

Goals

- To decrease the spread of hepatitis B & C and HIV among drug users and their sexual partners
- To educate the drug-using population and community at large of the dangers of sharing needles, use of other drug paraphernalia and engaging in risky sexual practices
- To offer assistance and referrals to other community supports
- To protect the public from the risk of contact with contaminated needles and equipment that hasn't been disposed of properly



Project **How to access this program** Change

Phone or visit:

**John Howard Society of Durham Region
Oshawa**
75 Richmond St. W.
905-579-8482

Ajax
136 Commercial Ave.
905-427-8165

Bowmanville
132 Church St.
905-623-6814

Whitby
114 Dundas St. East, Suite 200
905-666-8847

Mobile Unit:

Monday - Friday 6:00 pm - 11:00 pm
905-440-5410 or 905-440-5387

AIDS Committee of Durham Region
22 King St. W., Oshawa, Suite 202
905-576-1445

Pinewood Centre of Lakeridge Health
300 Centre St. S., Oshawa
905-723-8195

419 King St. W., Suite 125, Oshawa Centre
905-571-3344

95 Bayly St. W., Suite 406, Ajax
905-683-5950

180 Mary St., 3rd floor, Port Perry
905-985-4721

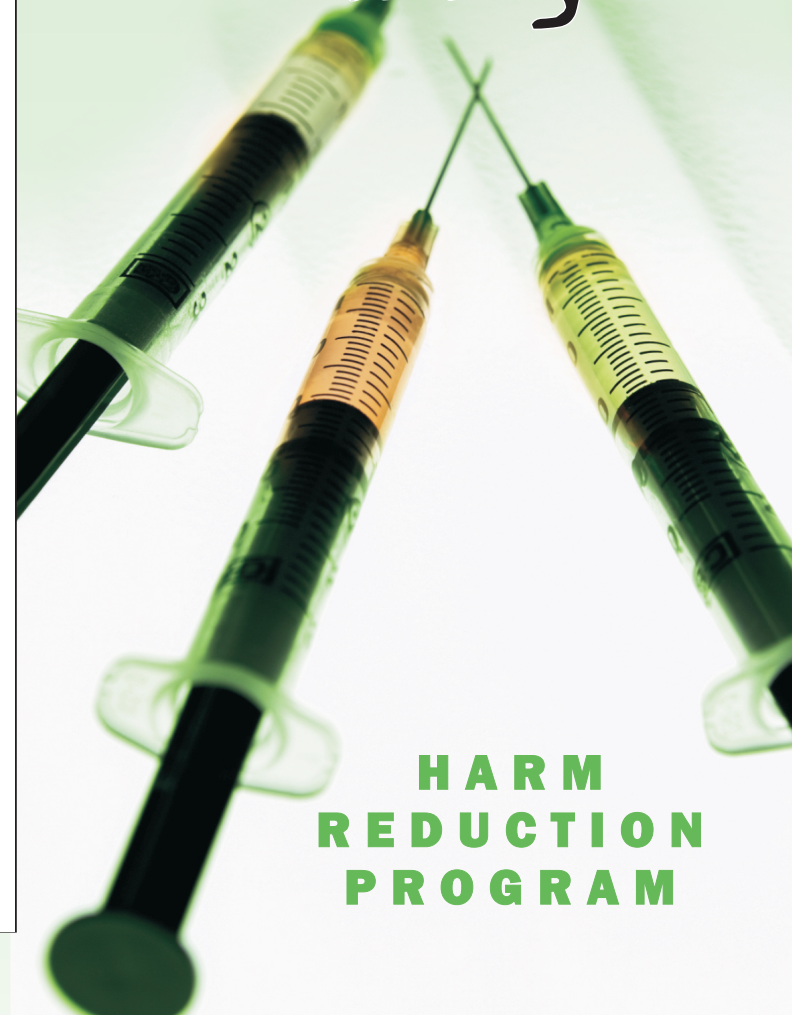
Phone during the hours of:

Monday to Friday
8:30 am - 4:30 pm

FREE & CONFIDENTIAL

JohnHoward
SOCIETY OF DURHAM REGION

Project **Change**



**HARM
REDUCTION
PROGRAM**

What is Harm Reduction?

Harm reduction is a collection of activities and services designed to reduce the harm caused by high risk behaviours. These behaviours include unsafe drug use and unsafe sexual practices.

We Offer:

■ Needle exchange services:

- clean needles
- collection of used needles
- alcohol swabs
- sterile water
- filters
- ascorbic acid
- cookers
- other harm reduction supplies*

**safer inhalation equipment is available on a limited basis*

■ Free condoms and lubricant

■ Health Information:

- diseases that can be contracted through unsafe drug use or risky sexual activity and how to prevent them
- healthy lifestyles

■ Referrals to services including:

- health services
- drug treatment
- other community services

Community Supports

John Howard Society of Durham Region

Substance use counselling, housing, anger management, upgrading literacy, employment counselling
Call: **905-579-8482**
www.jhsdurham.on.ca

Durham Region Health Department Sexual Health Clinics

Sexual health information, education, counselling and referral. FREE testing for sexually transmitted infections (STIs) including HIV. **FREE** Hepatitis B vaccination.
Call: **1-800-314-8533 Oshawa**
905-420-8781 Pickering
1-866-845-1868 Port Perry
www.durham.ca

AIDS Committee of Durham Region

HIV/AIDS counselling, support, education, information & advocacy/street program
Provides FREE HIV/AIDS information & prevention material
Call: **905-576-1445**
www.aidsdurham.com

Pinewood Centre of Lakeridge Health

Providing alcohol, drug and gambling-related treatment services
300 Centre St. S., Oshawa
Call: **905-723-8195**

419 King St. W., Suite 125, Oshawa Centre
Call: **905-571-3344**

95 Bayly St. W., Suite 406, Ajax
Call: **905-683-5950**

180 Mary St., 3rd floor, Port Perry
Call: **905-985-4721**
www.pinewoodcentre.org

Positive Care Clinic of Lakeridge Health

Holistic, individualized approach to care for HIV/AIDS & Hepatitis C
Call: **905-668-6831**
www.lakeridgehealth.on.ca

First Step Oshawa

Methadone maintenance, support, counselling for clinic clients
Call: **905-720-0506**