sores when you start sweating it out, not just from injecting it. Be sure to get the medical support you need.

People can book appointments to go see Amanda at Capital Dental Hygiene. Peers say that she is very happy to treat people who use drugs and does not judge them, she only wants to help. If you are on ODSP or OW she will make sure you get all the care on offer.

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!

Can't get rid of a guest like this?



SWCHC applied to the City and was selected to distribute **BED BUG KITS!** These are now available to anyone who is a client. Swing by the Walk in Clinic, or NESI to get your kits. In the kit, you will get...

- Information sheet on "How to Make Your Bed an Island" and "Bed Bugs"
- 8 packs of Tide laundry soap
 - 8 large plastic garbage bags
 - moats for under bed frame legs*
 - Vaseline *
 - Single or double mattress cover*

***Limited number, when they are gone, they are gone! First come, first served!**

Is But A Dream

by: Joe Banks

Stepped inside took a breath of the cold air that filled the room. Took my shoes off. Sat down on the couch. I might also add that this couch was quite hard. Grabbed a smoke from my package. Put it in my mouth. Struck the single match and observed the orange flame. Made some small talk with myself and my memories. Proceeded to stretch out on the hard couch. Put my head slowly on the pillow. Drifted off. Off to foreign places in my dreams. I saw the sun, the blue sea and some old friends. Yesterday is here with me now in my dreams. And in my dreams the roads are filled with crossroads, broken moments and yesterdays. Is it all but a dream within a dream?

Untitled by: 1.1.1.



SHARE YOUR STORIES FROM OTTAWA CARLETON DETENTION CENTRE ON INNES ROAD

Have you experienced
overcrowding at
Innes Road Jail
within the past two
years (2014-2016)?

For more information about our efforts to push for change at OCDC, please contact:
613-520-2600 ext. 1914
ocdc.campaign@gmail.com



Want to support psychedelic research? Join us for a dinner and conversation about the many benefits of psychedelics!

Learn more about the therapeutic uses of MDMA and psychedelics for conditions such as PTSD, anxiety, and more?

Join us at the Global Psychedelic Dinner!

When? 5pm-8pm Sunday, April 17th

Where? ACO (19 Main St) Suggested donation \$20. *No one turned away.*

Reminder: New Partners in Pipes!

Don't forget our latest partners in Crack Pipe 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

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.

Spring Clean ups

With spring here! It's clean up time. Remember you can bring us all your used tools to NESI. We've got various sized bins. Big thanks to all the mini NESI's who have been bringing back supplies and picking up for people! You keep us all safe.

Substance Use & Harm Reduction 101

When? 5-7pm Tuesday, April 19, 2016

Where? 420 Cooper Street, room 208

Join us in an introductory learning environment to get informed from people with the expertise!

Find out about what Harm Reduction Responsible Use means, what the benefits are, and about community resources. This event is wheelchair accessible. Anyone can attend.

Call us if you need extra support to attend.

Light refreshments will be provided.

Call to register: 613-233-4443, ext 213

PROMPT

Is Poised to Host
A Community Knowledge Forum



April 14th Thursday, 3:00-5:00 pm.
At 216 Murray Street



Please RSVP to Tina before 7th April, Friday via Facebook, Email tkaur@ohri.ca or call her at 613-518-7172.

Moonshine by: 1.1.1.



Bus Three by: Christian

