

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 9am-noon / 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 five packs of stems or fits from reception or medical walk-in during the hours the centre is open. 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!

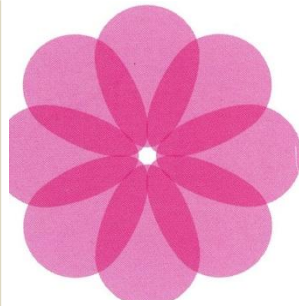
Outreach & Peer workers are out on foot throughout the week in different neighborhoods.

Call our **outreach cells!**

Amy: 613.882.0171

Carl: 613.327.9521

Stan 613.295.4329



Daisy's

Support, Supplies &
Something to Eat

Fridays
5:30 - 8:30am

1475 Caldwell

Questions? 613-276-0253 and 613-722-4000 ext. 260

Zen Meditation

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

Join us every **Tuesday & Friday at 12:05pm!**
in the **NESI Drop-in,**

During this time, Bobby runs a meditation class. Classes are free & all welcome! There will be sitting meditation and a brief talk. We welcome folks from all walks of life. Everyone is invited to attend no experience is needed!

See you there!

"To improve ourselves, to move towards that goal, perfection that puts no less of a demand on us for being unattainable requires solitude, removed from the concerns of EVERYDAY LIFE.

And yet constant solitude renders self-improvement impossible, if not pointless. A balance **MUST** be struck between meditating in solitude and **THEN** applying this to **YOUR EVERYDAY LIFE.**" – Bobby

Photo by 1.1.1.



Monthly info brought to you by SWCHC's Needle Exchange Safer Inhalation Program

International Drug User Memorial 2018



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

Friday July 20th at 10:30-12:00

Reception to follow 12:00-2:00

at

**Sandy Hill Community Health Centre
221 Nelson Street corner of Rideau**

by: Ben H.



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 four peers for 2 hours of work. 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 is based at Somerset West Community Health Centre, 55 Eccles (Booth & Eccles)

Wanna talk? Looking for Health Care? Need Supplies?

Drop-in (every weekday (9am-4pm), or Call a NESI worker at call 613.238.8210...

NESI room ext. 2246, Amy ext 2319, Carl ext. 2987, Stan ext.2392 **Evening/night? van: 613.761.0003**

In Loving Memory
Lorri Lynn Lee



Join us for a memorial:

Where? Dundonald Park

When? 5PM Friday, July 6th
Gather to share memories and food.

In loving Memory
Michael Johnson
"Bronson Mike"



Stay tuned to NESI for updates on memorial
arrangements

THE BRIDGE is looking for Peer Researchers!

The Bridge is a community research office that conducts community-based health research for & with People Who Use Drugs, who live on a low-income, and who may be experiencing homelessness or at-risk for homelessness.

Peer Researcher Role & Responsibilities

Assisting with the practical aspects of the project, such as where to recruit appropriate project participants, strategies to engage project participants, and input on project questionnaires Assist in the smooth running of the Bridge projects by working closely with the Project Coordinator at the Bridge

Conducting project related activities such as interviewing participants, conducting simple, hand-held lung function tests, co-leading or assisting in running focus groups and distributing/collecting questionnaires If possible, present project findings in community knowledge forums at the Bridge and locally in.

Ottawa Peer Researcher Qualifications

Lived experience of poverty related to homelessness (or at-risk of homelessness), mental health issues, and/or substance use. Knowledge of harm reduction Experience working in a team and independently Reliable & Punctual Good communication skills Passion for research or community-based work is a plus! Computer skills are a plus!

If interested call 613-518-7172 or pick up an application from NESI!

Photosensitivity & Heat Sensitivity Caused by Medications

By: Hersy

What is Drug-Induced Photosensitivity (DIP)?

Photosensitivity is when you get a sunburn or dermatitis (a dry, bumpy or blistering rash) on areas of the skin that are exposed to the sun. Skin reaction occurs in minutes to hours after exposure to both the medication and sunlight. These common areas include: face, back of neck, arms, back of hands, lower legs and feet. It is important to know that it will look like an exaggerated sunburn reaction that may or may not be itchy.

Medications can cause photosensitivity when they combined with Ultraviolet (UV) rays from the sun to cause a reaction on the skin. Medications can be in an oral form to be taken by mouth, or applied topically to the skin.



Medications that Cause Photosensitivity:

Antibiotics/Anti-fungals

(i.e. Tetracycline, ciprofloxacin, ketoconazole etc)

Non-Steroid Anti-inflammatory Drugs

(i.e. Advil)

High Blood Pressure Meds

(i.e. Norvasc, Lasix, Altace, Adalat, etc.)

Psychotropic Meds

(i.e. Paxil, Effexor, Xanax, etc.)

Cholesterol Meds (i.e. Zocor, Lipitor, etc.)

Acne Meds (i.e. Accutane)

How to Treat DIP?

Best way to treat it is to identify the drug that is causing DIP and avoid it. In cases that the medication can't be avoided, you should follow strategies to protect you from the sun which include using sun screen and wearing sun protective clothing.

What is Drug-Induced HEAT Sensitivity (DIHS)?

Heat sensitivity is a feeling of being overheated when the temperature rises. This is accompanied by heavy sweating and can lead to dehydration, heat exhaustion and even heat stroke.

Combinations of offending medications and long exposure to hot conditions can cause DIHS.



Medications that Cause HEAT Sensitivity

Anti-Allergy Meds (i.e. Benadryl)

Decongestants (i.e. Sudafed and Dimetapp)

Anti-Depressants (i.e. Elavil)

Diuretics (i.e. Hydrochlorothiazide)

How to Treat DIHS?

It's important to limit exposure to sun throughout the day as well as physical exertion while under sunlight.

If someone collapses from overheating, it's important to control their body temperature by placing them in an ice bath or wrapping them in cold cloths while awaiting emergency services.

For any further questions, ask your pharmacist or health care provider! Or chat with Hersy who will be in the NESI drop in every Thursday Afternoon!

NESI Women's Harm Reduction Breakfast Drop-in

Join us for a delicious, nutritious morning!
A Safe place for female identified people to talk, hang-out or just drop-in and enjoy a free breakfast.

When? 9:30-11:30am
Weds July 18th

Where? 3rd floor 55 Eccles



Free NESI Hair Cuts with Glenn & Stan!

When? 1pm Friday July 20th
Where? NESI Drop-in.
Drop by or call us to book your spot!



Flying Wolf by Laura D.



Centretown Connections



A Peer Run Women's Support Group
A safe space for all women Identifying Individuals

There will be Discussion Groups and a few outings from time to time.
There will also be snacks and refreshments

When? Every Thursday from 2pm-4pm!
Where? 3rd Floor @ Somerset West Community Health Centre



When? Every Monday 2pm
Where? SWCHC Board Room 3rd floor

This group was founded by peers, organized by peers and run by peers, for the first time in the hood and will be the first one to be organized in the Centretown community.

The goals for this support group is for men to connect with one another and support each other through the connection and focus of men's health.

This groups is a safe zone, and "what is said in this group stays in the group"! All male identifying folks welcomed.

Refreshments provided!

Do Dogs go to heaven?

By anonymous

I explained to Saint Peter that I would rather stay here outside the pearly gates. I'll be very patient, wont make a sound. I'll just sit quietly and wait .
I'll be here, chewing my bone. For no matter how long you may be because I'd miss you so much if I went along – it wouldn't be heaven to me.

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.

Drop by and get the housing support you deserve!

55 Eccles: every Friday 9am-4pm
30 Rosemont: every Tuesday 9am-4pm

The following Supervised Injection Services & Overdose Prevention site are now Open in Ottawa:

You can now show up during the hours listed below at the following locations with your dope and use in a safe and secure place without being criminalized and supported if you overdose.

- *****
- Three Supervised Injection Services have opened downtown...
 - **The Trailer Supervised Injection Service**
Call: 343-996-4376
Where? 233 Murray Street
When? 24 HR SERVICE
 - **Ottawa Public Health Supervised Injection Service**
Call: 613-234-4641
Where? 179 Clarence Street
When? Daily 9am to 9pm
 - **Sandy Hill Community Health Centre**
call:
When? Weekdays 9am-4pm soon to be 8am-8pm
Where? 221 Nelson

 - One overdose prevention site open in Centretown West...
 - **Somerset West Community Health Centre/NESI**
Call: 613.238.8210 ext 2275
Where? 55 Eccles, through the NESI Drop-in!
When? During the hours of the NESI Drop-in (multiple methods of use permitted except smoking)

Health Alert!

Early last week in Ottawa, a sample of crack cocaine was tested positive for Carfentanyl. The sample was tested at Sandy Hill's drug checking service.

Drug Checking Details:

Colour/consistency: white / cream

Thought to be: Crack Cocaine

Result of drug checking: Carfentanil, Cocaine

Advisory:

Carfentanyl is associated with increased risk of opioid overdose. Carfentanyl is an analog of the synthetic analgesic. A unit of Carfentanyl is 100 times as toxic as the same amount of fentanyl and 10,000 times as toxic as morphine.

Without testing, there is no easy way to know if carfentanyl is in drugs, you can't see it, smell it or taste it. It is extremely toxic and a very small amount can cause an overdose.

To put this in perspective, wild African elephants—an animal that Carfentanil is used on—weigh between 5,000 and 14,000 lbs as reported by National Geographic, which is roughly 26 to 72 times the weight of your average adult male of 195.5 lbs.



TIPS:

Go to Sandy Hill to test out your dope! Tell someone you trust to check on you. Use with other people & someone you trust. Carry and know how to use naloxone. Avoid mixing drugs. Call 9-1-1. Try a small amount first.

WE LOVE YOU.

BE SAFE.

CARRY NALOXONE.



Get your Kit Today! Ask a harm reduction worker on where you can get one!

Witnessing an overdose, losing a loved one to an overdose, or even bringing someone back from an overdose can be a traumatizing event. Be sure to debrief with someone you trust.

Need Someone to listen? There is always someone at NESI to hear you out.

Meet your New Screens!



What's new about them?

Different Package.
Slightly wider diameter.

What's the same about them?

Brass (like the old ones)
5 screens per envelope.

Made by the same manufacturer in India.

Let us know if you like them or hate them, or just what you think about them!

Happy Summer All!

By Carlos

A fast update on our spacious and air conditioned **Safer Consumption Site**. Things are moving fast, we've done our initial hiring's and trainings, and are due to be inspected by Health Canada July 9th! **IF** we pass, we hope to open as soon after that as possible. It's a guess but Monday, July 16th seems possible.

Two things to be aware of...

- 1) While we have exemptions for hitting, snorting, swallowing, and hooping, we haven't been exempted for smoking ☹️
- 2) We also haven't been exempted for peer-to-peer injection.... so your buds can't hit you up.

We and our nurses will try as hard as possible to assist you (vein raising exercises, hot packs, injection advice etc.), but in the end it's your hit.

The Ontario Persons with Disabilities Act requires us to provide service to people with disabilities (ie, that prevent them from hitting themselves) but the feds don't have that legislation, so the fed Criminal Code of Canada takes precedence over a provincial law.

I suppose there's a Human Rights/Civil Rights case there, but that will take years.... Still, I'm committed to working on the above two issues.

In the meantime our provincially regulated Overdose Prevention Site is still open, so drop by and let us assist you with all your shooting, snorting and swallowing needs!

Bring your friends!

Hours for our launch will be same as the NESI drop-in, with a plan to run seven days a week the month after!

Ask A Pharmacist!



Got a question you wanna ask a pharmacist anonymously? Swing by the NESI drop in and ask Hersy, a pharmacist intern student from Bell St. Pharmacy will be in to answer your questions. You can also call or email us & we'll be happy to relay your questions.

When? Every Thursday afternoon!

Where? NESI Drop-in

No Need to Feel

By S.L.C.

No need to feel shame
I'm not the one to blame
When you see the flame
It calls out your name
You need to be tame
Everything is the same

When you move to the left then you
move to the right
You will see that there is not a clear view
in sight

It's almost the end of the night
And the stars are shining so bright
Fight or flight have a good night.

Iron Will

Fly by a reign of friendly alliance
But how can negotiated dealings maintain
Semblance of a constructed compliance?
They cannot, if fair-faced & fair-hearted,
Strike peaceful negotiations, thus leading
to riot.

The least of these don't look like they
ought
and yet the future relies upon the
shoulders of
those which you don't know
but faith ought

to carry you through the rest of
uncertainty and
ascertainable notions
bordering on obvious if not so
obscured due to political motions
platforms resembling jagged mountains
no sure footing or hand cleft
yet must hoist ourselves to the top
no room for a slip spill
shredded palms and iron sheer will
rise above though not plundered,
rest 'pon the crest in the mist while timing
rolling thunder
abreast of the hour glass
I spit but I'm still high class
I got operating game at limitless function
and won't quit the battle
nor forget where I come from.

~Adeline Deyoung~

Looking for a Break?

Ready to Detox? Can't seem to do it without some support? Call Detox **613.241.1525**. Need to get there? Call a NESI worker help you get there. As we all know it sometimes takes repeated calling to get in!

Do you pick at your skin?

by Joanna, NP at SWCHC

Folks who use crack and Crystal Meth can be most at risk for this because of the additives that the drug is cut with. Scabs or abscesses can develop, and have difficulty healing, as skin needs time without being bothered.



What can you do?

To stop scratching, short of using less drug, or changing your drug, you can try:

- To cut your nails short
- Keep your skin covered- I sometimes recommend a loosely wrapped tensor bandage as it can be washed, reused, and covers a large area
- Consider sleeping with gloves or socks on your hands if you are scratching in your sleep

If you have open wounds:

- Keep them covered with an appropriately sized bandage.
- Draw a pen-line around any area of redness around a wound- then you can tell if it is getting bigger or smaller.

- Resist the urge to do “self-surgery” on your wound- if you choose to puncture an abscess, always clean the skin first and use a sterile instrument- but please come and see us instead!

When to worry?

A simple wound should heal within about a week. It is more difficult if it is over a joint that you need to keep moving like your knuckles- those should always be covered by a bandage- don't leave it “open to the air to dry out.”

I generally don't worry unless:

- The wound is not healing within a week
- The wound is getting bigger- you will know this as it is now past your penline
- There is a line of red travelling away from your wound
- You have a fever with your wound
- You are worried

Then what can I do?

Please come to the walk-in at Somerset West CHC- remember you don't need an appointment, we are open every day at 1pm, and you don't need a health card!

Is there someone you think should be recognized? Pick up a nomination form at NESI & tell us why! We are looking to recognize contributions people have made at SWCHC or outside in the community or both! **There might be prizes too!**

Nominate a NESI Volunteer!

We want to recognize all the unpaid work and care that the community of folks who use drugs do! We also recognize that sometimes this important work goes unrecognized.

Please join us for a Report Launch

EVERYONE WELCOME

“Housing, Shelter, Safety: Needs of Street-Level/Survival Sex Workers in Ottawa”

Thursday, July 12th
2 – 4pm

NESI Room
Somerset West Community Health Centre



(an excerpt from *Aliens on Crack* by Henry Cyr)

Have faith in the face of adversity and pain....

Not all is for naught, we have everything to gain and there's no such thing as mistakes, as we learn from all the ones that we've already made... they build perseverance, and then they build character from the pain of endurance... and since we can endure, the future's looking real curious, can't wait to see the finished product, I couldn't be any more genuinely serious.

Adeline

Memorial Garden

Thanks to everyone who helped plant in our garden last month!

This garden is a memorial garden dedicated to those we have lost in the War on Drug Users. Plaque coming soon! Visit us, take a look and & or pay your respects.



Photo by Irene G

Preventing an Overdose

Here's some tips to reduce the chance of experiencing an overdose:

- Don't use alone
- Leave door unlocked
- Tell someone to check on you
- Start with a small amount
- Do test kits to check strength
- Mixing drugs, including alcohol, increases risk of overdose
- If you do mix, choose to use drugs before alcohol (you can puke out the alcohol, but not the drug you shot up)
- Pace yourself
- Choose a safer route of taking drugs
- Be aware: using drugs while on prescribed medications can increase overdose risk
- Call 911 right away if someone overdoses [e.g. has difficulty breathing or loses consciousness]
- Some conditions can put you at higher risk (like hep C.)
- Use less if you are sick
- Use where help is easily available (e.g. most importantly around people you trust)
- Make a plan/know how to respond in case of OD.
- Be prepared to give breaths and/ or administer naloxone (Narcan) until help arrives
- Overdose response training and naloxone kits are available for free! Talk to a harm reduction worker or someone with a kit to give you the scoop!

Responding To A Fentanyl (or opioid) Overdose

Overdose is most common when...

- Your tolerance is lower (you took a break, were in detox/treatment or jail, or you are new to use)
- You have been sick, tired, run down, dehydrated or have liver issues
- You mix drugs: prescribed or not, legal or illegal
 - The drugs are stronger than you are used to: changes in supply, dealer, or town.

Feels and looks like...

- Person cannot stay awake
 - Can't talk or walk
 - Slow or no pulse
 - Slow or no breathing, gurgling
 - Skin looks pale or blue, feels cold
 - Pupils are pinned or eyes rolled back
 - Vomiting • Body is limp
 - No response to noise or knuckles being rubbed hard on the breast bone
- (check out the second last page of this newsletter for a visual of "Opioid Overdose and Symptoms")**

While you are waiting for an ambulance to arrive, follow the **Five Steps protocol**-> Stay with person. Use their name. Tell them to breathe • Call 911 and tell them person is not breathing. • Use naloxone Naloxone only works on opioid overdose • Begin CPR (30 compressions and **2 breaths**)

- After naloxone a person might feel withdrawal. Do not take more drugs. Sick feeling will go away when naloxone wears off (30 –75 minutes).

Be aware: overdose can return

Find the Missing Millions

By Jacqueline

World Hepatitis Day happens every year on July 28. It's meant as a day to raise awareness about viral hepatitis. This year's theme is "Find the Missing Millions". According to Catie.ca, it is estimated that 44% of people who have Hepatitis C are not aware that they have the virus.

Hepatitis C is a virus that is transmitted through blood to blood contact. Hepatitis C is a hardy virus that can live outside the body for many days in dried blood and many weeks if the blood remains liquid. People who are at risk of being exposed to Hep C are strongly recommended to get tested.

The main ways that Hep C is shared is by

- Re-using drug equipment that was used by someone else (e.g. needles, syringes, filters, cookers, pipes, bills, straws, etc),
- Re-using tools for acupuncture, piercings, or tattoos (e.g. needles, ink or ink pots).
- Getting a blood transfusion or an organ transplant (esp. prior to 1992 in Canada; in other parts of the world it may continue to be a risk factor due to differences in medical practices),
- Re-using medical equipment that was only meant to be used once, or medical equipment that was not cleaned properly before re-use.

Other ways transmission happens:

- Sharing personal items that may have traces of blood on them (e.g. nail clippers, razors, toothbrushes)
- Unprotected sex where blood to blood contact could occur (e.g. anal sex, when one of the partners has HIV or another sexually transmitted infection).
 - Needle stick injuries
- From a mother with Hep C to a baby during pregnancy or childbirth (approx. 5% chance, but may be higher for women who are co-infected with HIV).

Some important facts and updates in Hepatitis C that everyone should be aware of:

New Canadian Guidelines have come out recommending that **all Canadians born between 1945-1975 should be screened for Hep C.**

No one is immune to Hepatitis C!!! Even those who have active Hep C, have been cured with medications or are part of the 25% of individuals who may clear hep C on their own, there is still a risk of re-infection if exposed to the virus again. There are 6 main genotypes and many different strains of the virus.

Treatment can CURE Hepatitis C. Treatments have been found to be 90-95+% effective.

Use of Interferon type medications stopped being used in Canada for Hepatitis C treatments as of 2017. Current medications are Direct Acting Antivirals (DAAs) that act directly on the virus to stop it from making copies of itself.

These new medications consist of a pill a day for an average of 12 weeks.

There are fewer side effects and are more effective at curing the virus.

Coverage for Hep C medications is now available through the Ontario Drug Benefit program (e.g. OW, ODSP, Trillium Drug Plan). The previous criteria that limited access has now opened up to anyone with a diagnosis of hepatitis C.

Blood work needs to be done 3 months after someone completes their treatment to tell if they have been cured of the virus, also known as sustained virologic response (SVR).

★ **If you have any questions about Hepatitis C or would like to get some help getting connected to Hep C treatment in the Ottawa area. Call or Text me, Jacqueline, at 613-447-9263. I can also meet with people in person at the NESI drop-in when I'm there on Thursdays, or scheduled ahead of time.**

To The Minister Of Justice: Criminalizing Drug Users Is Killing Us

By: Jordan Westfall, president of CAPUD

To Canada's Minister of Justice, We write to you in outrage and fury at the Ministry of Justice's abdication of responsibility for the overdose epidemic killing 11 people every day across Canada. In fact, while the overdose epidemic worsened, we experienced police crackdowns, bail conditions and red zoning charges contributing to the deaths of our friends and put our own lives at risk.



You don't have to travel far from your constituent office in Vancouver to see the devastating impacts of your ministry's policy on human lives. The Downtown Eastside is a glaring illustration of the many failures of the War on Drugs. Our safe access to services, housing, health care and community are near impossible while criminalized.

Fear of police arrests and criminal sanction forces drug use away from the health services and community support we rely on for safety. Bail conditions that prohibit the possession of harm-reduction supplies (such as clean syringes and sterile water) and force

abstinence and sobriety are deadly. These conditions occur before trial, so even before someone is charged with a crime, they're expected to follow provisions that assume they are guilty.

Police practices in many Canadian communities of "red zoning" literally bar people who use drugs from the neighborhoods they live in.

Red zoning is a condition of parole or release after arrest that creates a "no-go" zone for people accused of crime. It means a person can be rearrested for being present in an area of town they were "red zoned" from. This can happen even if they live in that area.

Your ministry is guilty of abetting our deaths.

Each time someone uses alone, or is presumed guilty by pre-trial bail conditions before they ever see a judge, or can't fill their prescription because they've been red zoned from the block where their pharmacy is located — your ministry is guilty of abetting our deaths.

Each time your government shuts down public conversations about decriminalization and legalization, you send the message that the lives of people who use drugs don't matter to you. Overdose is now the leading cause of death among Canadians aged 30 to 39.

As the federal government tries to address stigma in response to the overdose epidemic, understand that unless your ministry removes criminal penalties for drug possession, stigma will always exist, and it will be a contributing factor to many more overdose deaths.

It is impossible to destigmatize us without decriminalizing us. Putting somebody in prison is one of the most stigmatizing things a society can do to a person. No amount of money spent on ad campaigns will change that.

Stigma won't be found at the scene of a single overdose death this year; you won't see it listed as a cause of death on a toxicology report. But it is responsible for every single one of our dead.

Criminalization is the reason people don't call 911 when they witness their friend's overdose. It's the reason the Good Samaritan Act was made federal law last year. This law doesn't go far enough, however, and we need your ministry to start taking our lives seriously.

We have five demands that need to be fulfilled:

1. Drug decriminalization at all three levels of government
2. End the practice of red zoning by the courts and law enforcement officers
3. Harm reduction and overdose prevention services in all Canadian federal prisons.
4. Eliminate pre-trial bail restrictions and conditions Suspend criminal records for drug possession charges
5. In a country that abolished capital punishment in 1976, we still have Canadians sitting on death row, with no legal alternative to the poisoned drug supply in our streets. Four-thousand Canadians died a needless and preventable death in 2017. We didn't start this War on Drugs, but we will be the ones to end it.

Community Together Project

When? Every Tuesdays from 1-3

Where? NESI Drop-In
West Centretown is changing fast and becoming more expensive and less welcoming to some people. If you want to get involved in keeping the community a good space for everyone, come chat with Arwen about the Building Community Together project.



Every person should have a voice when changes are planned for their community.