

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 Summer Hours!**

Times: **Mondays 9am-4pm**

Tuesdays 9am-4pm

Wednesdays 9am-4pm

Thursdays 9am-4pm (open every morning!)

Fridays 9am-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:

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!

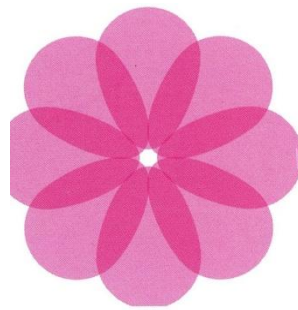
Outreach & Peer workers are out on foot throughout the week in different neighborhoods.

Call our **outreach cells!**

Amy: 613.219.9119

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

NESI Women's Harm Reduction Breakfast Drop- in

Join us for a delicious,
nutritious morning!



When? 9:30-11:30am Weds July 13th

**Where? 3rd floor Somerset West
Community Health Centre, 55 Eccles**



A Safe place for female identified people to
talk, hang-out or just drop-in and enjoy a free
breakfast.

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 run a meditation
Session. Free & all welcome! Everyone invited to
attend. No experience needed!



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

NESI Peer BBQ

BBQ hang out on the Beach
with the NESI gang!



When? Monday, July 25th 1pm

Where? Britannia Beach

Let us know if you plan to come so we know
how much food to make!



Don't miss the annual summer Harm
Reduction Meet & Greet!

When? 1pm-3pm Thursday, July 14th

Where? Dundonald Park
(Somerset & Lyon, across from the beer store)

- Join friends for safer use!
- Meet with Harm Reduction Service Providers!
- Free Haircuts
- Free Bike Tune-ups
- Bring your tickets and meet with the Ticket Defense Program
- Free food!
- Outdoor games

Got questions? Call Lindsay at 613.233.4443 ext 2131. Rescheduled if raining! The park is physically accessible.

NESI is based at Somerset West Community Health Centre, 55 Eccles (Booth & Eccles)

Wanna talk? Looking for Health Care? Need Supplies?

Drop-in (every day 1-4pm), or Call a NESI worker at call 613.238.8210...

Amy ext 2319, John ext. 2270, Shannon ext. 2319, Stan ext.2392 **Evening/night? van: 613.761.0003**

2nd Memorial Gathering to Celebrate the life of David "Shaky" Marriott...

Date: Monday, July 11th
Place: 216 Murray St. (the Old 454)
Time: 1pm-3pm

International Drug User Memorial Day



Join the community in remembering and celebrating the loved ones that we've lost as a direct or indirect result of drug use... Each year, this event is a special place to share stories of those who have passed on and to commemorate the people we miss and love.

When? noon Thursday, July 21st

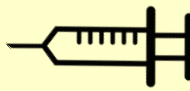
Where? Sandy Hill CHC

22 Nelson (corner of Nelson)

We invite you to remember those who have touched our lives.

In the Somerset hood? NESI will be driving down, connect with us for a ride.

Update on Supervised Injection Services at SWCHC!



Last month, The Board of Health voted in favour of citywide supervised injection services! Thanks to everyone who came out to City Hall to speak, especially those with lived experience who came to speak the truth! A few weeks before that, our board at SWCHC, voted to move ahead and figure out the best way of running a supervised injection service here at NESI!

We're at the preliminary stages & currently looking for feedback from folks who pick up rigs from us to tell us how to best pull this off at NESI.

Talk to us and fill out the survey...

S.I.S. Survey....



We need your feedback! Do you live in our hood? Are you an intravenous drug user?

Do you pick up supplies for folks who shoot up? We need your feedback on how to best pull off a safe injection service at NESI! Take two minutes to fill out the survey, on the van or at our drop-in.

Free Legal Advice for Survivors of Sexual Assault

If you are a survivor of sexual assault living in the City of Toronto, Ottawa, or the District of Thunder Bay, you may be eligible to receive up to four hours of free legal advice to help you make informed decisions about your next steps.

This service is confidential and is available to you at any time after the sexual assault has occurred.

Legal representation is not provided under this pilot program (e.g. the lawyer cannot speak for you in court).

This program is available to all eligible women, men, trans and gender-diverse people.

You can access the program if:

you are at least 16 years of age
the sexual assault happened in Ontario
you live in the City of Toronto, the City of Ottawa or the District of Thunder Bay. See below:

This pilot program provides eligible survivors with up to four hours of free, legal advice from one or more lawyers on the referral list by phone, or in person.

To speak with a lawyer from the referral list

Follow these steps:

1. Complete the voucher request form. Google: "Independent legal advice pilot program voucher request form" to upload the form.
Don't have a computer or access? Pick one up from NESI!
2. Send your completed voucher request form by email to ILAvoucher@ontario.ca. This program is available to all eligible women, men, trans and gender-diverse people.

You can access the program if:

- You're at least 16 years of age
The sexual assault happened in Ontario
You live in Toronto, Ottawa or the District of Thunder Bay.
Sexual assault is a crime. It covers any sexual contact that you don't agree to, including:
- unwanted sexual touching or sex
 - the use of force, threats or intimidation to make you do something sexual that you do not want to do.

Want to talk to somebody?

Ottawa Rape Crisis Centre 613.562.2334
Sexual Assault Centre of Ottawa
613.725.2160



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 folks who use who carry these kits. Get your free training and Naloxone kit today through public health's SITE Peer Overdose Prevention Program

How & Where?

SITE OFFICE

179 Clarence St. (Mon-Fri 8:30-4:30pm)

SITE Van

613.232.3232 Everyday from 5pm-11pm

NESI Logo CONTEST!

Are you an artist? NESI is on the hunt for a new logo for our program. We are looking for submissions! Got ideas? Send them our way or talk to us to find out more!

NALOXONE NOW AVAILABLE!

Following a decision by the National Association of Pharmacy Regulatory Authorities' (NAPRA), Ontario is making naloxone available in pharmacies across the province without a prescription and at no cost to eligible Ontarians to help reduce opioid overdoses across the province.

On June 24, 2016, NAPRA reclassified naloxone as a Schedule II drug when used in an emergency opioid overdose situation outside of hospital settings. This change was effective immediately in Ontario. As a result, naloxone can now be kept behind the counter in Ontario pharmacies and the province's pharmacists can now provide training on how to safely administer the drug. People at risk of an overdose (or their concerned family members or peers) will not need a prescription and will not pay anything when receiving naloxone.

An overdose of opioid drugs - such as fentanyl, morphine, heroin, methadone or oxycodone - can cause a person's breathing to slow or stop. Naloxone is an injectable medication that can reverse this effect so the person can breathe more normally and potentially regain consciousness.

This provides precious time to seek emergency medical attention to treat the overdose.

Last year, folks in Ontario and other other provinces and territories in called for Health Canada to remove the prescription status of naloxone. Previously, naloxone was available only by prescription or through the Ontario Naloxone Program.

Addressing opioid addiction is part of the government's plan to build a better Ontario through its Patients First: Action Plan for Health Care, which provides patients with faster access to the right care; better home and community care; the information they need to live healthy; and a health care system that is sustainable for generations to come.

Quick Facts

Ontario expedited the availability and funding of naloxone in some pharmacies at the beginning of June 2016.

The Ministry of Health and Long-Term Care is working to support naloxone availability at Ontario pharmacies.

Naloxone will continue to be made available without charge at needle exchange programs like SITE's POPP and Sandy Hill's opps, and ministry-funded multidisciplinary hepatitis C teams across Ontario through the Ontario Naloxone Program.

Pharmacists are expected to use their professional judgement when providing all medications to their patients. The Ontario College of Pharmacists offers support to pharmacists, including access to appropriate training resources for the safe use of naloxone.

Reminder!

OCDC Class Action Lawsuit

You still have time to sign up with the OCDC class action lawsuit! Talk to us to pick up a class member form to find out how you might be able to participate in the lawsuit seeking damages for overcrowded, cruel or inhuman treatment!

REMINDER...
1-on-1 Computer Support!
Pop-in for computer help with Sam!



When? Every Friday 10-noon

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, making a resume & 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. See you there!

Free NESI

Hair Cuts!



Once a month, NESI offers free haircuts! Women's haircuts are carried out by Glenn, and we also offer basic buzz cuts by his apprentice stan! **Limited space! Call us to book your spot!**

When? 1:30 -3:30 Thursday, July __th

Where? The NESI Drop-in

613.238.8210 ext. 2246

Looking to move? Can't find a place?

Trouble

paying rent? Shitty landlord?

Monica, from **Housing Help** is available for drop-in help at Somerset West Community Health Centre , 55 Eccles, every Friday!

Drop by and get the housing support you deserve! **Fridays 9am-4pm**

Come out of the heat! Chill out.

Drug User Advocacy League

"We are a non-profit collective of active and former drug users and allies who advocate for the human rights of people who use drugs"

Connect with us!

Visit us in person when we offer yummy breakfast!

Every Tuesday

380 Murray St.

9:30am-11:30am

In the lounge on ground floor

Every Friday

216 Murray St.

9:30am-11:30am

Site Nurse Available

Untitled

by: 1.1.1.



Syria - Libya

By: Joe Banks

Today. Today again my heart was broken. Pain ran through my entire body. An image, A single image? Yes today I opened the Ottawa Citizen - Tuesday, May 31 2016 - the edition of the NP section. The front cover, a Sea Rescue Watch humanitarian organization crew member holds a drowned migrant baby during a rescue operation of the coast of Libya. Hundreds of migrants including an estimated 40 children died last week after 3 boats holding migrants sank in the Mediterranean Sea.



(picture taken from Marina Militare)

When is enough going to be enough? I am terribly saddened by this single image (including its metaphors which I will leave to the viewer) Saddened by this senseless situation that should confront all of us Canadians.

Please, please say a prayer today and all the tomorrows until this senseless situation (war and migration on the open sea) ends. If you feel as moved as I do can you please contact your local M.P.and tell him or her that we as a country must do ,more. Now is the time for deeds not just words from our country.

Sincerely, Joe Banks

Don't get screwed with tickets issued to you by police or by-law!

The Ticket Defence Program

is a pop-up legal clinic run by volunteer lawyers, paralegals, and law 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. **Confidentiality Guaranteed.**

When?

First Friday of each month from
12:30-2:30pm:
Shepherds of Good Hope
233 Murray Street

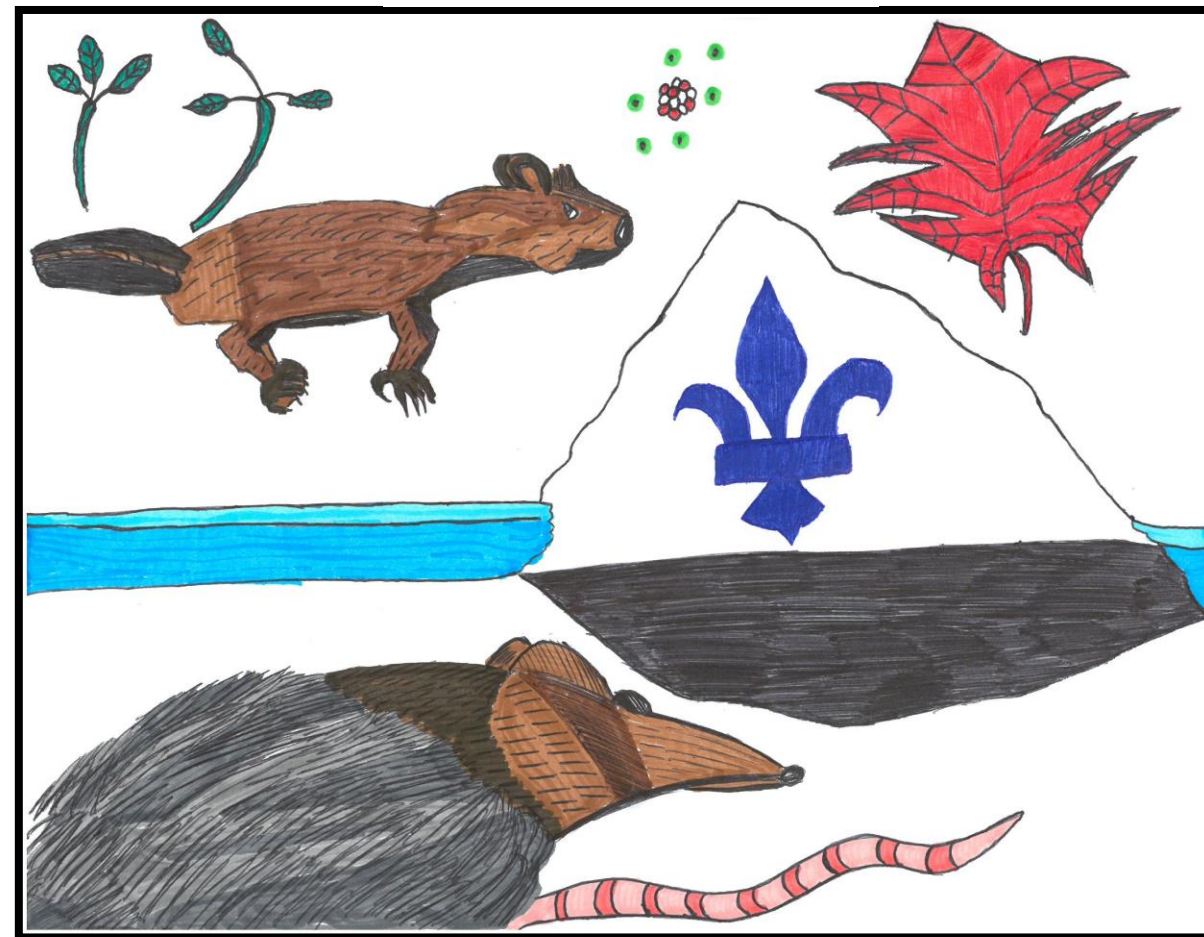
Second Friday of each month from
12:30-2:30pm:
Odawa Native Friendship Centre
510 Rideau Street

Third Friday of each month from
12:30-2:30pm:
Centre 507
507 Bank Street

Fourth Friday of each month from
12:30-2:30pm:
Centre 454
454 King Edward Street

Fourth Friday of each month from
2:30-4:30pm:
Salvation Army
171 George Street

VERMANADA by R.O.S.



The Truth and Reconciliation of a Broken Man

By: R.O.S

When I think about my life, I am not proud of how I have lived my life. I feel that I used to be happy. I have moments of joy in life. For the most part, I am consumed by fear, anger, and hatred.

When I think about the happiest moment in my life, I think of my wife. Her soft cheerful voice, and her warm embracing smile. She would carry me through the darkness.

My psyche is always focused on the worst of humanity. Constant pain, misery and hate. Although, I have developed a way to block these thoughts and find extreme joy in life.

I am not afraid of dying. I am certain that death will not impact the effectiveness of my creed. Living the best morally and ethically possible.

Day, by day, I live with uncertainty. I don't give up hope. I continue to carry on.

HARM REDUCTION July

Dates to Remember...

Monday, July 11th

2nd memorial for Shaky Dave Mariott
216 Murray (old 454) organized by friends
of Shaky

Wednesday, July 13th

NESI Women's harm reduction
Breakfast 9:30am 3rd floor

Thursday July 14th 1pm-3pm

Annual Harm Reduction Meet and Greet
Dundonald Park! Food, haircuts, bike tune
ups and more! (*rescheduled if raining)

Wednesday July 20th Cookie making

Noon Thursday, July 21st

Drug User Memorial Day, Sandy Hill CHC

1pm Monday, July 25th

NESI BBQ at Britannia Beach
(let us know if you plan to come!)

Every Friday at Eccles...

noon – Meditation
9am-noon – Computer Help
(at the NESI Drop-in)

Ongoing throughout the month...

Public Health Consultations on Supervised
injections services! Get on the website...

OttawaHaveYourSay.ca to complete the
online survey! Feel free drop by our drop in to
use a NESI computer!

Love by: 1.1.1

Give all your love

Cause we might be not be around tomorrow

Don't waste time

We all have many scars on our hearts

Life will do that

It will break your heart a 1000 times

Always say goodbye

Even if you think you do not have time

But remember all your time is free

If you don't understand love

How can you begin to understand life

So let's love now

And lets love fully, deeply and truly

Because you see we are all going to die

someday

So give your love

Love Love

The Beatles got it right

" All you need is Love"

Ouch By Henry Cyr



Be sure to take good care of yourself! You
deserve it! Nurses at our walk-in are
willing to see any NESI client, regardless
of the neighborhood you live in, and aim
to deliver non-judgmental, stigma free
medical services!



Ottawa
Public Health
Santé publique

Be Cool With the Sun This Summer

Some medications make it harder for your body to control its temperature. **If you are taking any of the medications listed below, you are at higher risk for heat-related illness, especially if you are doing lots of exercise or heavy work and may not be drinking enough water. On very warm days, you may need to drink more than the normal 8 glasses of water. This is especially true if you are taking two or more medications.**

Antidepressants such as:

Amitriptyline (Elavil)
Doxepine (Sinequan)
Clomipramine (Anafranil)
Protriptyline (Vivactil)
Imipramine (Tofranil)
Desipramine (Norpramin)
Nortriptyline (Pamelor)
Fluoxetine (Prozac)
Fluvoxetine (Luvox)
Sertaline (Zoloft)
Paroxetine (Paxil)

Antiparkinson drugs such as:

Benzotropine (Cogentin)
Biperiden (Akineton)
Ethopropazine (Parsitan, Parsidol)
Procyclidine (Kemadrin, Procyclid)
Trihexyphenidyl (Artane, Trihexane)
Levodopa (Dopar)
Selegiline (Eldepryl)
Amantadine (Symmetrel, Symadine)

Drugs that can alter your
mood, thought processes or
sleeping patterns such as:

Chlorpromazine (Thorazine,
Largactil) ***
Thioridazine (Mellaril) ***
Perphenazine (Trilafon) ***
Fluphenazine (Modecate,
Moditen) ***
Thiothixene (Navane) ***
Trifluoperazine (Stelazine)
Prochlorperazine (Stemetil)
Haloperidol (Haldol)
Clozapine (Clozaril)
Risperidone (Risperdal)
Loxapine (Loxapac, Loxitane)
Fluspirilene (IMAP)
Pimozide (Orap)

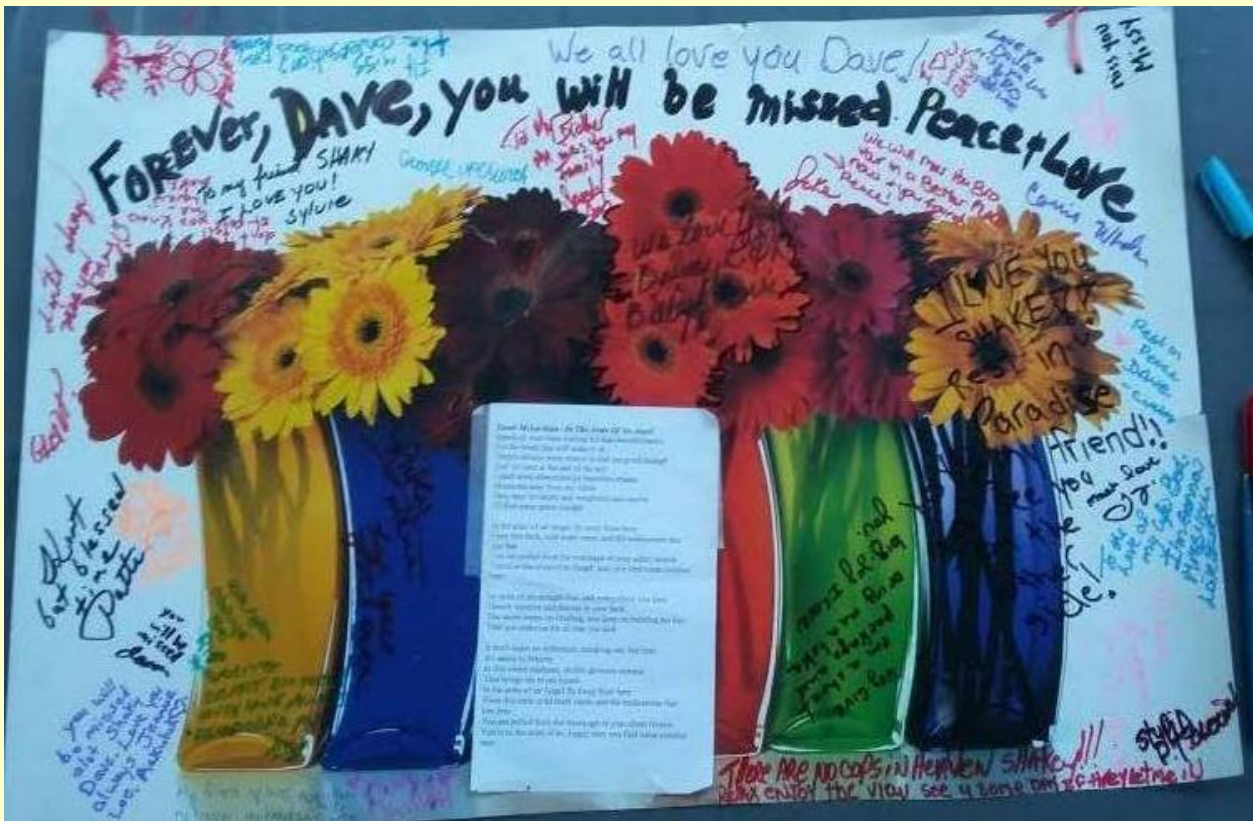
Olanzapine
Flupenthixol (Fluanxol)
Zuclopenthixol (Clopixol)
Reserpine (Serpasil,
Serpalan)
Lithium - heavy exercise
or heavy sweating in hot
weather may change
lithium levels, so that
you may have too much
or too little in your
system

*** The medicines starred here
may make it easier for your skin
to burn



RIP Shaky

Pictures from last month's, memorial for Shaky Dave at Dundonald Park. Thanks to all who came out to celebrate his life and send him off. For those who were unable to make it, there will be a 2nd memorial for him on **Monday, July 11th at 1pm at 216 Murray**



Please let us know about **hot spots** we can visit this summer on foot and bike outreach:
Amy: 613.219.9119
Shannon: 613.290.0363
Stan 613.295.4329

Can't get rid of a guest like this?



We have **BED BUG KITS!**

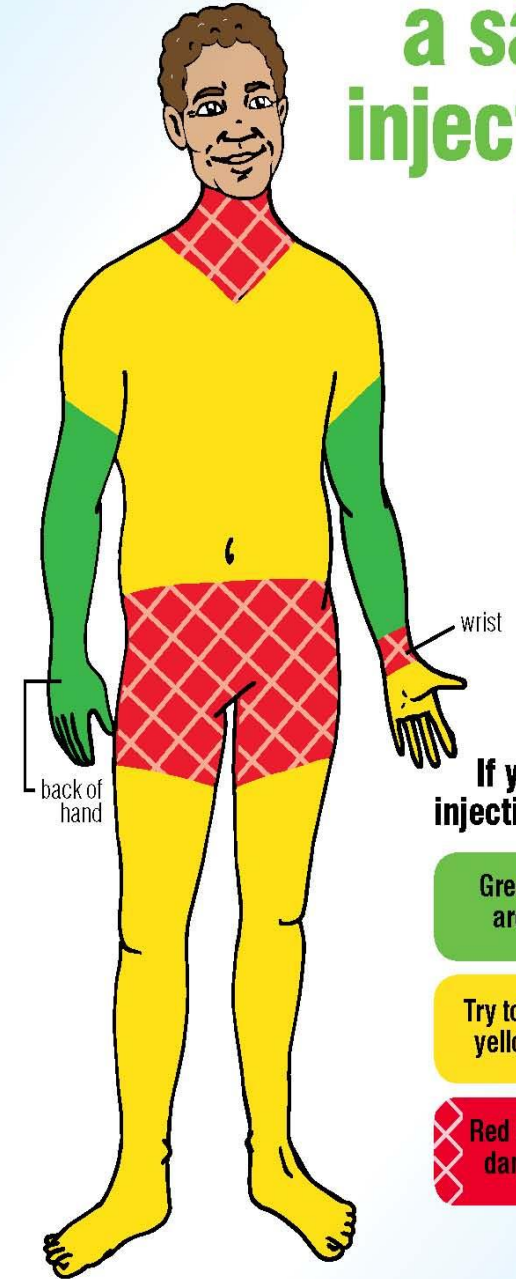
These are available to anyone who is a client of SWCHC. Swing by the Walk in Clinic, or NESI to get your kits.

- 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!**

Remember! It is your landlord's responsibility to exterminate bed bugs. If they are not taking action, you have a right to report it to city by-law. Talk to us for more info!

Choosing a safer injection site



If you are injecting drugs:

Green areas are safer.

Try to avoid the yellow areas.

Red areas are dangerous.