



NEWLY DIAGNOSED WITH HIV?



Positive Living North can help.

Individual Needs: We can help you decide which services would best suit you.

General Support: We can help you understand your HIV diagnosis & provide counselling.

Peer Support: A person living with HIV is available to talk to & they can answer your questions. They may understand your experience better than anyone else.

Positive Talk HIV Support Meetings: Open discussions to facilitate information sharing & lunch provided.

Medical Support: We can help you understand how to manage living with HIV as well as help with preparation for doctor visits, treatment options & assisted access.

**FOOD HUB PROGRAM
WE OFFER A WEEKLY FOOD
ASSISTANCE PROGRAM FOR
MEMBERS TO ENSURE ACCESS
TO NUTRITIONAL CHOICES.**

SUPPORT SERVICES

P.L.N. is dedicated to providing caring, culturally appropriate, non-judgmental care & advocacy to those living with HIV/AIDS/HCV in Northern B.C. for those newly diagnosed or living with HIV/AIDS/HCV, we can offer supports to help people understand their diagnosis & provide information & referrals

**WE GREATLY APPRECIATE THE
SERVICES PROVIDED BY
VOLUNTEERS/PEERS & THE
SUPPORT OF THE COMMUNITY. IF
YOU HAVE ANY QUESTIONS, PLEASE
CALL US!**

CONTACT US

**POSITIVE LIVING NORTH:
No khēyoh t'sih'en t'sehena Society**

**#1, 1563-2nd Avenue,
Prince George, BC
(250) 562-1172**

www.positivelivingnorth.org



**POSITIVE LIVING NORTH:
NO KHĒYOH T'SIH'EN T'SEHENA SOCIETY**



SUPPORT SERVICES

MONDAY-FRIDAY

9:00-4:30

CLOSED ON STATUTORY
HOLIDAY'S

Phone: (250) 562-1172

Fax: (250) 562-3317

Toll Free: 1 (888) 438-2437

Contact: Ujunma Egbuawa
Support Services Manager
info@positivelivingnorth.org

**OUTREACH & SUPPORT:
ARE YOU HAVING PROBLEMS
WITH YOUR LANDLORD, THE
DISABILITY OFFICE OR WANT TO
GET INTO A TREATMENT CENTRE?**

**P.L.N. CAN HELP. WE OFFER
REFERRALS TO:**

- **HOSPITAL/CLINIC/DOCTORS**
- **DETOX**
- **ALCOHOL & DRUG SERVICES**
- **TREATMENT CENTRE'S**
- **SOCIAL ASSISTANCE**
- **HOUSING**
- **OTHER NEEDED RESOURCES**

RESOURCE ACCESS:

We offer a confidential telephone line where people can leave messages & we will also receive mail for you. There is a computer available for your use

POSITIVE PREVENTION:

**WOULD YOU LIKE TO GIVE BACK?
THIS IS AN OPPORTUNITY FOR
PEOPLE LIVING WITH HIV TO
BECOME INVOLVED IN PREVENTION
ACTIVITIES. IT OPTIMIZES THE
HEALTH & WELL-BEING OF HIV
POSITIVE PEOPLE BY
PROMOTING RISK REDUCTION
ACTIVITIES & HEALTHY LIFESTYLE
CHOICES.**

Positive Living Women North P.L.W.N.

Mission statement: PLWN

facilitates a confidential space that advocates for all women irrespective of their gender expressions, living with HIV/HCV to feel empowered through peer support, sharing experiences, knowledge & activities that help change the narrative of life after a HIV diagnosis

Vision statement: All women living with HIV/AIDS and HCV deserves to have equal opportunities irrespective of their health status, race, ethnicity, class & gender conformity.

Core Values & Beliefs:

- Advocacy
- Collaboration
- Accountability
- Personal Development
- Holistic Wellness/Self Care
- Home/Housing

We provide holistic service & are guided by the teachings & philosophy of the Medicine Wheel. This is a major symbol of peaceful interaction among all living beings on Mother Earth.-it represents harmony, balance & connection. It helps us with our "Vision", to see exactly where we are & in which areas we need to focus, while reminding us that we are all connected to one another.



The Wheel is a centering device for our daily life, teaching us to nurture the physical, spiritual, mental & emotional parts of our being. It is a map to help us find our way. The Medicine Wheel is a symbol of balance, perfection, completeness & wholeness. We can use the Wheel to understand life & spirit.

The Medicine Wheel exists in us