

What's Happening

Meeting with the Executive Director Brian Lester & HIV Client Service staff

Join us for lunch and share your thoughts with us regarding client services at ...

REGIONAL HIV/AIDS CONNECTION

Friday April 29th, 2016 ~ 12pm—130pm

30-186 King Street London, ON

To RSVP or for more information

please call Rob Newman

519-434-1601 / 1-866-920-1601

Human Rights and the Law

HIV Client Services and UWO Law
Present a Lunch & Learn on YOUR rights
Coming this MARCH
An informative and important discussion
For more information or to RSVP
to this event contact HIV Client Services team
519-434-1601 / newman@hivaidsconnection.ca

SPEAK OUT!!!

Have a voice in the RHAC PHA newsletter If you would like to contribute to the next or for that matter any edition, please speak with Rob Newman Peer Support Worker
519-434-1601 /
newman@hivaidsconnection.ca



Client Call List

Want to get more involved in Regional HIV/AIDS Connection? Contact a member of client services staff and ask to have your name added to the Client Reminder Call List and you will be notified by a dedicated volunteer for upcoming events

Social Support Groups

- ◆ PHA Café – social support drop in group
- ◆ Woman's group – social support specifically geared to women living with HIV
- ◆ Winners Circle – social support group for long term survivors living with HIV/AIDS

For more information on these groups and other client activities at RHAC contact HIV Client Services 519-434-1601 / newman@hivaidsconnection.ca

Disclosure Workshop

An informative and interactive Workshop for and by PHAs
Coming this March
For more information or to RSVP
Contact HIV Client Services 519-434-1601
newman@hivaidsconnection.ca

Opening Doors March 3-4 2016

Register NOW for this annual conference held at the Hilton Hotel in London, Ontario to register contact: Carin Fraser
519-434-1601

Client ED Lunch

Friday April 29, 2016
Come and discuss HIV Client Services with the E.D. of RHAC and Client Service staff for more information contact HIV Client Service Team
519-434-1601
newman@hivaidsconnection.ca

GIPA / MEPA

Every year, Regional HIV/AIDS Connection honours the greater and more meaningful involvement of people living with HIV/AIDS by hosting an annual ceremony to recognize and remember the roots of the HIV/AIDS movement and the intricate and important role that people living with HIV/AIDS have and continue to have in the work.

RHAC is looking to strike a committee of dedicated PHAs to organize and present this year's ceremony.

Are you interested? Would you like to learn more?

Contact: Rob 519-434-1601

newman@hivaidsconnection.ca

HIV Client Services Team:

Director of HIV Support Services Kelly Wright ext 237

Case Manager Miriam Rivera ext. 235

Case Manager Carin Fraser ext. 228

Peer Support Worker Rob Newman ext. 253



SPEAK OUT

A Newsletter For and By PLWHA



I am the Highest Mountain

Searching within my human spirit believing I am the highest mountain
With torrents of rushing rivers and cascading fountain
To be that someone, stronger and braver to be the one soul, that is my destiny
Breaking the iron shackles of rejection cutting the restraints of addiction
To be the spirit that will set me free
I know bounties of goodness and a loving heart abides in me
These are the precious gifts that shall set me free
I cannot undo the mistakes of the past
Like a steady ship on course I hold firm to the mast
For though I sailed on troubled water
What is done is long gone, it does not matter
My existence is stronger my stamina is braver
I am who I am, I shall not fall adversary and enemy all around
With confidence, I will ever be proud and tall
Defilers and betrayers, agents of scorn knowing no fear, it is just a word
But in me lives a new vision I will be heard
My heart is alive with goodness fear in me lives no longer
Like the highest mountain I am stronger
As I embark on a journey on a troubled road
Forsaking my errors that burden my load
I am a new me I shall be free this is my path, my destiny
I am renewed and refreshed I am stronger
The worries of long ago exists no longer
For I am free, I am a new me
Yes I am the highest mountain

By Fred Lush December 14, 2015
Dedicated and inspired to Steve Tingley

EMPOWER