

2-Spirited People of the 1st Nations

Newsletter



Programming

Check out our programming page for updates on our current and upcoming programming! We have programs for families, and those of all ages!



Harm Reduction Outreach

Did you ever wonder what our outreach team does? check here for the route and schedule our outreach team takes as well as what they provide and who they serve!

Positive Living Program

Did you know our positive living program is more than just food for positive living? Read this article to see what other supports this program offers and how to access them!

Programming

Would you like some assistance when shopping?

Generations Shop Together

Let us pair you with a youth to make those daily errands easier

Transportation & Delivery Assistance is Available

For details, Email Culturecoordinator@2spirits.org

2-Spirited People of the 1st Nations



Beading & Sewing DROP IN

When: Every Friday at 11:00am

Where: 2126 Danforth Ave, Toronto, ON

email culturecoordinator@2spirits.org for more info

MARCH 2023



2-SPIRITED PEOPLE OF THE IST NATIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Youth Drum Circle 4 pm	2 Red Road 7 pm	3 Transforming Style 12 pm Sewing/Beading Circle 11 am	4 Grandmother's Lodge
5 Black Font = 2126 Danforth Ave Blue Font = 145 Front St East Green Font = Off Site	6 Red Font = Online	7 Binoji Circle 10 am Traditional Cooking 1 pm Poetry Night 7 pm	8 Youth Drum Circle 4 pm	9 Red Road 7 pm	10 Sewing/Beading Circle 11 am Hot Meal Drop In 12 pm	11 Full Moon Ceremony 6:30pm
12	13	14 Binoji Circle 10 am Traditional Cooking 1 pm Youth Talking Circle 7 pm	15 Grief Art Therapy 11:30 am Youth Drum Circle 4 pm Steelheads OHL Game 5 pm	16 Red Road 7 pm	17 Sewing/Beading Circle 11 am Hot Meal Drop In 12 pm	18
19 Traditional Teachings 7 pm	20 Drum Workshop 11 am	21 Binoji Circle 10 am Drum Workshop 11 am Traditional Cooking 1 pm Poetry Night 7 pm	22 Drum Workshop 11 am Grief Art Therapy 11:30 am Youth Drum Circle 4 pm	23 Drum Workshop 11 am Red Road 7 pm	24 Drum Workshop 11 am Hot Meal Drop In 12 pm	25 All Nations Powwow
26	27	28 Binoji Circle 10 am Traditional Cooking 1 pm Youth Talking Circle 7 pm	29 Grief Art Therapy 11:30 am Youth Drum Circle 4 pm	30 Red Road 7 pm	31 The Gathering	1 The Gathering

2-SPIRITED PEOPLE OF THE 1ST NATIONS



**SAVE
THE
DATE**

**2-SPIRIT
POW WOW**

**SATURDAY MAY 27, 2023
DOWNSVIEW PARK, TORONTO**

email pridesupport@2spirits.org
for more information

This years powwow has been announced! Save the date and join us for our second powwow. Keep an eye out on our social media/website for the upcoming vendor call out!

Harm Reduction Outreach



What do we do?

2-Spirited People of the 1st Nations Harm Reduction Outreach Team helps underused individuals, people living on the street and people who use drugs, with a focus on Indigenous People. The team gives out food (sandwiches, fruit and a hot meal when available), Harm Reduction supplies, bottles of water and clothing donations (when available)



Where do we go?

Monday: walking around the city:

Start @ 145 Front Street East, Union Station, Nathan Phillips Square, Holy Trinity Church, Yonge & Dundas Square, The Works, Alan Gardens, Moss Park

Thursday: Fixed Location:

Moss Park

Friday: walking around the city:

Start @ 145 Front Street East, Union Station, Nathan Phillips Square, Holy Trinity Church, Yonge & Dundas Square, The Works, Alan Gardens, Moss Park

Positive Living Program

Our dedicated Positive Living Program aims to eliminate AIDS by ensuring Undetectable = Untransmittable. As pioneers in holistic land-based HIV/AIDS treatment care and referral support programs for Two-Spirited, Queer, and Non-binary communities, we provide both western and traditional harm reduction services, culturally supported HIV-Self Testing, education, awareness, and prevention activities for Sexually Transmitted and Blood Borne Infections (STBBI). 2-Spirited People offers a comprehensive HIV education, prevention, testing, and treatment referral support program. A dedicated team works six days a week to provide these services. Starting in 2021, 2-Spirited People of the 1st Nations also launched an assisted HIV-self-testing program. In 2022, this program served 56 communities, providing 68 pre-test education support sessions and 42 post-testing education and referral support sessions. 2-Spirited People of the 1st Nations offers a Positive Living program. This program was established in 2021 to promote HIV and related STBBI testing, treatment, care, and support. An Indigenous Knowledge Keeper carefully selects the ingredients for the programs and works closely with community members to ensure the cultural safety and well-beings of the members. As of January 2023, this service was utilized by community members 540 times.





- a) Food for Positive Living offers members a weekly warm indigenous meal, complete with a recipe and educational brochure, to promote physical and spiritual well-being. Furthermore, this program encourages community members to collect grocery baskets from the 2-Spirited People of the 1st Nations grocery support program and prepare healthy meals for themselves.
- b) Technology for Positive Living provides monthly telephone, internet, and phone/tablet support, as well as tech support over Zoom to ensure members have access to resources and their community.
- c) Transportation for Positive Living offers Uber rides, a monthly TTC pass, and a Presto card to help members attend medical appointments, grocery shopping, and ceremonies, eliminating the worry of missing out due to a lack of transportation and commuting services.
- d) Cozy Bedbug-Free Sleeping for Positive Living provides a new mattress and bed, along with heavy-duty cleaning support, to members affected by bedbugs, allowing them hassle-free healthy sleeping.
- e) Personal Hygiene Kits for Positive Living gives members their items, such as hair trimmers, nail clippers, and shaving kits, to avoid sharing with others.
- f) Elders, Talking Circle and Sweat Lodge for Positive Living hold a monthly sweat lodge and talking circle, followed by a feast, to ensure members are in good physical and mental health.
- g) Warm Breakfast for Treatment Adherence a week of breakfast support, coupled with daily wellness check-ups, is provided to people on Antiretroviral Treatment to ensure they are adhering to their treatment regimen and taking their medication as prescribed.

Contact For More Information

Indigenous Led Crisis Response Pilot

Background

Indigenous peoples in Toronto have historically been, and continue to be disproportionately negatively affected by police intervention in crisis situations. There is a need to create an alternative framework for crisis response. This is fundamental to protecting our community from harm, continued forms of colonization and trauma.



Services Available

- Crisis support
- Harm reduction
- System navigation
- Referral support
- Individualized support
- Follow up support
- Housing referrals
- Primary health care referrals
- Child and family support

Pilot Vision

Indigenous Led Crisis Response: grounded in an understanding of historical, social and justice inequalities. We serve both Indigenous and non-Indigenous people in Division 14. We provide greater access to traditional ways of doing in times of crisis through ceremonies, access to medicines, and land-based programming.

Location: 14 Division How to Access: Call 211

For More Information Contact:
crmanager@2spirits.org