



**Annual Report
2017—2018**





796 

registered service users were HIV-positive in 2017.

502

registered service users were new in 2017.

313 

registered service users considered themselves 'at risk' in 2017.

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Letter from Executive Director & Board of Directors



COMMUNITY COUNSELLING

SUPPORTING OVERALL HEALTH, REGARDLESS OF HIV STATUS



Photo:

◀ Adam, ACT Counsellor.

▶ Tyler, ACT Manager of Gay Men's Health Programs with Dr. John Goodhew.

▶▶▶ **"Working in a creative field, one tends to work hard and play harder," said Steve*, an Assistant Creative Director at a prominent design firm. "A way for me to equate creativity and stress management was with alcohol."**

Being successful and in a loving 18-year relationship, it would appear Steve has the ideal life. But in a visit with his family physician, Steve was diagnosed with severe anxiety. His doctor advised him that his current alcohol use was both counterproductive and unhealthy.

"My doctor offered me a few options for resources and people to help me work through my substance use and highly recommended ACT's Community Counselling Program. He felt ACT's treatment philosophy and culture would respond really well for me."

Like others who confront problematic substance use, Steve was reluctant to get help. But when he finally did, the result was life-changing.

Steve saw Adam, ACT's counsellor embedded within Maple Leaf Medical Clinic (MLMC). He was immediately put at ease. Laughs were had, tears were shed, and a lot of hard work was done. Through gentle forcefulness, non-judgmental listening and sincere desire to help, Adam supported Steve through his successful recovery after two months of weekly counselling sessions.

"Every day is a new day for me without using alcohol to cope, and it feels good!" Steve declared. "ACT has helped me while maintaining my dignity, showing my strengths and giving me self-awareness that I will take with me into the future."

Dr. John Goodhew, a family physician who has served people living with HIV and at increased risk of HIV for over 20 years had this to say: "As HIV treatments have become more effective, there has been an increase in comorbidities, particularly depression and anxiety. Crystal meth and the use of other substances is a result of people's feelings of anxiety or loneliness."

John describes mental health and substance use support as a 'loose collection of services'. While he says these services can be very beneficial to clients, waiting 4-6 months is the norm and delay can be detrimental to long-term recovery where need is often immediate.

Did You Know?

In addition to the two clinic-based counsellors, ACT's Community Counselling Program includes two bathhouse counsellors and two in-house counsellors. Services are free for any gay, bi, queer man with HIV or at increased risk for HIV.

► Continued from page 5.

With viral suppression becoming easier through better anti-retroviral medication, the challenge then comes to empower people living with HIV to live healthy lives.

Where John practices is the newest partner in ACT's Community Counselling Program. Bradley, another member of the ACT team, is on site to help identify when a patient like Steve needs more acute support.

"Bradley's care strategies empower patients to identify situations that may cause their risky or harmful behaviour, providing them with skills to handle it," John said. "He has a non-judgmental approach and having him on site means lowering the barrier to access, as physicians would normally have to do a referral to a counsellor. Through our partnership with ACT, the first step is already available for them."

With the support of people like you, Steve now feels good about himself after many years. Steve wants others to know that they do not need to suffer in silence.

"If someone is having any concerns about life – physical and mental health, or about living with HIV, or their risks for HIV, ACT has the expertise to guide you in the right direction for help. We are all part of this community and do not need to feel alone." ▲

* To maintain anonymity, Steve's real name has been changed for this story



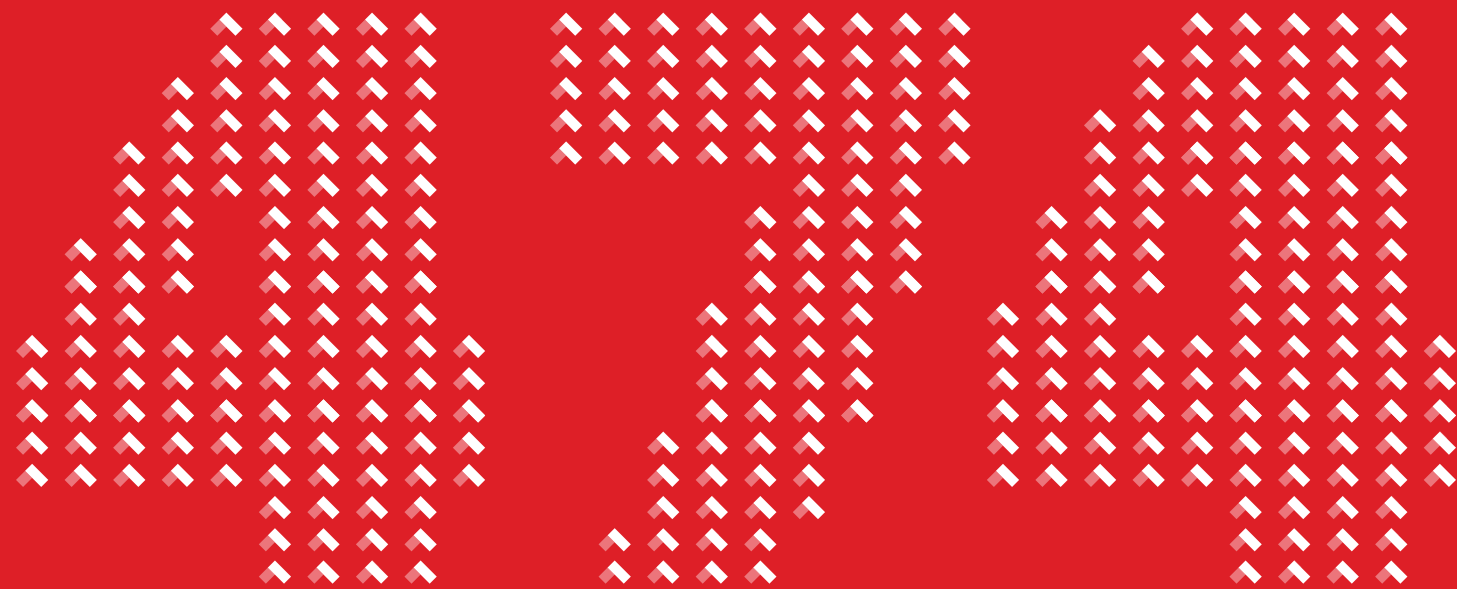
77%

of men served identify as gay, bi, queer or other men into men



53

unique gay, bi, queer service users participated in 10 groups on issues of anxiety, body image and crystal meth and sex



93 unique service users received 474 counselling sessions at Maple Leaf Medical Clinic in 2017

“As HIV treatments have become more effective, there has been an increase in comorbidities, particularly depression and anxiety.”

– Dr. John Goodhew



WOMEN'S PROGRAMMING

FINDING COMMUNITY, FINDING SISTERHOOD.

➤➤➤ Immigrating from Israel to Canada in 2007 as a single mother of four can be challenging. But imagine also being HIV-positive and not knowing where to turn or how to begin seeking out available support.

Diagnosed as HIV-positive in 2007, Mileena* stumbled upon the women's programming at ACT shortly after hearing about its Income Tax Clinic, a free and confidential service for all people living with HIV.

"I came to ACT to take advantage of the Income Tax Clinic, because filing for my taxes was already a struggle, especially with the health-related deductions I needed to make," said Mileena. "ACT turned out to be a gift that kept on giving, because through the Tax Clinic, I came across WomenZone. I met and developed so many friendships with the other women from the program – it truly is a community."

Supported by people like you, WomenZone is a program held three times a month that offers opportunities to learn about health and nutrition management as

♀
13%
of ACT service
users are women

62
unique women service
users attended
WomenZone and
Women's Coffee Night

well as giving participants the chance to interact with other women living with HIV through learning, social and cooking sessions. Mileena started attending WomenZone shortly after being diagnosed, and since then has never missed a single session.

As someone who deals with the stigma of being HIV-positive, she enjoys the safe and comfortable environment that has been established at ACT and loves hearing the stories from the other women who attend.

"The love and community that is built here is what keeps me coming back," says Mileena.



"I wanted to share my story and empower other women and mothers, who are HIV-positive and need the support and sisterhood that is created here with WomenZone."

While the program has offered Mileena the comfort to share and talk up living as HIV-positive, she hasn't disclosed her status to her family back home in Ethiopia, (where she is originally from, before she moved to Israel) due to fear of judgment.

"People are shunned back home for being HIV-positive. I want to see more safety and less stigma and the more I come to the WomenZone, the more empowered I feel because I learn so many new skills and meet other women who support me – we support each other."


Having found her community, Mileena now pays it forward through her work. As a care worker, she helps interpret for other immigrant women, helps them learn how to access other community and government services, and of course, talks up programs at ACT. It was through her work that she introduced Farrah* to WomenZone and Women's Coffee Night, a social and supportive event held twice a month where women living with HIV participate in arts and crafts activities and get presentations about mental, physical and sexual health and skill building.

Being a mother of four herself, Farrah immigrated from Ghana with her children. Learning she was HIV-positive in 2001, she just discovered WomenZone and Coffee Night in 2017 and loves the support each program gives her.

"You have to go to the women's programming. ACT has so many helpful and beneficial programs and services," says Farrah. "When you come here, you feel like it's your second home. There is a feeling of love, comfort and sisterhood." Not having disclosed her HIV status to anyone except her partner and friends from the program, Farrah feels the biggest challenge for women living with HIV is the relationships they have with other people. The stigma associated with disclosing your status might be difficult for some women because the support they need from loved ones goes away once they reveal their status.

Farrah expressed her love for the events that are held here and enjoyed going to the Harbourfront with her friends from the program. "Savannah, the Women's Programming Coordinator and the other women really encourage me to be myself and to be strong."

Farrah continues by describing why people should come to women's programming. "There is good here. If you know nothing about ACT, you should come check it out. Let's be together and support each other. You won't regret it and it will improve your life."

Thanks to you, Mileena and Farrah are among many women who form friendships, make connections, and experience sisterhood as part of ACT's women's programming. 

* Mileena and Farrah's real names have been changed for confidentiality reasons.



POZ ALLIES SUPPORT

STUDENT TURNED FACILITATOR

Empowering and educating himself is something that Brien has always been passionate about. As a 34-year-old man who has been coming to Church Wellesley Village since he was in his teens, Brien has always been community-minded, especially after some of his friends became HIV-positive in the early 2000s.

“I wanted to learn how to become a more supportive friend,” says Brien. “I wanted to create that level of comfort and safety, so my friends can talk to me about their status, should they decide to disclose it and need someone to confide in.”

It was through this passion to help his friends and community that Brien got involved with ACT – first through Poz Allies as a participant and eventually as a peer facilitator.

Brien started volunteering with ACT three years ago and loves connecting with people. He also runs a gay sports league. It was during one of the games that a friend ended up injuring himself and was bleeding. In his friend’s state of panic, he disclosed to everyone that he was HIV positive, much to Brien’s surprise.

“I’m really good friends with him and I was shocked that he didn’t feel comfortable enough to tell me that he was HIV-positive and undetectable,” said Brien. “I understand that it’s a very private thing to discuss, but I felt bad that I couldn’t be there to support one of my closest friends.”

Brien found out more about ACT and the services that are offered here. With your support Poz Allies provides 8-weeks of education and support in a group setting for HIV-negative allies of people living with HIV.

For Brien, HIV still seems to be an illness that people don’t talk about because it is so private. “No one feels the need to talk about HIV since there is a growing prevalence of PrEP,” says Brien. “And yet there is still stigma associated with talking about HIV and it’s often wrapped in sex-shaming.”

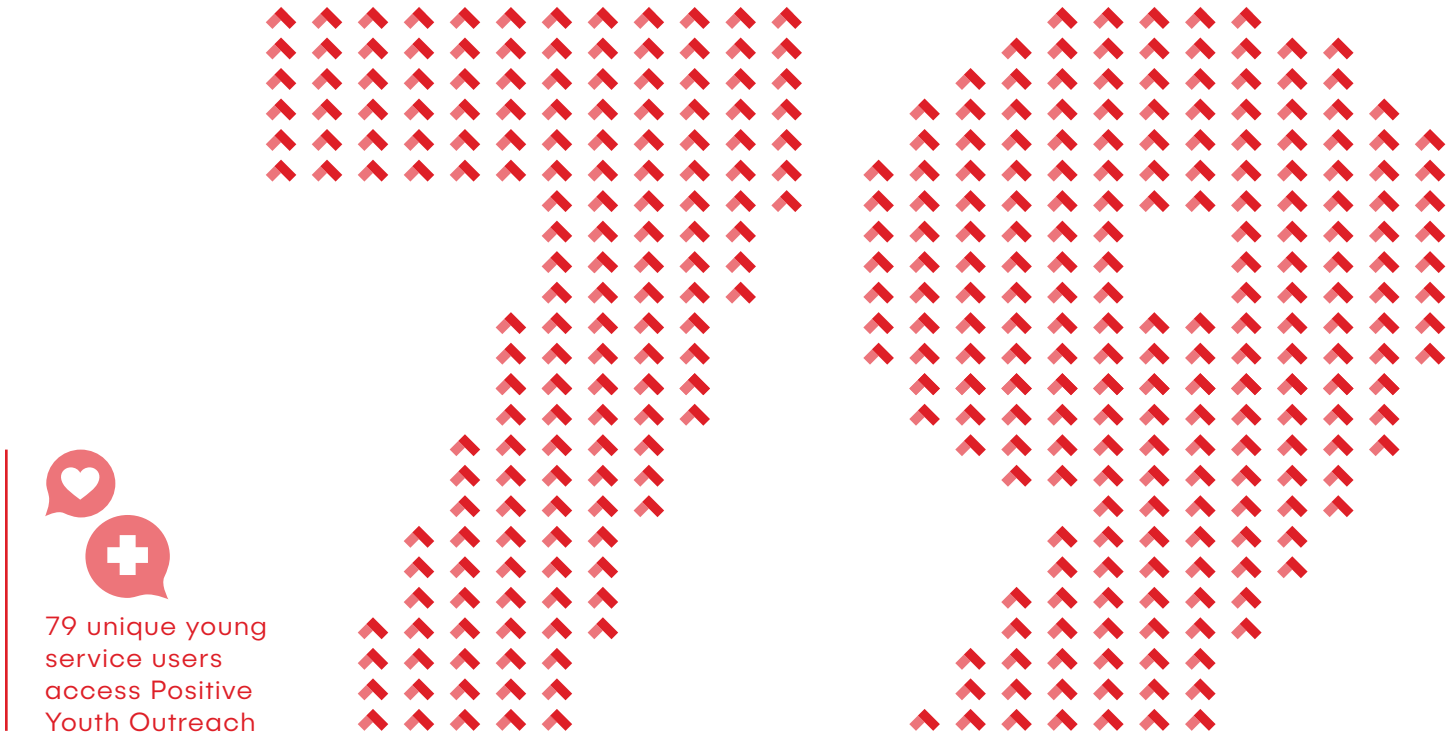
“Poz Allies is constantly changing in terms of what we offer; before, we had no female-oriented sessions, so that was something that we decided to include.”

— Brien, Poz Allies Participant

After graduating as a participant, Brien wanted to give back to the program that gave him so much. As a Poz Allies peer facilitator, Brien takes a lighthearted approach to his sessions and loves the fact that the participants are so diverse. “Poz Allies is constantly changing in terms of what we offer,” says Brien. “Before, we had no female-oriented sessions, so that was something that we decided to include.”

Brien lets the participants at Poz Allies know that activism can be as simple as making sure you check in on your friends and encourage them to get tested. He continued by saying that “I love the work that ACT does with the community because they treat HIV holistically by offering support where it is needed, human contact, info sessions and most importantly, a community where everyone can freely be themselves.”

Thanks to you, Brien has gone from student to facilitator in a program that helps people learn how best to support a friend, family member or loved one living with HIV.





GIFT OF TIME

A STIGMA SMASHING SUPERHERO AMONG US


Bringing passion to volunteering was important to Zack, but he first had to break down the stigma he had around HIV.

“HIV and AIDS is such a part of our community and its history – whether negative or positive – it has affected everyone on some level,” says Zack. “That’s why folks should get involved with ACT in whatever capacity they can – by donating their money, time or whatever they can to such a great cause.”

Aside from the Bathhouse Outreach, Zack has also gotten involved with the Condom Stuffing Parties, scheduled at ACT. Volunteers can drop in and help assemble safer sex kits consisting of lube and condoms. Zack and volunteers like him played a big part in prevention work last year, distributing over 200,000 condom and lube packs in the community. When it comes to harm reduction kits, ACT provided 4,943 to gay, bi and queer men, which is something that Zack is proud to be a part of.

“During Pride, when we were giving out the harm reduction party packs, people were coming up to me and the rest of the team saying how happy they were to receive them which facilitated conversations about substance use and safer sex.”

For Zack the best he can do to give back to the community is to continue to help guys by having conversations to support their sexual health while spreading the word about ACT’s free programs and services.

Much like a superhero, Zack wants to empower people to do good and be there for his community when they need him. Thanks Zack for being our superhero among us. 

▶▶▶▶ Zack lives a double life – much like a superhero. By day, he is a web developer living with social anxiety. By night, he’s an ACT volunteer who does outreach work in Toronto’s bathhouses, bars and online through hook-up apps like Grindr and Scruff.

“One of the reasons I wanted to do Bathhouse Outreach was because of my social anxiety, especially around other gay men,” says Zack. “But I wanted to overcome my anxiety, make an impact and give back to my community!”

For Zack, what keeps him coming back is the level of appreciation he feels volunteering at ACT. With

bathhouses being in our community for a long time, it was the perfect place for him to take control of his anxiety, reintroduce himself into the community and interact with guys on his own terms while doing important work.

“I think the biggest problem gay men face is loneliness and lack of sexual health education. Sometimes the education we get about sex and safer sex practices is either not realistic or sexy,” says Zack. “Doing Bathhouse Outreach is a great way to talk to guys who just want to talk to someone and get information about ACT programs and resources they need to make more informed decisions about their sexual health.”

489 

active ACT volunteers this year

11,519

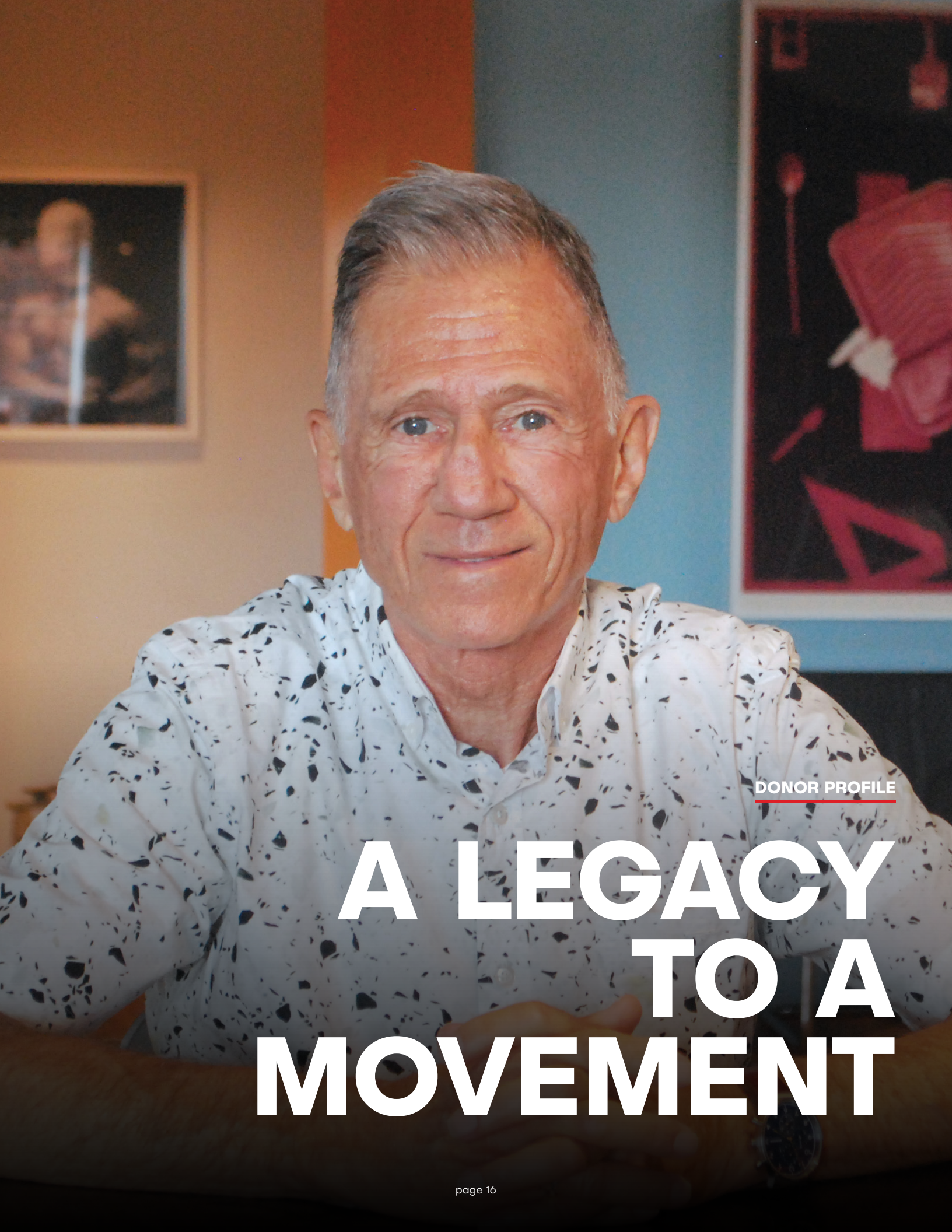
work hours contributed by volunteers this year

188

unique service users participated in 555 one-on-one counselling sessions at bathhouses in Toronto

387 

conversations about sexual health held by the Online Outreach Team



DONOR PROFILE

A LEGACY TO A MOVEMENT

▶▶▶ Living with HIV for 39 years, Ron Rosenes has witnessed and experienced it all. In the early days of the epidemic, it was immense loss and constant eulogizing of friends and lovers, including his beloved Kimble. "He was a triple threat... an actor, singer and dancer, and the great passion of my life," Ron recalls with emotion.

Recalling the heady days of sexual liberation in the 1970s, Ron and Kimble would travel to New York where they would go with dear friends to dance the night away at The Saint. A gay club of the grandest kind for the time, where a night sky was projected onto a planetarium dome, it was a freeing place to dance with beautiful men, often on Ecstasy, as Ron shared.

"There were bleachers above the dome, and men would climb up there to have sex," Ron describes. "I imagine that a lot of HIV was brewing at that time when I was likely exposed."

After the loss of Kimble in 1991, Ron was worried his own health was in jeopardy. That year he came to ACT, where staff recommended he "slow down to live" and activate his long-term disability policy. While off work, he explored volunteer opportunities with Lorne Fox, ACT's Director of Development at the time, who invited him to lead the corporate sponsorship committee for the AIDS Walk.

His involvement with ACT would only deepen. Joining the Board in the mid-90s, Ron acted as Chair from 1996-98. In 1997 he used the occasion of his 50th birthday celebration to raise over \$100,000 for the Ron Rosenes Health Promotion Endowed Fund. It was also around this time Ron made a provision in his will to ACT.

"For all the support ACT has given me over the years and since ACT played a role in helping me find my voice as an advocate, it seemed fitting to leave a gift in my will," Ron said.

Ron's voice, and his work with ACT and many other local and national organizations like CTAC, where he advocates for new drug therapies including PrEP, led him to being honoured with the Order of Canada in 2015.

When talking about his involvement in the HIV and AIDS movement, Ron admits it was an evolving process. "I found my voice slowly. It took me time to come out of the shadows, learn more about the science from more established voices, and speak with confidence. A lot of my work has been to help others find their voice."



“ For all the support ACT has given me over the years and since ACT played a role in helping me find my voice as an advocate, it seemed fitting to leave a gift in my will. ”

— Ron Rosenes, ACT Legacy Donor

Today Ron continues to lead the fight, sitting on several working groups to advance sexual health services for gay men, as well as other efforts to reduce HIV transmission. He feels ACT has been a leader in educating community about PrEP, Undetectable = Untransmittable (U=U) and work to advocate for access to self-testing.

"ACT has clearly chosen to be part of the solution; actively part of preventing new HIV-infections and supporting people living with HIV in the broadest way possible," Ron said. "I hope my estate gift will support building the resilience of individuals and our community through the adoption of programs, services and campaigns that reduce stigma and the fear that continue to pose a pervasive challenge.

Ron Rosenes embodies the spirit and the resilience of the HIV movement. Thank you, Ron, for your legacy gift to ACT. ❤️



INFORMATION & EDUCATION

HIVNOW A VITAL COMMUNITY RESOURCE

▶▶▶ The last few years has seen a significant shift in the landscape of HIV. The support of MAC AIDS Fund in 2015 helped create a platform that would address these rapid changes and provide relevant and accurate information on issues of HIV disclosure and criminalization, HIV-testing, and Pre-Exposure Prophylaxis (PrEP).

Since then, and once again supported by the MAC AIDS Fund, ACT's HIVNow website has been transformed to provide even more important and practical information, spiced with a sexy new look.

"The best way to curb new HIV-transmissions and ensure guys are living their healthiest life, whether HIV-positive

or vulnerable to HIV is with information," says Ryan Lisk, ACT's Director of Community Health Programs. "For many years the MAC AIDS Fund has taken the lead in supporting community in this work and has empowered us to build this wonderful resource and platform with HIVNow."

Participating in broad community-based advocacy work around PrEP (a once daily pill proven to be up to 99% effective in preventing HIV in someone who is HIV-negative), a slew of wins would see this HIV-prevention tool approved for use by Health Canada, then get listed on the provincial drug formulary in Ontario along with several other provinces.

Despite going generic, averaging about \$250/month, PrEP is still out of reach for many who would benefit from access the most. Issues such as how to talk to your doctor about it, and whether one qualifies under the Ontario Trillium Drug Plan using a handy calculator are all tackled on the refreshed HIVNow site.

PrEP takes away the fear and anxiety that comes from a sexual exchange," said one of ACT's 'PrEP-timonial' participants, a video and social media campaign launched to engage guys in HIVNow. Ryan adds, "By sharing their personal experience with PrEP, we hope other guys who are into guys will be able to make an informed decision about whether PrEP is right for them."

Another topic on prevention has been the explosion of the powerful message around Undetectable = Untransmittable (U=U). Becoming more widely known through the leadership of Bruce Richman and the Prevention Access Campaign in New York and endorsed by nearly 500 organizations around the world, it's spreading the important message that someone living with HIV, who's on effective treatment and achieves an undetectable viral load can not transmit the virus to a sexual partner.

"This one-two combination of PrEP and HIV-treatment as prevention through the message of U=U, coupled with more access to point of care HIV-testing and holistic care for gay, bi, queer guys can truly make a mark in Toronto towards zero new HIV-transmissions," says John Maxwell, Executive Director.

There's even more to come for the HIVNow site, including a new calculator tool to support guys in exploring private insurance options to cover costs for PrEP.

Thanks to MAC AIDS Fund and the many advocates, health professionals and community leaders who have consulted and continue to play a part in the evolution of HIVNow. Check out what's new at www.hivnow.ca. ♦

69% of HIV+ service users identify as having an HIV specialist or family doctor

81% of HIV+ people surveyed in Ontario are on Anti-Retroviral Treatment (ART)





2017—2018

ACT EVENTS



ACT Board Members flank John Maxwell and Mayor John Tory at the AIDS Walk Toronto.

Attendees gather to the Together Towards Zero Luncheon acknowledging World AIDS Day.



Bruce Richman, Founder and Executive Director of Prevention Access Campaign with John Maxwell at our Luncheon

At the Toronto AIDS Walk:
U = U



SNAP auction item.

Thanks for making SNAP a huge success!

Thanks to supporters who bid high and often at SNAP.

Our volunteer posing for the perfect shot at SNAP.

Young lady helps us get our groove on at the AIDS Walk.



Items from the SNAP Experience Auction.

Our fabulous Luncheon attendees.

Honouring those lost at AIDS Memorial.



YOUR COMMUNITY

THANK YOU

GOVERNMENT

Federal

Community Action Fund (CAF), Public Health Agency of Canada

Provincial

Ministry of Community and Social Services
Ministry of Health and Long Term Care AIDS Bureau
Ontario Disability Support Program

Municipal

City of Toronto Community Service Partnerships (CSP)
Toronto Urban Health Fund (TUHF) and Purchase of Service Agreement (PSA)

CORPORATIONS AND FOUNDATIONS

\$100, 000 +
TD Bank Group

\$20,000 – \$49,999
Gilead Sciences Canada, Inc.
MAC AIDS Funds
Scotiabank
\$15,000 –\$19,999
Merck & Co., Inc.
ViiV Healthcare ULC

\$5,000 – \$9,999
The Village Pharmacy

\$1,000 – \$4,999
Akasha Art Projects
Greektown On The Danforth BIA
Industrial Alliance Group
Marsh Canada
Metro Toronto Convention Centre
Molson Coors Canada Foundation Fund
Ogilvy CommonHealth

PriceWaterhouseCoopers
Richter Management Toronto Ltd.
Rotaract Club Of Toronto
The Philip Smith Foundation

\$500 – \$999
Alpema Foundation
Athlone Philanthropic Ltd

EMPLOYEE AND COMMUNITY GROUPS

Ontario Power Generation (Charity Trust)
Hydro One Employee’s and Pensioner’s Trust Fund

INDIVIDUALS

\$10,000 +
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J. Innes
Julie Hannaford

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Christopher Dale McKenzie
David Carter
David Clemmer
David DesLauriers and Nicolas Diaz

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Robert Howe
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\$1,000 – \$1,999
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Ronald W. Anthony and Margaret Anthony
Salah J. Bachir
Timothy Stewart
Tom Greenwood
Wayne Officer
Zahid Somani

GIVING CIRCLE MEMBERS

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David Cobb

Evan Collins
Francine Stowell
George Anthony
Glenn Campbell
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James Beattie
John David Maxwell
John Goodhew
Lea M. Rossiter
Madhur V. Ramrakha
Marian Johnson
Maritza Yumbra
Paul Melville-Gray
Ron Rosenes
Scott Miskie and Carl Bylow

COMMUNITY EVENTS

Community Events
Fox Theatre Presents Oscar Night
George Michael Tribute Night
Jayron Skincare Fashion Show
Patrick Lighthouse’s “Cyberscapes” Exhibit
Small Art, Big Hearts.

AIDS WALK 2017

National Sponsor

Scotiabank

Local Sponsors

104.5 CHUM FM
Inspired Media
Porter Airlines
Samuel, Son & Co
Starbucks Coffee Canada
The Co-operators

Top AIDS Walk Fundraisers (\$2,000 +)

Daniel Tewolde
David A. Murray
Jason A. Patterson
John Maxwell
Mackenzie Humphrey
Michel Rondeau
Mikah Styles
Navin and Cory Boodhoo
Nicolas Diaz and David DesLauriers
Nuno Moreira
Robert Sharp
Ronald H. Rosenes
Sante Tesolin
Sergio A. Martinez
Tamryn Jacobson
Tony Hamill

\$1,999 – \$1,000

Aarti Kapoor
Amy Fedrigo
Daniel D. Holland
Dylan Rogers
Gary W. Robinson
Glen Daniel
Glen R. Johnson
Grace Chiutsi
Jane Lang
Jason Oord
John Larsson
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Mario J. Medeiros
Mhairi L. Cumming
Penny Mirams
Pieter Huisman
Sam Yazbek
Samson Solomon
Sheila Chevalier
Stefan A. Wypchol
Timothy Prentice

\$999 – \$500

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Adam D. Busch
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Andrew Levandovskiy
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Rupert Hon
Ryan A. Pinheiro
Ryan C. Lisk
Sara Curtis
Siva Kandiah
Steven Little
Timothy Kearns
Vicky Rajput
Vincent Francoeur

Red Ribbon Events

Café California
O’Grady’s on Church
Pegasus on Church
Steamworks Baths –
Toronto
Striker Sports Bar
Woody’s on Church

SNAP 2018

Presenting Sponsor
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SNAP Sponsors

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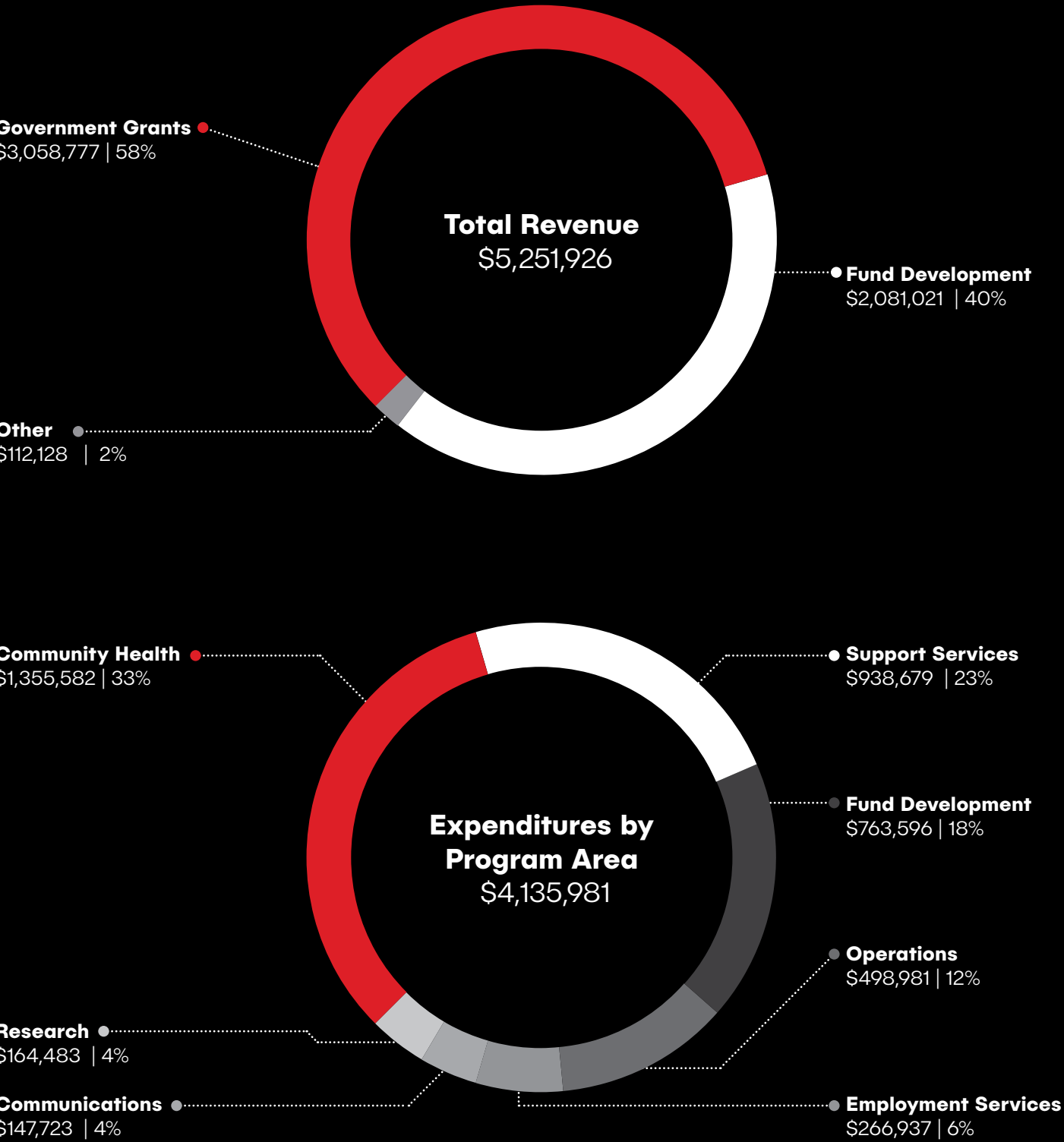
Dr. Kevin Russelo and
Associates
Llana Nakonechny and
Veysel Koruk
David DesLauriers and
Nicolas Diaz
Richard Cadieux
Robert Howe and Curtis
Edwards
Timothy Thompson and
Matthew Campbell
Anonymous Donor

ESTATES

Estate of Cornelius
Anderson Silber
Estate of Donald McLeish
Estate of Dorothy Casson
Estate of Enid D. Welte
Estate of James Drewry
Stewart
Estate of Jonas Alexander
Giesen
Estate of Kathleen
Margaret Rye
Estate of Lilian Eileen Currie
Estate of Robert Eric Casson

FINANCIALS

2017—2018





WITH GRATITUDE

PROMOTING HEALTH BUILDING COMMUNITIES

»»» The generosity and support of donors and people like you makes possible the communities that are created at ACT. We are proud to share that these communities of knowledge, support and caring continued to grow and evolve last year.

The programs and services you support are helping people living with HIV and those at increased risk to break free from the loneliness and isolation that can come from being diagnosed as HIV-positive or feeling on the margins; people often most vulnerable to new HIV diagnoses and poorer health outcomes.

Women like Mileena and Farrah who immigrated to Canada looking for a new life and opportunity are often left isolated, looking for support for themselves, and for their family. Your support to build a community for them as part of ACT's women's programming helped them find sisterhood, first within the ACT walls, then giving them confidence to find community in the broader world.

Loneliness is one of many causes for anxiety and depression that can cause some gay, bi, queer guys to engage in activities that put them at risk. Made possible a few years ago by the support of the donor community, ACT's community counselling program expanded this year to better support clients like Steve to positively manage their use of substances. By giving him easy access to one of ACT's community counsellors, you've empowered Steve to see every day as a 'new day', where he can live a healthy, more balanced life as a partner, and talented creative director.

For Brien, our Poz Allies graduate turned facilitator, he witnessed first hand the isolation his good friend must have been feeling upon revealing his HIV status. Young people continue to be one of the most vulnerable to new HIV-infections, and your support of Poz Allies, one of ACT's newest programs, is enabling friends, family members and loved ones of newly diagnosed young people the opportunity to combat their own stigma and support those they love to live healthy lives with HIV.

Social media and online apps continue to dominate the ways in which gay guys connect and hook-up. Along with bathhouses, bars and party events, your support enables our outreach team and volunteers

“ you support is helping people living with HIV and those at increased risk to break free from the loneliness and isolation that can come from being diagnosed as HIV-positive. ”

like Zack to meet guys where they're at, both in the community and in virtual worlds, providing them the information they need to make informed choices about their sexual health. This includes access to PrEP and Undetectable Viral Load (U=U), both tools that have our community on the precipice of achieving zero new HIV-transmissions... you helped Zack with his own social anxiety too!

All of this work, and the communities that make up ACT are only made possible by the support of you, and people like Ron Rosenes. Having experienced the full history and evolution of HIV even before the birth of ACT as an organization, we are grateful to Ron for his long-time advocacy and for continuing to lead the fight today. We are thankful to Ron for forever placing his name as ally and supporter of ACT's mission to end HIV and AIDS in Toronto by leaving a gift in his will.

We are closer than ever to achieving just that – an end to HIV and AIDS in Toronto. Your support is continuing to help reduce isolation and building communities for people who are living with HIV, and those at increased risk. It's enabling us to be bold, support resilience, and reduce the stigma associated with being HIV positive. You continue to make a difference everyday for our community. Thanks for a wonderful year and being part of what's to come!

John Maxwell
Executive Director

Louis Dimitracopolous
Board Chair

THANK YOU

▶▶▶▶ **We are here for you.**

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