



Programs and Services at ACT

ACT - AIDS Committee of Toronto provides services that empower men, women and young people living with HIV to improve their health and well-being. We work with gay men, women, and young people to increase their knowledge, skills and resilience in order to reduce HIV transmission.

Not sure what you need? ACT's Service Access staff and volunteers provide friendly assistance in directing people to staff, providing information and making referrals to programs at ACT or elsewhere - by phone, email and in person. Drop by our offices, call **416-340-2437** or email ask@actoronto.org

Buddy Program: This program matches people living with HIV with a trained volunteer that can provide confidential friendly support. A buddy can meet with you at ACT, in your home, or at other locations. For more information or to register for a buddy call **416-340-8484 ext. 283**.

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 those at risk for HIV. To find out when the next event will be, or to view a past forum visit www.actoronto.org/forum or call **416-340-8484 ext. 350**.

Condom Distribution: ACT provides free condoms and lube in our offices and throughout a condom/lube distribution network located in community venues in downtown Toronto. We also hold monthly, evening sessions where people can drop by and help us put together safer sex kits.

Counselling Programs: ACT provides free, confidential counselling about issues concerning HIV, sexual health, mental health and substance use. Counselling services include:

- Counselling for people living with HIV (at ACT)
- Counselling for people concerned about HIV (at ACT)
- Counselling at Maple Leaf Medical Clinic and Church Wellesley Health Centre (for gay men who are Clinic patients)
- Counselling for gay men, regardless of HIV status, at bath houses and at ACT.

To connect with counselling call **416-340-2437** or drop by our offices. You can call ahead to find out the 'drop-in counselling' hours for the day, or find out more about counselling services at www.actoronto.org/counselling.

Employment Program: Employment ACTion provides employment options for people living with HIV on ODSP income supports. This program offers support for career exploration, benefits counselling, competitive resumes and interview coaching, along with job search, placement and retention follow-up services. For a confidential appointment call **416-623-1782** or visit www.employmentaction.org

Gay Poz Sex (GPS): GPS is an individual counselling and research project for gay/ bi men. GPS participants will have 4 to 6 sessions with a peer counsellor trained in the counseling style of motivational interviewing. Call **416-340-8484 ext. 277** to find out more about GPS and research eligibility criteria or visit www.gaypozsex.org

Group Programs: We offer a range of group-based programs at ACT:

- Support Groups for people living with HIV (for those newly diagnosed as well as those living long-term with HIV), including specific groups for gay men with HIV
- Groups for gay men, regardless of HIV status, on depression, anxiety, body image, validation, loneliness, and substance use (including a group specifically on crystal meth)
- Leadership development group for young gay/bi/queer men called Totally outRIGHT.
- Educational support group for HIV-negative allies called Poz Allies. Runs twice a year for 8 weeks providing comprehensive discussion around HIV issues and themes

Groups are offered throughout the year. For more information, call **416-340-2437** and ask about our group program options.

Income Tax Clinic: Volunteers provide confidential assistance to people with HIV in completing personal income tax returns. Full clinic hours run from March 1st – May 31st, with reduced clinic availability throughout the rest of the year. To make an appointment call **416-340-2437 ext. 244.**

Insurance Benefits Clinic: Volunteers provide confidential consultations to people with HIV on topics such as disability coverage, and benefits coverage. To make an appointment call **416-340-2437.**

Intake & Referral: Access Centre Coordinators will meet with you one-on-one to assess your needs and connect you to programming. To book an intake call **416-340-2437.**

Lunch Programs: Twice each week we provide hot lunch programs for people living with HIV. These include a full hot meal and opportunities for peer support. Registration in advance is required – call **416-340-8484 ext. 219.**

Outreach and Community Education: ACT provides HIV prevention, sexual health and harm reduction outreach in places frequented by gay men – bars, clubs, at events, in bath houses and online; to young people at places where they gather; and provides training and community education at agencies that serve women.

Positive Youth Outreach (PYO): Outreach, peer support, workshops, social activities, weekly discussion group, and referrals for young people (29 or younger) living with HIV. Each Thursday we hold a drop in from 4 -6 pm and discussion group from 6 - 8 pm. Call **416-340-8484 ext. 265** or email pyo@actoronto.org

Social Support Network: Opportunities for people living with HIV to enjoy a group outing in Toronto. Transportation to and from the event is provided, and usually there is only a minimal cost (for lunch, as an example). Call **416-340-8484 ext. 219.**

Women's Support Programs: For women living with HIV, we offer a twice a month, evening social support event called Women's Coffee Night (meal provided) and three times a month in the day time we offer WomenZone where women with HIV learn about ways to manage their health, meet peers and interact with each other. For more information, call **416-340-8484 ext. 239.**



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