



Programs and Services at ACT

ACT continues to provide services that empower people living with and at risk for HIV, to improve their health and well-being. We work with the community to increase knowledge, skills, and resilience to reduce HIV transmission.

For more information contact us at:

T: 416-340-2437 | E: ask@actoronto.org | W: www.actoronto.org

Community Health Forums

Held monthly from September through March, our forums feature expert presentations and panel discussions about health issues relevant to people living with HIV and to those at risk for HIV.

Contact: Rui Pires

T: 416-340-8484 ext. 228 | E: communityhealthforums@actoronto.org

Condom and Lube Distribution / Community Condom Stuffing Events

ACT provides distribution of free condoms and lube to the bars, bathhouses and pharmacies of Toronto's queer village. Bins of various safer sex supplies are maintained at ACT for public access. Bulk, sex party, and individual orders can also be arranged by contacting Rui.

Condom Stuffing Events are regular gatherings where the community socializes while assembling condom packs and other kits.

Contact: Rui Pires

T: 416-340-8484 ext. 228 | E: supplies@actoronto.org or condomstuffing@actoronto.org

Counselling

ACT provides free, confidential counselling about issues concerning HIV, sexual health, mental health, and substance use. Counselling is available to people living with HIV, or those at risk.

Mental Health Initial Assessment required. Waiting List: approximately 5 months.

Contact: MHS Admin Support | T: 416-340-2437 | E: MHSAdminsupport@actoronto.org

Employment ACTION

Employment ACTION provides employment supports for people accessing ODSP income supports, regardless of HIV status. This program offers career exploration, referrals for skills upgrading, competitive resumes and interview coaching, along with job search, placement and retention follow-up services.

E: solutions@employmentaction.org | W: www.employmentaction.org

Gay Men's Coffee Group for Men Living with HIV

Gay Men's Coffee is a bi-weekly group for gay, bi, and queer men living with HIV who are 40 years of age or older. A variety of topics are discussed, including social support, and aging with HIV.

Contact: Bradley Hampton-Wallis | T: 416-340-8484 ext. 281 | E: bhamptonwallis@actoronto.org

Group Programs for People Living with HIV

ACT offers group-based programs for people living with HIV, those concerned about their risk for HIV, as well as groups related to mental health and substance use. We offer a range of group-based programs for people living with HIV.

Contact: Maher Sinno

T: 416-340-8484 ext. 226 | E: msinno@actoronto.org | W: actoronto.org/programs-services/groups

Group Programs for Gay, Bi, Queer, Guys

ACT offers groups-based programs, regardless of HIV Status, for those concerned with wellness, anxiety, body image and substance use (including a group specifically on crystal meth).

Contact: Maher Sinno

T: 416-340-8484 ext. 226 | E: msinno@actoronto.org | W: actoronto.org/programs-services/groups

Harm Reduction Supplies

ACT offers free harm reduction supplies such as GHB Kits, Meth Pipes, Needles, Naloxone, hormone injection kits and more. Please email us in advance, and we will prepare a package for you to pick up.

Contact: Rui Pires | E: supplies@actoronto.org

HIV Self Testing Kits

ACT offers two ways for people to access at-home HIV Self Testing Kits. To order a kit visit:

www.getakit.ca/act or www.readytoknow.ca

Income Tax Clinic for People Living with HIV (February to May)

ACT's Income Tax Clinic is part of the CRA's Community Volunteer Income Tax Clinic program.

ACT volunteers help eligible people living with HIV complete their Income Tax Return. The Tax Clinic can prepare up to 3 years of income tax (current year plus two past years).

Contact: Clive Gray

T: 416-340-7558 | **W:** actoronto.org/tax

Lunch Programs for People Living with HIV

Good Company Lunch – Thursdays 11am to 1pm: for people living with HIV combined with other health or ability challenges

Meet and Eat Lunch – Fridays 11am to 1pm: for all people living with HIV

Contact: Michael Stoyles | **T:** 416-340-8484 ext. 221 | **E:** mstoyles@actoronto.org

Outreach and Community Education

ACT continues to develop workshops and online resources about HIV prevention, sexual health and harm reduction for gay, bi, and queer guys, as well as women and young people living with and at risk for HIV. We also do online outreach in social and sexual networking apps frequented by gay, bi, and queer guys.

Positive Youth Outreach (PYO) for Youth 16-29 Living with HIV

Support program for youth living with HIV (ages 18-29) including peer support, a weekly drop-in program, workshops, social activities, and leadership opportunities.

Contact: Marc Lombardo

T: 416-340-8484 ext. 265 (call), 647-660-5572 (text) | **E:** pyo@actoronto.org | Instagram: pyo_toronto

PrEP Referrals

The Access Centre also maintains a HIV PrEP referral database of local and online PrEP providers.

HIVnow.ca is also an online resource for information about HIV PrEP and U=U (Undetectable Viral Load).

T: 416-340-2437 | **W:** hivnow.ca

Social Support Network for People Living with HIV

Do you want to socialize with other people living with HIV? ACT's Social Support Network helps people living with HIV meet new people and experience Toronto together.

Contact: Michael Stoyles

T: 416-340-8484 ext. 221 | **E:** mstoyles@actoronto.org

Women's Support Programs for Women Living with HIV

The Women's Zone and Coffee Nights support women living with HIV in Toronto through peer-led social connections, support programs and a closed Facebook group.

Contact: Grace Chiutsi & Esther Namalwa

T: 416-340-8484 ext. 253 | **E:** gchiutsi@actoronto.org or enamalwa@actoronto.org