

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!

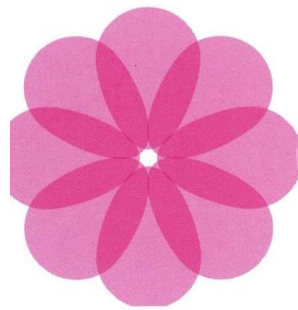
Outreach & Peer workers are out on foot throughout the week in different neighborhoods.

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



Change in Walk-In Clinic Hours

Effective **SEPTEMBER 6, 2016**,
the Walk-In Clinic at 55 Eccles St.
will open daily at **1:00 p.m.**

We will no longer have walk-in clinic hours in
the morning.

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

HARM REDUCTION SUPPORT GROUP

When? 3pm Weds August 24th
Where? NESI Room 55 Eccles St.

Are you an active drug user? If yes,
you are invited to a group just for
you! Meet in the NESI room to join a
circle of your peers. Talk to Shannon for
details

INTERNATIONAL OVERDOSE AWARENESS DAY

HUMAN RIGHTS MONUMENT

ELGIN STREET

AUGUST 31 2016
11:30AM TO 12:30



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

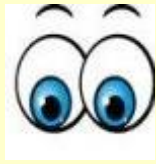
Wanna talk? Looking for Health Care? Need Supplies?

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

Amy ext 2319, John ext. 2270, Shannon ext. 2987, Stan ext.2392 **Evening/night? van: 613.761.0003**

What's Covered by ODSP & OW for Prevention?

By Joanna Binch, Nurse at SWCHC



Get an Eye Exam Every 2 Years!

I am often reminding people who come to our walk-in clinic that the guidelines suggest an eye health visit every 2 years. This is covered by OHIP for children until the age of 19 and for anyone over 65.

If you have OW or ODSP coverage, this is also free for you for any age from 19-64. Advise the clinic when you are booking that you expect a free exam because of your OW/ODSP coverage, as they sometimes try to add some non-covered tests that are optional.

Tip: If you only need reading glasses, the dollar-store has a great selection, and these work just as well as the ones that OW/ODSP would pay for.



People telling you, "You Can't Hear?"

Hearing exams are free! It is the cost of hearing aids that becomes an issue.

These are actually not covered via OW/ODSP but an Essential Services Fund. There are several companies around the city that would be happy to see you.



See a Dentist!

If you have ODSP, you are covered to have dental cleaning preventatively!

There are a number of places that accept ODSP- our favourite near SWCHC is Capital Dental Hygiene on Preston 613-238-3380.

OW, there are a few local dentists (come into the NESI office to get the list) otherwise the City Dental Clinics are happy to see you:
West End Merivale: 613-580-9631 South End: St. Laurent: 613-580-9632 Downtown: 613-580-9633

Tip: There are always urgent appointments with the City of Ottawa clinics the same day, or next day. There is always an on-call emergency dentist in the community in Ottawa that often offers "sliding scale" payments if you don't have any coverage.

Tip: Afraid of dentists? Come to the walk-in and we'll refer you to the Civic Dental Clinic- you will have a consult with an anesthetist!



Need Dentures?

The appointment to see a denturist for a consult is free!

Then they can work out coverage.

If you are on ODSP it is easiest. Not on ODSP? Make an appointment at SWCHC ODSP clinic! **Tip:** Remember, it is hard to replace dentures less than 3 years old, so keep them secure!

Overdose Awareness Day 2016

Poster Art Contest

**Grand Prize
of \$100
2 prizes of
\$50**

**Poster must
include date and
location of event -
August 31st,
2016
At the
Human Rights
Monument**

**Artwork can be painted,
drawn, mixed-media,
photographic or electronic.**

Previous Years Posters



Contest Closes August 26/2016

**Submit your entries to
OASIS at 221 Nelson Street**

**Or electronically at
Info@sandyhillchc.on.ca**

**For More Info Contact
Stefan 613-325-4227**



Join or visit the SWCHC table at this year's Pride!

You'll find SWCHC & NESI folks at the Community Love Project after parade block party!

When? Sunday, August 21st

Where? 11am-10pm

Somerset Street (between Bank & O'Connor)

FREE entry!

The Community Love Project (formally known as Queer Pride) started last year as an initiative to build intentional spaces as a community. At its roots, Community Love Project is about creating something beautiful that everyone can feel a part of. It's a space where we can raise funds and sew the proceeds back into the seeds of our community (our LGBTTQ+ youth). That effort will grow this year and take even deeper roots in the heart of Ottawa – through the building of, creation, and celebration of this incredibly important day.

Pride is a celebration of love! Pride a place of healing. Pride is about decreasing the ignorance that shames us and allows violence to continue reaching so many members of our community. Pride is a movement to create a community, not just of LGBTTQ+ individuals, but with extended and supportive allies from many walks of life. We can encompass our past, embrace our present, and harness the power of our future.

This year's Community Love Project will be happening along Somerset Street between Bank St and O'Connor. There will be two hubs of activity: A block party and a family space. So, bring your family, friends, lovers, loves and get ready to raise the beautiful community vibes for Pride week in the 613! See you there!

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

How & Where?

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


SITE Van
613.232.3232 Everyday from 5pm-11pm



Supervised Injection Services Survey...

We need your feedback! Do you live in our hood? Are you an intravenous drug user? Do you pick up rigs 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. Talk to us...

Wolf Cubs *By: Anonymous*



"Soap sculpture made by guy in the Ottawa Carleton Detention Centre"

Deity Confusion

My purpose is sought with meticulous intricate thought.
Between heaven and hell, i'm stuck and i'm caught.
I fear through death as i fester and rot,
What lies beyond this think called life,
This fictional veil, being this board anchored by six hundred
and sixty six inch rusted nails.
Dormant I remain, as i'm driving insane.
What was it all for? As I lay lifeless on the frozen cement floor.
With tears i wonder, as my soul is trapped,
In this vintage bottle , so tightly capped.
By the heavenly father, my body is chosen.
So still so lifeless, impatient, and frozen.
As my soul touches down,
Like lightening without sound,
my soul was once lost and now it is found.
I guess my point is, i take now it is found.
I guess my point is, it takes no whizz,
To figure it all out.
We are demi gods to all we create and
Conceive through the act of love
Like our god who looks down upon us
With ambivalence, so high, and so very far above.
Written by Jesse James



Photo credit: Justice for Abdirahman Abdi

A Message from Justice for Abdirahman Abdi

(The following demands were released on July 30th at the March for Justice for Abdirahman and his family. Abdirahman was killed by Ottawa Police on July 24th).

We release these demands towards the City of Ottawa and the Ottawa Police Service.

1. Release entire SIU report into Abdirahman's murder.
2. The officers involved in the murder of Abdirahman should have their names released to the public, and be on unpaid leave for the duration of the investigation.
3. The Ottawa Police Services Board must carry out a comprehensive review of the Ottawa Police Service's interaction with people in crisis, especially those who are racialized and Indigenous, and develop a policy on how the police shall interact with mentally distressed civilians.
4. Body Cameras to be worn by all Ottawa Police Service officers.
5. The City to Ottawa should invest in the Somali Centre for Family Services.
6. A public apology from the Ottawa Police Service for releasing false information regarding the death of Abdirahman.

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	Every Friday
380 Murray St.	216 Murray St.
9:30am-11:30am	9:30am-11:30am
In the lounge on ground floor	Site Nurse Available

Talk to me by: 1.1.1



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**

Facing Eviction? Don't start packing up!

Come talk to us! Landlords often send out eviction notices saying you need to leave your place by a specific date or verbally tell you you are evicted. As a person who uses drugs, you may feel the extra pressure, but remember, you still have the same rights as any tenant! Unless you have an official notice for a tribunal hearing, and are told you need to vacate by the tribunal judge, you don't!

But there's a few things you do need to follow through on... attend your hearing date, attend, and make your case. Many folks worked with the mighty Rob MacDonald from Housing Help during these times of crisis. Unfortunately, for all of us, he is no longer there and without him, the tribunal process has a few more hurdles to get through. You can get the support you need by bringing your tribunal notice to legal aid, getting a certificate and getting hooked up with a lawyer. Talk to a NESI worker and get hooked up with support!

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!



"Always wait at least a half hour after using heroin before going back into the water."

Always keep safety in mind!

For tips and knowledge about heroin, by heroin users, check out the heroin user run website Heroin Helper

www.heroinhelper.com

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

HARM REDUCTION Dates to Remember... AUGUST

Wednesday the 10th

9:30am Women's Breakfast

Thursday 11th

Women's Peer Day

Haircuts

9:30-4pm Wednesday 17^h

Grief and loss

(a workshop for phase 2,3, and graduate

NESI peers)

1:30pm Thursday, August 18th

Peer meeting.

Phase 2 & 3 & grad meeting.

Wednesday August 24th

3pm Harm Reductions Sharing Circle

11:30am Wednesday, August 31st

Overdose Awareness Day

Every Friday at Eccles...

noon – Mediation

9am-noon – Computer Help

(at the NESI Drop-in)



CATIE is Canada's source for up-to-date, unbiased info about HIV and hepatitis C. We connect people living with HIV or hepatitis C, at-risk communities, healthcare providers and community organizations with the knowledge, resources and expertise to reduce transmission and improve quality of life.

Check out our website anytime at **CATIE.CA**, or call toll free at **1-800-263-1638** on Monday, Tuesday, Wednesday and Thursday, 10 a.m. to 6 p.m. (Eastern Time).

Feel free to use the NESI computers to check out CATIE.CA or use a NESI phone to call if you feel more comfortable with a confidential, one on one conversation.

Free NESI Hair Cuts!

When? 1pm

Thursday August 11th

Where? NESI room &

roof patio. Hairstylist

Glenn (women's cuts)

and buzz cutter Stan (men's cuts) are

offering free haircuts this month!

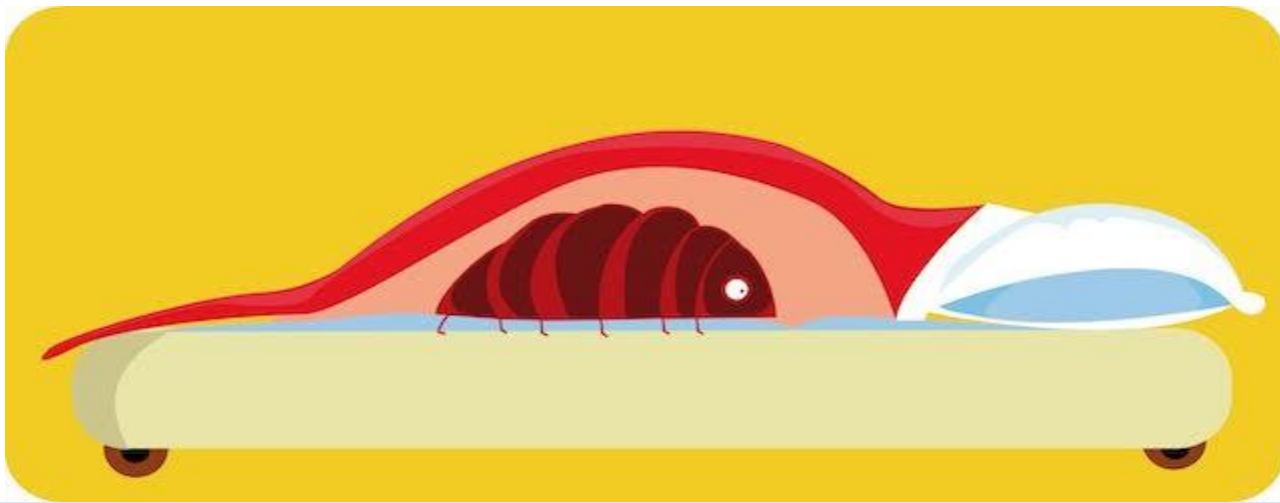


Just some photos from this month's NESI BBQ at Dundonald park! – from Tyson



Ottawa Addiction Access & Referral Services (OAARS)

Frustrated by the constant hoops and hurdles of trying to get help? OAARS makes it easier to hook up to addictions services that are right for you. They also offer: one on one support (phone or in person), info & education, individualized referral planning and screening and assessments. Together you can complete your tools, and figure out the best routes to meet you goals and objectives. Call **613.241.5202** to make your appointment.



BED BUG KITS AVAILABLE AT NESI!

Having bed bugs can be a terrible thing to struggle through, there is support! Stop by Somerset West Community Health Centre at 55 Eccles to pick up a Bed Bug Kit.

- mattress covers for twin and double beds
- laundry soap
- large trash bags
- moats (limited supply)
- general information on bed bugs, using high heat and making a bed island.

Don't forget! Your landlord is responsible for exterminating the bed bugs. Not happening? You can make a complaint by talking to 3.1.1. who will connect you to property standards.

It's hot! Stay Hydrated!

Big thanks to our local drug dealers who have been donating cases of bottled water during this heat wave and during community events. You are invaluable!

NESI LOGO CONTEST!

Have a knack for art? Do you want to make some? Know NESI? NESI is on the hunt for a new logo for our program. Got ideas? Something funny, something serious? We are looking for submissions! Got ideas? Send them our way or talk to us to find out more!

S.T.O.R.M. Sex Trade Outreach Mobile



Needs us? call us! **613.265.7558**

Tuesday 9am - 5pm Weds, Thurs, Friday 4pm – 1am

We provide the following for women involved in the sex trade...

Transportation to shelters, hospitals, detox & other location
 Basic supplies i.e. hygiene, clothes, lunches & snacks, info & referrals to supports (legal, medical & housing) Harm reduction gear.

JOIN US IN TORONTO

AUGUST
 23rd | 2016

OSGOOD HALL
 TORONTO, ON

**SUPPORT
 60'S SCOOP
 CLASS ACTION
 HEARING**

SOLIDARITY RALLY

**RALLY FOR
 INDIGENOUS SURVIVORS OF CHILD WELFARE**

FREE TRANSPORTATION TO TORONTO | AUGUST 23RD
 Departure: Amnesty International, 312 Laurier Avenue East, Ottawa K1N6P8
 Departure Time: 12:30 am (midnight).
 Travelling to Toronto with stops in:
 Kingston @ 2:40am
 Belleville @ 3:20am
 Oshawa @ 4:30am
 Leaving from Toronto back to Ottawa 3:00pm