

**PROGRAMS**



**SERVICES**



## THE AIDS COMMITTEE OF TORONTO

Every day in Toronto, two more people are infected with HIV, the virus that can lead to AIDS. More people than ever are living with HIV in our city.

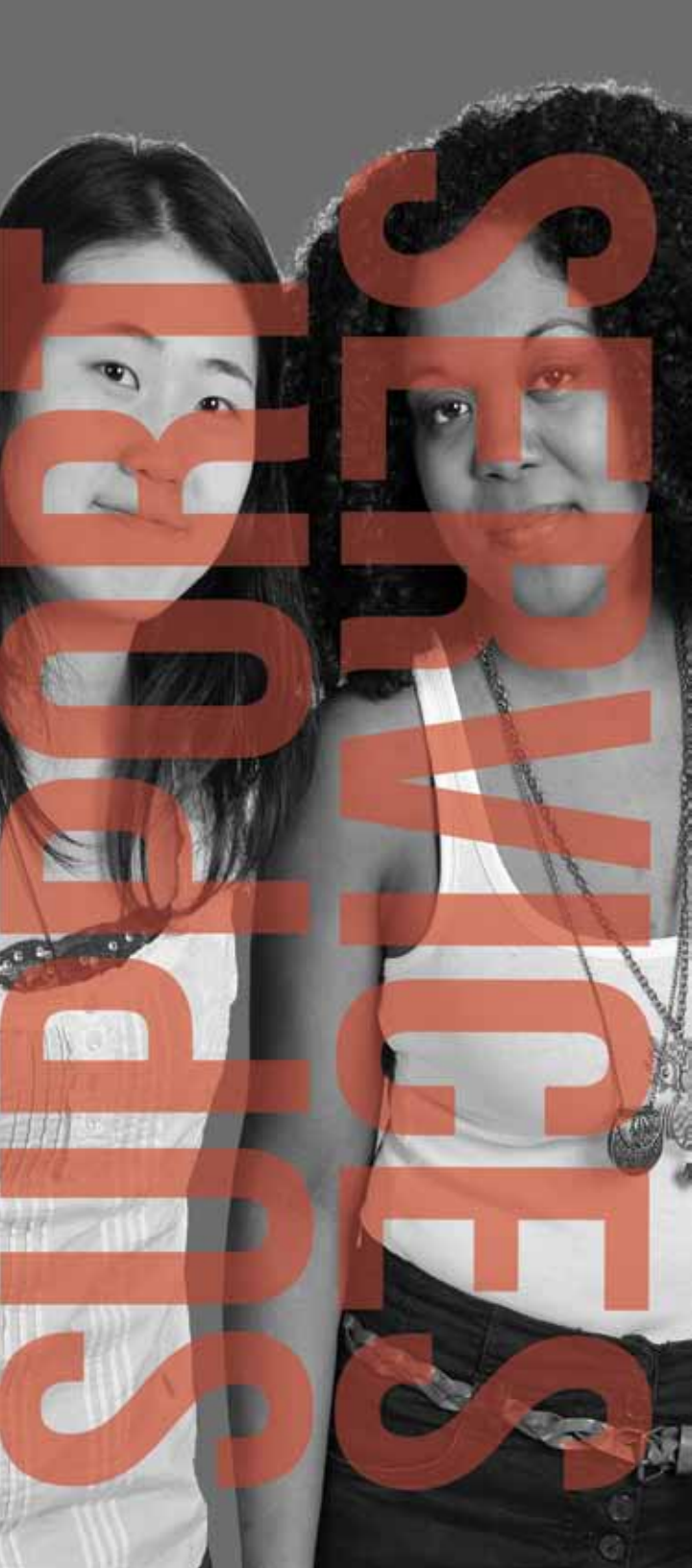
ACT, the AIDS Committee of Toronto, is a community-run organization dedicated to fighting HIV/AIDS in Toronto through prevention, support, and community health promotion.

We offer free and confidential services to people living with HIV along with their friends, family, loved ones, and those concerned about their HIV risk. We also deliver education to prevent the spread of HIV and build healthy, resilient communities.

**T:** 416-340-2437

**E:** [ask@actoronto.org](mailto:ask@actoronto.org)

**W:** [www.actoronto.org](http://www.actoronto.org)



Free and confidential, our professional counsellors offer sessions to people living with HIV/AIDS, their friends, families, and loved ones, and those concerned about their risk for HIV. Make a counselling appointment by calling 416-340-2437, or visit [www.actoronto.org/counselling](http://www.actoronto.org/counselling) to see when a counsellor is available without an appointment.

## **SUPPORT SERVICES FOR PEOPLE LIVING WITH HIV/AIDS**

### **Emotional Support**

- Buddy Program
- Support Groups
- Counselling

### **Social Support**

- Hot Lunch Programs
- Retreat Weekends
- Social Events and Activities

### **Expert Advice**

- Case Management
- Employment Services
- Financial Experts

### **Information**

- Community Calendar
- Community Health Forums
- Referrals and Resources



We know that HIV affects everyone differently. That's why our programs are tailored to meet the unique needs of communities most affected by HIV in Toronto. We work to reduce social isolation, improve mental health, and fight stigmas within and against communities at risk for HIV in Toronto.

## **GAY MEN**

ACT gives gay and bi men safer sex and harm reduction information and referrals at bars, clubs, bathhouses, and online. We develop information and host workshops and discussion groups where gay men get together to talk about things that affect their health and well-being.

## **WOMEN**

ACT creates spaces for women living with HIV to meet and support one another, including coffee nights, retreats, and a community kitchen for African and Caribbean women. ACT provides HIV-related training to organizations that serve women who are at increased risk for HIV across Toronto.

## **YOUTH**

ACT delivers prevention information and referrals to young people at increased risk for HIV. We develop information and our trained peer volunteers go to clubs, parties and after-parties to talk to other youth about safer sex and safer partying. Our Positive Youth Outreach (PYO) program serves young people living with HIV through weekly drop-ins, social outings, and one-on-one support.



For more detailed information on ACT's programs and services, please call, drop by, or visit us at **[actoronto.org/services](http://actoronto.org/services)**.

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**f** [facebook.com/ACToronto](https://facebook.com/ACToronto)

**t** [@ACToronto](https://twitter.com/ACToronto)

The AIDS Committee of Toronto (ACT) develops and delivers innovative programs and services that promote the dignity, health and well-being of individuals and communities living with, affected by, and at risk for HIV/AIDS.

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