



vopw

Voices of Positive Women (VOPW) was created by women living with HIV/AIDS especially for women living with HIV/AIDS, in order to address our unique issues and concerns. We aim to:

- ◆ empower women living with HIV/AIDS by providing confidential support and outreach services, information and education;
- ◆ represent the issues of women living with HIV/AIDS in order to improve our health and quality of life;
- ◆ educate the public by promoting accurate, affirming images that show the full potential of women living with HIV/AIDS.

"HIV without resources and community is the loneliest place I can imagine. Until I was connected to Voices of Positive Women and the amazing community therein, I had little hope of being anywhere near where I am today. The knowledge, compassion, and encouragement I received has served to empower me in ways I never dreamed possible. I am forever grateful for this most precious gift."

www.vopw.org



A community based non-profit organization directed by and for women living with HIV/AIDS in Ontario



Women live strong lives with HIV/AIDS.



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VOPW provides a wide range of services for women living with HIV/AIDS.

Through our programs and services we reach out to all women living with HIV/AIDS, including women who are pregnant, women with children, women who are geographically or culturally isolated, women with substance use issues, women dealing with violence, transsexual and transgendered women.

In order to access our services you must be a woman who is HIV-positive, over 16 years of age, and living in Ontario. To get connected, call us at 416-324-8703 or 1-800-263-0961.

"Personally, it has allowed me to discover intense friendships and I believe that meeting women from diverse backgrounds and lifestyles has truly enriched my life. As a member of Voices, I have found a sense of community that is second only to my family."

one-to-one support, information and referral

TALK TO VOPW'S SUPPORT WORKER

By phone or in person, talk to our support worker about your issues and get some ideas about how to tackle your challenges. Our support worker can refer you to health and social services that will help you to meet your needs.

TALK TO A PEER MENTOR

Peer Mentors are women living with HIV/AIDS who have been trained through VOPW's Provincial Peer Network Program to provide HIV-related support, information and referrals. If you would like to talk to a peer mentor, or if you would like to receive training to become a mentor yourself, contact VOPW at 416-324-8703 or 1-800-263-0961.

SUPPORT GROUPS

There are lots of support groups across the province for women living with HIV/AIDS. Our support worker can put you in touch with one close to you. Meeting other women living with HIV/AIDS is a good way to share your thoughts and create a new community of understanding friends.

TELELINK

Once a month, HIV-positive women from all across Ontario get together for educational talks and support through this facilitated long-distance teleconference.

HEALTHY VOICES

(nursing Clinic for HIV positive Women)
There are no small health concerns. If you have questions or are worried about a health matter please call to book an appointment or speak to a nurse by phone.

annual healing retreat

Women living with HIV/AIDS love this opportunity to leave their day-to-day stress behind for a weekend of relaxation, information-sharing and peer support.

andrea rudd treatment fund

Named for one of the founders of VOPW, this fund allows members to obtain, every two months either a standard package of supplements selected for their role in enhancing immune health or reimbursement for a complementary therapy.

"My supplements not only help prevent infection but make me feel better on a daily basis. I feel less lethargic and mentally more alert"

"I had a transformative experience here - I was terrified to come and now I don't want to leave - I am changed. When I go home I will be starting a new life with a higher level of self love and tools for maintaining that love and happiness"

vopw newsletter

Our bi-monthly newsletter, "FYI" provides information on community resources and events, as well as current treatments for HIV, including complementary and alternative therapies. Each issue focuses on a theme and contains articles written by VOPW members, HIV experts, and other HIV-positive women around the world. "FYI" is mailed free of charge or can be downloaded from our website.

community partnership program

With our foundation in the lives of women with HIV/AIDS and our partnerships with other community organizations, VOPW has accumulated years of wisdom and expertise on issues related to women living with HIV/AIDS. We provide consultation and training to organizations and communities across Ontario. For more information, call us at 416-324-8703.

volunteering at vopw

Volunteers are a vital part of how we deliver our programs and services. We encourage women living with HIV/AIDS, as well as other women able to make a serious commitment to our work to contact us. We also work with local colleges and universities on student placements.

"I have been able to acquire new skills and share those I have with others. Contributing to the development and programming of Voices of Positive Women has helped me to maintain a high sense of self-worth and accomplishment, something not always easy to do when you live with HIV."

Programs & services

