

The Link

AIDS Committee of
Simcoe County

April 2010
Spring/Summer

Central Opening Doors

Central Opening Doors is an annual conference held in collaboration with the AIDS Committee of York Region and Peel HIV/AIDS Network.

Central Opening Doors provides strategies of empowered living throughout two days of informational sessions, resources, and networking. The conference encourages people living with or affected by HIV/AIDS and service providers to come together to learn from each other.

Many people living with HIV/AIDS that attended the conference enjoyed their experience. The following is the experience of one of the conference participants.

“I recently had the privilege of attending the 2010 Central Opening Doors Conference, at the Salvation Army Conference Centre (Jackson Point, ON). The theme of this year’s two-day conference “Strategy for Empowering Living: Stigma, Isolation and Discrimination” addressed housing and legal issues facing people living with HIV/AIDS, newer options to managing side effects of HIV medications, ways to have safe and healthy sexual partnerships and Hepatitis C and co-infection with HIV.

A warm welcoming committee, opening night sleigh ride, relaxation by the fire place, interesting conversations at meal times, yoga classes, karaoke and fun people combined to make the event a truly enjoyable one. I learned and had a great time!

Kudos to all the members of the planning committee for a job well done.”

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TASTE FOR LIFE

SAVOUR GOOD FOOD
WHILE HELPING A GOOD
CAUSE!

PARTICIPATING
RESTAURANTS WILL
DONATE 25% OF YOUR BILL
TO THE ACSC.

WHEN: APRIL 28, 2010

WHERE:
TO BE DETERMINED

FOR MORE INFORMATION
CONTACT THE ACSC

HAPPY SPRING EVERYONE!

I would like to thank all those who participated in the Central Opening Doors Conference this year. This event was successful in bringing together PHAs from all the areas and support workers in a warm atmosphere to share experiences, connect and learn.

We've received positive feedback on the health promotion initiative to promote healthy and nutritious eating by offering a Good Food Box to clients. This is offered once a month. If you are interested in participating please contact me at acschealth@rogers.com.

*"HIV does not make people dangerous to know, so you can shake their hands and give them a hug: Heaven knows they need it."
~Princess Diana*

Health Promotion Events

Discovering yourself! *a personal journey to self development, empowerment and self- discovery.*

This workshop will take place on **Tuesday April 27** and will offer PHAs and caregivers the opportunity to explore interesting topics such as stress management, goal setting and meditation.

With an early spring this year I am happy to announce that starting **May 2010** ACSC will start a Drop-in for clients who would like to socialize with other PHA's in an informal setting, have a coffee or snack and relax. Complementary therapies will be offered when possible during drop in hours. Come and Join us!
Drop -in will take place at the satellite office in **Orillia** , the **second and fourth Thursday of the month, from 10:00 am to 1:00pm**

AIDS AWARENESS WEEK

AIDS Awareness Week is held annually from November 24th-December 1st.

ACSC was very ambitious this year, and had some sort of awareness event planned for everyday. We had information booths in the Orillia Square Mall and Georgian Mall, two appearances on Rogers TV, and finished off the week with a wonderful World AIDS Day event at Barrie City Hall

Thank you to everyone who helped and attended!

New Youth Initiative

CALLING ALL YOUTH.....
Would you like the chance to talk about issues that you and your friends care about?!

The AIDS Committee of Simcoe County is looking for youth contributors for their new youth blog

For more info contact Karyn at acsmanagers@rogers.com or (705) 722-6778 ext. 103

YOUTH HELPING YOUTH LEARN ABOUT HIV/AIDS AND RELATED ISSUES