



# MEMORABLE EXPERIENCES

THIS JOURNAL CONTAINS SOME MEMORABLE  
EXPERIENCES FROM THE MEETINGS WITH PEERS  
FOR THE RESEARCH PROJECT IN 2022-2023

# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #45

**AUTHOR** Mariana Echeverri

**DATE** September 21, 2023

## THE REASON WHY

- We wanted to learn about Harm reduction and how to safely use the supplies

## HOW WE DID IT

- Joe Keilty from Street Connections shared with us a presentation and a “hands on” activity about harm reduction and safe supplies.

## WHAT WE LEARNED

- We discussed best practices on harm reduction
- We learned about terms, different safe supplies and how to use them
- We learned about the difference between sex, sexuality and gender

## THE TEAM

- Clara, Robert, Joel, Cheryl, Marj, Susie, Nikki, Freda, Mariana, Angela, Mariana H

## THE EXPERIENCE





# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #44

**AUTHOR** Mariana Echeverri

**DATE** September 14, 2023

## THE REASON WHY

- We wanted to further develop our writing skills

## HOW WE DID IT

- Cheryl shared a workshop about writing skills
- We did a few writing exercises to practice our creative writing skills

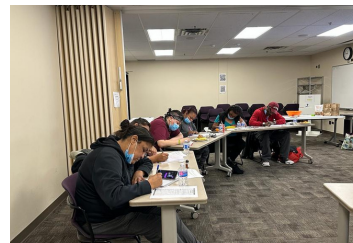
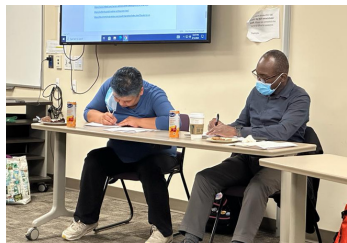
## WHAT WE LEARNED

- We discussed why writing is so important and the many different types of writing
- We learned about grammar basics and ways we can practice our writing skills
- Reading is also a way of practicing our writing

## THE TEAM

- Rebecca, Clara, Robert, Joel, Enrique, Cheryl, Marj, Nadia, Nikki, Freda, Mariana

## THE EXPERIENCE



I like writing and looking at ideas on how to improve my skills

# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #43

**AUTHOR** Mariana Echeverri

**DATE** September 7, 2023

## THE REASON WHY

We wanted to learn about Trauma Informed Care as a team

## HOW WE DID IT

A health educator from Klinik came to provide a training on trauma informed care to the research team.

## WHAT WE LEARNED

- We learned about the widespread impact of trauma, what trauma looks like, how to respond appropriately to people who have been impacted by trauma, and reviewed some principles of trauma informed care
- We reviewed the definition of trauma, historical trauma, types of trauma, and the guiding principles of trauma informed care

## THE TEAM

- Rebecca, Clara, Robert, Joel, Enrique, Cheryl, Marj, Susie, Nadia, Nikki, Freda, Lab members

## THE EXPERIENCE



Opened my eyes about how trauma feeds into unexplained conditions

# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #42

**AUTHOR** Mariana Echeverri

**DATE** August 24, 2023

## THE REASON WHY

- We wanted to finish the review of the KAP survey.
- We wanted to learn teachings about Sage and make some medicine bags for the fall outreach session.

## HOW WE DID IT

- We learned about the new drop-in sessions in the computer lab with Heather.
- We finalized the review of the survey.
- Heather shared traditional teachings with us about Sage while we made medicine bags

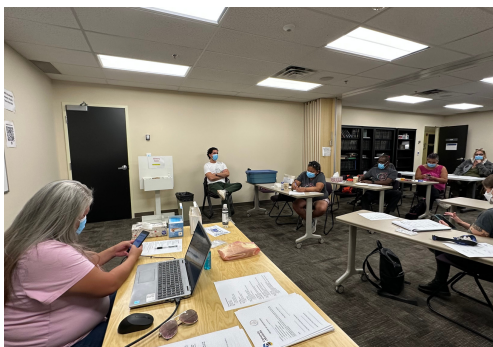
## WHAT WE LEARNED

- We learned more about the activities coming up next month and also finalized the review of the survey
- We learned about the traditional medicine Sage from Heather our cultural advisor and we made some medicine bags with sage for our next outreach session

## THE TEAM

- Rebecca, Clara, Robert, Joel, Lisa, Enrique, Mariana, Cheryl, Marj, Heather, Susie

## THE EXPERIENCE



I loved being around the sage, I wish we could go medicine picking. Beautiful teaching and words from Wally. It's really nice to have that wind down and learning experience together

# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #41

**AUTHOR** Mariana Echeverri

**DATE** August 10, 2023

## THE REASON WHY

- We wanted to share some updates about the upcoming skills sharing sessions
- We continued with the review of the KAP survey.

## HOW WE DID IT

- Cheryl shared some updates about the project like the next outreach, upcoming meetings and upcoming skills sharing training sessions.
- We reviewed and gave feedback about the survey.

## WHAT WE LEARNED

- We discussed the plan and reviewed the outline for the upcoming skills sharing workshop series
- We reviewed the survey and provided feedback on how to improve it. We look forward to finishing the review soon.

## THE TEAM

- Enrique, Heather, Clara, Joel, Marj, Rebecca, Nikki, Robert, Lisa, Cheryl, Susie



I'm reminded of the importance of accountability buddies



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #40

**AUTHOR** Mariana Echeverri

**DATE** August 3, 2023

## THE REASON WHY

This meeting was Skill Sharing Session #1 out of a Six Session series about "How to Move Ideas Into Action". The first session was on communications and computer applications.

## HOW WE DID IT

We wanted to learn about basic communication skills starting with how to write professional emails. We also practiced keyboard typing, using online programs. We also learned about Grammarly, Zoom, and MS Teams

## WHAT WE LEARNED

- We practiced our computer typing skills and learned some tips on how to make it easier and faster.
- Enrique provided us with very useful templates and showed us how to use tools like Grammarly to check the spelling of our formal emails and make them more efficient and professional.

## THE TEAM

- Enrique, Mariana, Heather, Clara, Joel, Marj, Rebecca, Freda, Nikki, Robert, Lisa, Nadia

## THE EXPERIENCE



Learned about writing resumes and cover letter, about subject line, email body and email closing



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #39

**AUTHOR** Mariana Echeverri

**DATE** July 27, 2023

## THE REASON WHY

We wanted to give back to the community and provide basic needs supplies and harm reduction supplies to people experiencing houselessness

## HOW WE DID IT

Heather and Rob led our team in outreach and engagement with people living in encampments along Waterfront and Higgins Avenue. We gave food, hygiene, and harm reduction supplies to people depending on their wants and needs.

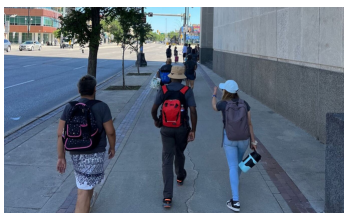
## WHAT WE LEARNED

- We learned about how to approach people and how to engage respectfully and offer help depending on their needs
- We reflected on the positive feeling of doing this as a team
- We discussed additional ideas for another outreach session in October and discussed ways on how to improve everyone's experience

## THE TEAM

- Enrique, Cheryl, Mariana, Heather, Clara, Joel, Marj, Rebecca, Sussie, Freda, Nikki, Robert, Dr. Rueda, Lisa

## THE EXPERIENCE





# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #38

**AUTHOR** Mariana Echeverri

**DATE** July 26, 2023

## THE REASON WHY

- We wanted to organize some materials for the outreach session that we will be doing
- We also wanted to learn about how to administrate Naloxone (Narcan)

## HOW WE DID IT

- We organized different packages with some harm reduction supplies, hygiene products and food for the upcoming outreach.
- Heather delivered a training about Naloxone and how to use it if anyone is experiencing drug poisoning

## WHAT WE LEARNED

- We learned as a group how to prepare for outreach and how best to provide support when doing outreach
- Thanks to the training guided by Heather we are more prepared if we need to administrate Naloxone to help someone experiencing a drug poisoning

## THE TEAM

- Enrique, Cheryl, Mariana, Heather, Clara, Joel, Marj, Rebecca, Sussie, Freda, Nikki, Nadia

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #37

**AUTHOR** Mariana Echeverri

**DATE** July 13, 2023

## THE REASON WHY

We wanted to spend some time together learning about Human Rights and some of the most impactful things that happened to society regarding fundamental rights and freedoms

## HOW WE DID IT

We went to the Canadian Museum of Human Rights and had a guide show us different exhibits in the museum and explain to us about different ways people's human rights have been violated and also what people are doing to fight for people's rights

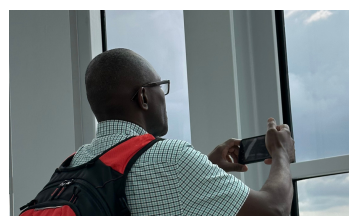
## WHAT WE LEARNED

- We learned that everywhere in the world humans have suffered from abuses of power and violence, but thanks to some of the good people on this planet, we are working towards reconciliation and respect for others.
- We are grateful to learn about the past to be able to change the future to ensure that people's human rights are respected

## THE TEAM

- Rebecca, Clara, Robert, Joel, Lisa, Enrique, Mariana, Cheryl, Marj, Heather, Susie

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #36

**AUTHOR** Mariana Echeverri

**DATE** June 22, 2023

## THE REASON WHY

- We shared project updates and discussed upcoming group activities
- We reviewed the KAP survey for phase 2 and provided feedback

## HOW WE DID IT

- We discussed two upcoming activities (visit to the Human Rights Museum and harm reduction outreach)
- We reviewed the remaining questions on the KAP survey

## WHAT WE LEARNED

- We discussed the plan for different activities coming up such as the outreach at the end of July and the visit to the Museum. Heather and Rob shared information with us about how to conduct outreach and best practices to be respectful and safe

## THE TEAM

- Rebecca, Nadia, Clara, Robert, Joel, Nikki, Freda, Lisa, Heather, Cheryl



I learned about what/how to go about outreach



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #35

**AUTHOR** Mariana Echeverri

**DATE** June 15, 2023

## THE REASON WHY

- We wanted to review the survey for the new project
- We wanted to celebrate and acknowledge all the hard work that the peer research team has done over the past year

## HOW WE DID IT

- We reviewed 10 questions of the survey, made suggestions and give feedback
- Team members received letters and certificates of accomplishment to recognize their hard work and celebrate the achievements of our team

## WHAT WE LEARNED

- We learned how to adjust they way we ask questions in research surveys and how to better adapt them for the participants
- We reflected on all the hard work we did in the last year and recognized we have accomplished a lot working together

## THE TEAM

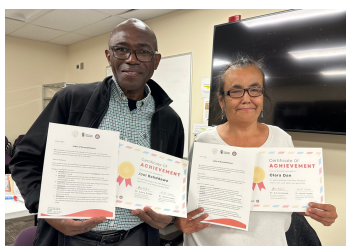
- Rebecca, Nadia, Clara, Robert, Joel, Nikki, Freda, Lisa, Enrique, Mariana, Cheryl, Marj, Dr. Rueda, Dr. Keynan, Margaret Haworth- Brockman, Dr. Keith Fowke



How much our participation is highly appreciated and recognized



## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #34

**AUTHOR** Mariana Echeverri

**DATE** June 1, 2023

## THE REASON WHY

- We shared project updates and discussed upcoming group activities
- We completed PHIA ethics training

## HOW WE DID IT

- We discussed two upcoming activities (visit to the Human Rights Museum and harm reduction outreach)
- We completed the PHIA training in the computer lab

## WHAT WE LEARNED

- We learned about self-care and boundaries; and discussed ways we can practice setting boundaries in our lives and build up our self-esteem.
- We continue to improve our research skills through trainings

## THE TEAM

- Rebecca, Robert, Joel, Nikki, Freda, Lisa, Enrique, Cheryl

 The option to work independently. PHIA was incredibly easy to get through on my own 

# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #33

**AUTHOR** Mariana Echeverri

**DATE** May 18, 2023

## THE REASON WHY

- We discussed an upcoming project about storytelling
- We wanted to do a brainstorming session to get more ideas about training and workshops.
- We reviewed the survey document for phase 2 of our project.

## HOW WE DID IT

- We discussed storytelling and asked team members if they would like to share their story on our website
- We shared ideas for future meetings (trainings, workshops and storytelling)
- We reviewed the phase 2 of the project

## WHAT WE LEARNED

- We learned that there are a lot of ideas we have for future trainings, activities and workshops
- We learned about one of the surveys that will be used in the new project and had a chance to review it

## THE TEAM

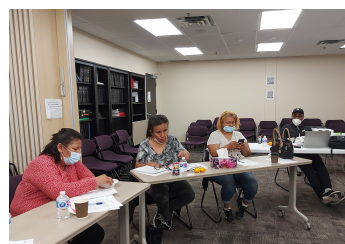
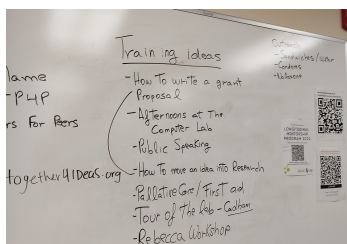
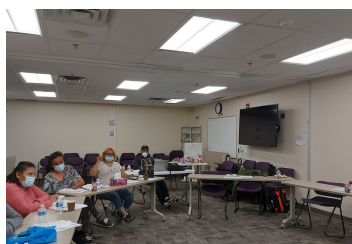
- Rebecca, Robert, Joel, Clara, Nikki, Freda, Nadia, Enrique, Cheryl



I learned that we all would like to help others in outreach



## THE EXPERIENCE





# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #32

**AUTHOR** Mariana Echeverri

**DATE** May 4, 2023

## THE REASON WHY

- We wanted to review the updated Peer Terms of Reference
- Mariana shared a workshop on how to make presentations in Canva
- We also created signs for an HIV rally taking place after the meeting

## HOW WE DID IT

- Enrique and Cheryl shared the updates to the PRT Terms of Reference
- Enrique shared the new outreach strategy for May at Nine Circles
- Mariana shared a workshop about how to create simple presentations in Canvas

## WHAT WE LEARNED

- We learned how to use Canva to create our own presentation slides and how to create slides using a template
- We learned about the new opportunities that are available for outreach as a part of the Peer Research Team

## THE TEAM

- Robert, Joel, Clara, Nikki, Freda, Mariana, Enrique, Cheryl, Heather



I learned more about Canva features and flexibility



## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #31

**AUTHOR** Mariana Echeverri

**DATE** April 20, 2023

## THE REASON WHY

- We wanted to review the Peers Terms of Reference and discuss project updates
- We wanted to continue reviewing the Community Engagement paper

## HOW WE DID IT

- We discussed the Peer Terms of Reference and offered suggestions
- Mariana shared the entire year of peer journals and we reflected on our work together
- We reviewed and commented on the paper

## WHAT WE LEARNED

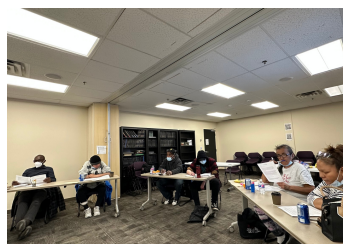
- We provided valuable feedback for PRT Terms of Reference and the paper.

## THE TEAM

- Robert, Joel, Clara, Nikki, Rebecca, Lisa, Mariana, Enrique, Cheryl

💡 I learned about how much we have accomplished which makes me very happy. 💡

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #30

**AUTHOR** Mariana Echeverri

**DATE** April 13, 2023

## THE REASON WHY

- We wanted to review the community engagement paper as a team
- We wanted to update the team about the upcoming meetings in April

## HOW WE DID IT

- Each member took the time to read the paper and make notes
- We discussed the notes together and offered suggestions on wording and other content
- Cheryl shared the plan for the next meetings of the month

## WHAT WE LEARNED

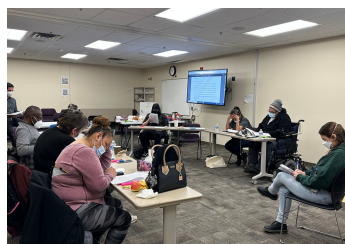
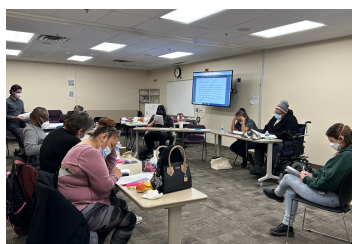
- We provided valuable feedback for the community engagement paper and we are excited to be part of this process. Working together has shown great results.

## THE TEAM

- Robert, Joel, Clara, Heather, Susie, Nikki, Rebecca, Marj, Mariana, Enrique, Cheryl

How to edit/correct words so people can better understand about what we want and how we can make change in a good way without discrimination

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #29

**AUTHOR** Mariana Echeverri

**DATE** March 30, 2023

## THE REASON WHY

- We wanted to learn about what is the design program Canva
- We wanted to learn how to chose templates for resumes and cover letters
- We wanted to review the lessons learned section and the description of the PRT in the community engagement paper

## HOW WE DID IT

- Mariana facilitated a training in Canva about the platform itself and how to look for templates for cover letters and resumes
- We worked on our individual cover letter and resumes using the tips that Mariana shared
- We read the lessons learned section of the community engagement paper and offered feedback

## WHAT WE LEARNED

- We can create simple and very appealing resumes and cover letters using tools like Canva which offers multiple templates that are easy to edit
- We learned new words due to reading and reviewing the paper!

## THE TEAM

- Robert, Joel, Clara, Heather, Susie, Nikki, Freda, Mariana, Enrique, Cheryl



*I learned to make our resumes more detailed and colourful. I was happy about it!*



## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #28

**AUTHOR** Mariana Echeverri

**DATE** March 23, 2023

## THE REASON WHY

- We wanted to share updates about the project
- We wanted to get feedback about what things are working well and what we can improve on

## HOW WE DID IT

- Dr. Rueda shared updates about the CIHR project and the plan for the next year
- We discussed ideas of what we will be working on in the next few months and answered some questions about the ongoing process of the project

## WHAT WE LEARNED

- The ideas for the upcoming meetings are to do some workshops on how to use computers, how to use email, how to use zoom, typing skills, Microsoft word, how to put together presentations

## THE TEAM

- Enrique, Robert, Heather, Rebecca, Joel, Ann, Cheryl, Clara, Nikki, Mariana, Dr. Rueda

🌟 *We learned that we can give our own opinions and put in suggestions of what we would like to do or learn* 🌟

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #27

**AUTHOR** Mariana Echeverri

**DATE** March 16, 2023

## THE REASON WHY

- We wanted to know what is Knowledge Translation and how we can applied it for the research project
- We wanted to get feedback about how everything has been going with the meetings

## HOW WE DID IT

- Enrique share a presentation about KT and then we brainstormed some ideas on how to develop a KT strategy for our project
- We discussed feedback and came up with a plan to finish up some of the things we started doing before

## WHAT WE LEARNED

- Knowledge transfer strategies and their importance for research dissemination

## THE TEAM

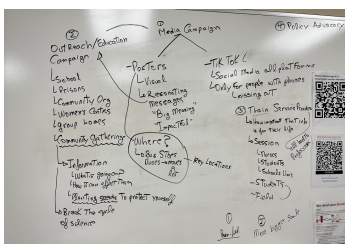
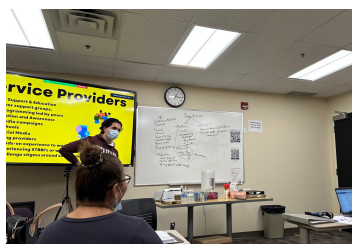
- Robert, Rebecca, Joel, Cheryl, Enrique, Mariana, Nikki, Ann



*Knowledge transfer strategies and their importance for research dissemination*



## THE EXPERIENCE





# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #26

**AUTHOR** Mariana Echeverri

**DATE** February 23, 2023

## THE REASON WHY

We worked on ideas for different personal projects in the computer lab. Some of us also learned how to use Canva, and about the psychology of colour and fonts

## HOW WE DID IT

- We worked on the computer lab individually writing abstracts to present at Manitoba HIV Collective Impact Network Spring Symposium
- Some of us also learned about the psychology of colour and fonts and how to apply it while designing a presentation

## WHAT WE LEARNED

- We practiced how to improve our writing to share our ideas and learned about the psychology of colour and fonts for designing presentations

## THE TEAM

- Robert, Rebecca, Joel, Cheryl, Clara, Freda, Enrique, Mariana



*I learned how impactful my idea can be to our city as well as our province and globe*



## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #25

**AUTHOR** Mariana Echeverri

**DATE** February 16, 2023

## THE REASON WHY

We gathered to hear a presentation about Dr. Rueda's new project on Knowledge, Attitudes and Practices and gave feedback about the proposed study

## HOW WE DID IT

- Dr. Rueda explained the new project and the objectives
- For objective #3 Dr. Card presented an overview about the immune system, inflammation, infections, sample collection, and community engagement
- We then had a discussion about potential concerns peers might have with the study methods

## WHAT WE LEARNED

- We learned about the concepts explained by Dr. Card and also discussed questions and concerns related to samples and data collection methods for the new project

## THE TEAM

- Enrique, Robert, Rebecca, Joel (online), Cheryl, Clara, Nikki (online), Mariana, Freda, Nadia (online), Dr. Rueda, Dr. Card, Susie (online)

*One thing I learned about is anti-inflammatory medication and I also realized where I want to take my education*

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #24

**AUTHOR** Mariana Echeverri

**DATE** February 2, 2023

## THE REASON WHY

We continued with developing ideas for projects and initiatives and discussed an opportunity to present at an upcoming conferences on HIV and STBBI's called "Disrupting the Status Quo"

## HOW WE DID IT

- Enrique shared a presentation about the upcoming HIV conference and the guidelines to apply
- We brainstormed ideas and discussed how to develop an abstract
- We discussed as a group how to develop those ideas further into projects or presentations

## WHAT WE LEARNED

- We learned about exciting ideas for community initiatives that group members want to develop
- We helped improve the ideas by giving each other feedback

## THE TEAM

- Enrique, Robert, Rebecca, Joel, Cheryl, Clara, Nikki (online), Mariana, Debbie, Freda

*I learned how to better reflect on a plan of action for something you're passionate about*

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #23

**AUTHOR** Mariana Echeverri

**DATE** January 19, 2023

## THE REASON WHY

We wanted to learn how to develop ideas for projects and create engaging content for presentations.

## HOW WE DID IT

- Cheryl shared a presentation on how to develop ideas and turn them into engaging content
- We brainstormed ideas and then chose one to move forward
- We discussed our ideas as a group and made plans for the next steps

## WHAT WE LEARNED

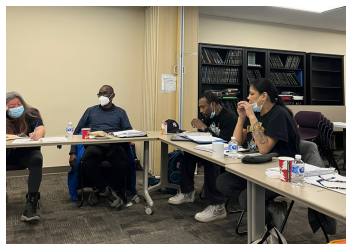
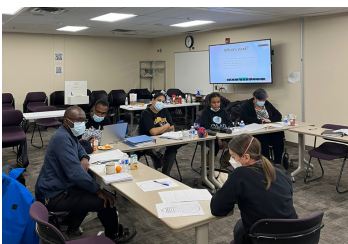
- We learned how to organize our ideas, create outlines and the steps to create a presentation to share our ideas
- We learned about Canva and how to access it

## THE TEAM

- Enrique, Robert, Heather, Rebecca, Joel, Ann (online), Cheryl, Clara, Sussie, Nadia

*I liked finding out how to make a presentation*

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #22

**AUTHOR** Mariana Echeverri

**DATE** January 12, 2023

## THE REASON WHY

We gathered to learn about Indigenous cultural traditions- medicines and medicine bags and to discuss the upcoming training program: Manitoba Champions

## HOW WE DID IT

- Heather our cultural support team member, gave a presentation on how to make a medicine bag and the meaning in Indigenous culture.
- We also had a discussion about the application form for the MB Champions program

## WHAT WE LEARNED

- What the four directions and Medicine Wheel mean and that Medicine bags can help to protect us from anything
- MB Champions wants to empower community leaders

## THE TEAM

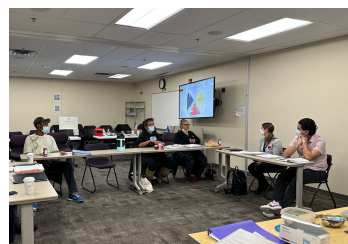
- Enrique, Robert, Mariana, Heather, Rebecca, Joel, Ann, Cheryl, Clara



*I learned how to include everybody in an activity*



## THE EXPERIENCE





# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #21

**AUTHOR** Mariana Echeverri

**DATE** January 05, 2023

## THE REASON WHY

We wanted to learn about Indigenous Community Based Research, so an expert came to teach us about it.

## HOW WE DID IT

An expert from Waniska came to teach us about Indigenous Research methods and they shared some personal experiences with the group

## WHAT WE LEARNED

We learned about how to do and approach community based research, specifically with Indigenous people

## THE TEAM

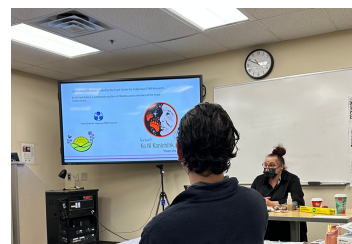
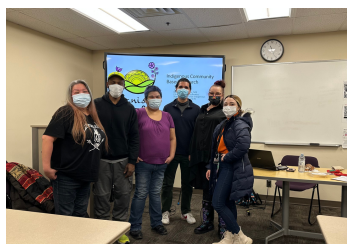
- Marj, Enrique, Robert, Mariana, Heather, Melissa



*I learned how to approach community based research*



## THE EXPERIENCE





# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #20

**AUTHOR** Mariana Echeverri

**DATE** December 15, 2022

## THE TEAM

- Joel, Marj, Enrique, Clara, Robert, Ann, Cheryl, Lisa Mariana, Rebeca, Dr. Rueda, Dr. Keynan, Margaret

## CLOSING THE YEAR TOGETHER

We gathered to celebrate and acknowledge all the hard work that we have done this years as a team. We also shared the huge impact that collaborating together has made in our lives.

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #19

**AUTHOR** Mariana Echeverri

**DATE** December 08, 2022

## THE REASON WHY

We participated in a workshop to learn about Communication and Leadership skills

## HOW WE DID IT

We brainstormed as a group about the words communication and leadership. After that we held a discussion and completed a reflection on how those concepts are applied in our lives

## WHAT WE LEARNED

Communication and leadership are concepts that are present in our daily lives, and we have the ability to improve as a person when we are conscious about them

## THE TEAM

- Joel, Marj, Enrique, Nikki, Clara, Robert, Ann, Nadia, Cheryl, Mariana

*Communication is complex and needs care*

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #18

**AUTHOR** Mariana Echeverri

**DATE** December 01, 2022

## THE REASON WHY

We acknowledged World Aids Day and take time to honour the survivors and people who have been lost to this disease

## HOW WE DID IT

We held a smudge ceremony, light candles to honour people, watched the documentary Strong Medicine and created art to challenge stigma of HIV/AIDS

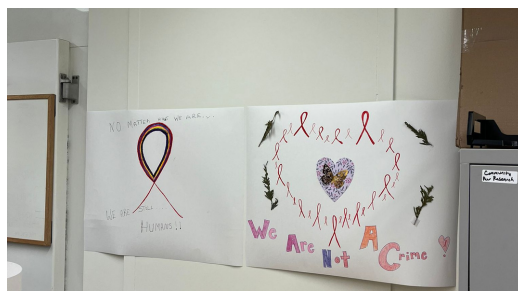
## WHAT WE LEARNED

By coming together as a community, we are stronger. There are many courageous people who share their stories to help change people's hearts and minds to reduce the stigma of HIV

## THE TEAM

- Joel, Marj, Enrique, Nikki, Clara, Robert, Ann, Nadia, Robert, Cheryl, Heather

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #17

**AUTHOR** Mariana  
Echeverri

**DATE** November 24, 2022

## THE REASON WHY

We wanted to update the group about where the project is currently at and review the updates to the participant survey

## HOW WE DID IT

Cheryl and Enrique gave an update about the project and then we reviewed the participant survey question by question

## WHAT WE LEARNED

We continue to improve the wording on each survey question to make the process of answering the survey better for the participant

## THE TEAM

- Joel, Marj, Mariana, Enrique, Nikki, Clara, Robert, Ann, Nadia, Cheryl

# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #16

**AUTHOR** Mariana Echeverri

**DATE** November 10, 2022

## THE REASON WHY

We wanted to learn about sexual health as a group

## HOW WE DID IT

An Educator from Nine Circles Community Health Centre gave us a presentation about sexual health, and we did some activities

## WHAT WE LEARNED

We learned about strategies for safe sex, how to protect people from STBBI's and the different STBBI's that exist at the moment.

## THE TEAM

- Joel, Marj, Mariana, Enrique, Nikki, Clara, Ann, Robert, Rebecca

*I learned more about the CATIE safe sex guide*

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #15

**AUTHOR** Mariana Echeverri

**DATE** November 3, 2022

## THE REASON WHY

We wanted to share the second part of the preliminary data to get feedback from the peer research team

## HOW WE DID IT

Dr. Rueda shared a presentation with the second part of the preliminary data and we had a conversation about the data she presented

## WHAT WE LEARNED

We learned how concerning the HIV situations is in Manitoba. We discussed how we want to create strategies together to help resolve it.

## THE TEAM

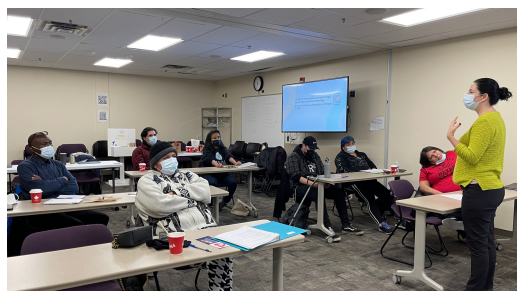
- Lisa, Joel, Marj, Mariana, Enrique, Nikki, Zulma, Clara, Ann



*My best ideas are when I'm dancing...*



## THE EXPERIENCE





# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #14

**AUTHOR** Mariana Echeverri

**DATE** October 27, 2022

## THE REASON WHY

We wanted to share the preliminary data from Objective 1 of the research study to get feedback from the peer research team

## HOW WE DID IT

Dr. Rueda shared a presentation with the first part of the preliminary data from Objective 1, and we had a conversation about the data presented

## WHAT WE LEARNED

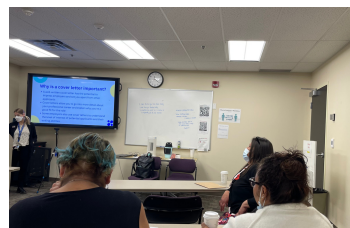
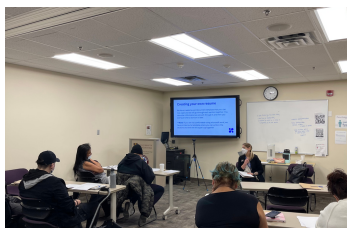
We learned how concerning the HIV situation is in Manitoba and we want to create strategies together to help resolve it.

## THE TEAM

- Lisa, Joel, Marj, Robert, Cheryl, Mariana, Enrique, Nikki, Rebecca, Zulma, Angela, Clara

*The incidence of HIV is increasing, and we need to adapt strategies*

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #13

**AUTHOR** Mariana Echeverri

**DATE** October 20, 2022

## THE REASON WHY

We wanted to further develop our skills to create an effective resume and a cover letter.

## HOW WE DID IT

Cheryl shared a presentation with some tips about how to create and write a resume and a cover letter. Enrique and Mariana shared their experiences about writing cover letters and resumes

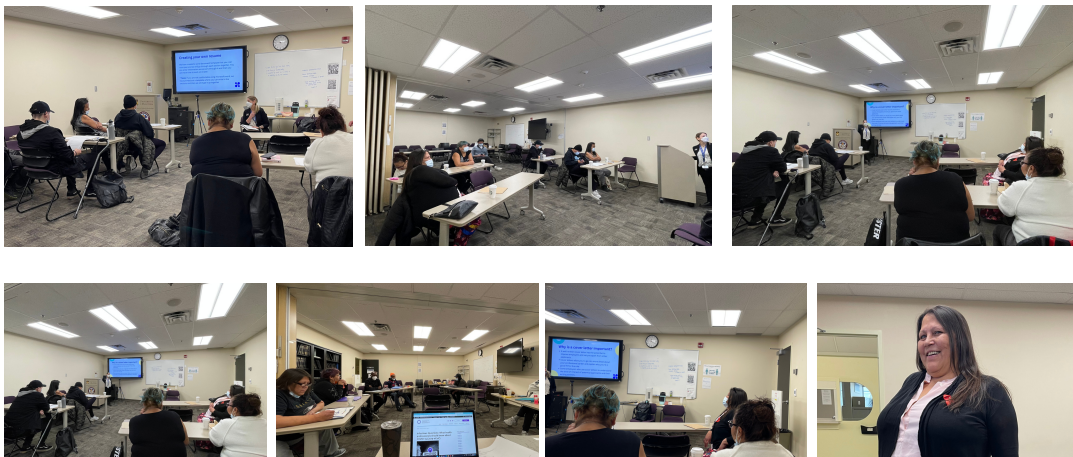
## THE TEAM

- Lisa, Joel, Marj, Ann, Clara, Cheryl, Mariana, Enrique, Nikki, Rebecca

## WHAT WE LEARNED

- We learned how to write an effective and engaging resume and a cover letter based on the type of position
- We started to create our resumes and cover letters and we will finalize them in a computer lab in the next few weeks

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #12

**AUTHOR** Mariana Echeverri

**DATE** October 13, 2022

## THE REASON WHY

We wanted to practice the surveys process from start to finish and understand how to navigate different scenarios

## HOW WE DID IT

Enrique and Cheryl started a role play of how to administer the surveys and then the peer researchers paired up and practiced together

## WHAT WE LEARNED

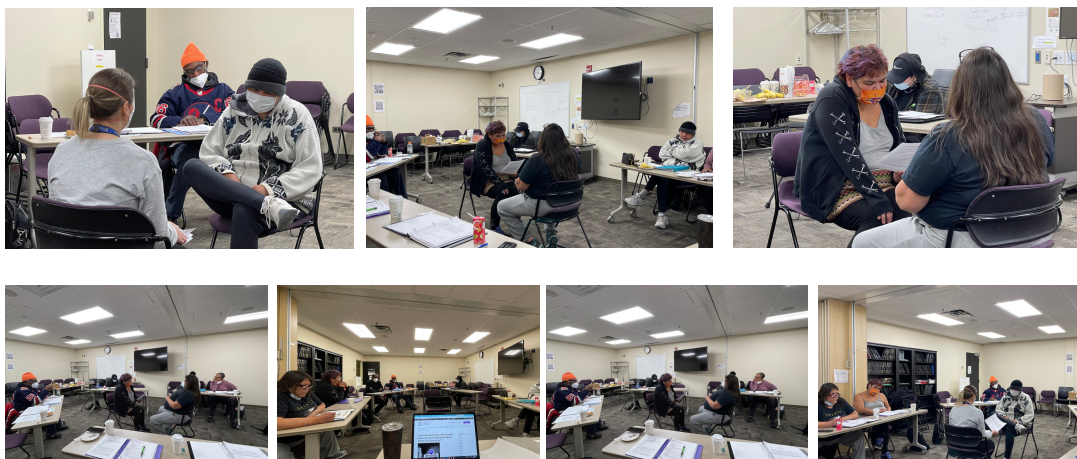
- We went over the surveys and learned how to approach questions or comments that the participants might have

## THE TEAM

- Lisa, Joel, Marj, Ann, Robert, Cheryl, Mariana, Enrique, Nikki, Rebecca

☀️ *We will need to be patient and empathetic to successfully complete the interviews, things can change quickly* ☀️

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #11

**AUTHOR** Mariana Echeverri

**DATE** September 22, 2022

## THE REASON WHY

We wanted to practice the interview process from start to finish and understand how to navigate different scenarios

## HOW WE DID IT

Enrique and Cheryl started a role play of how the interview will go, and then the peers paired up and did the same together.

## WHAT WE LEARNED

We learned more about the process of interviewing in a comfortable environment.

## THE TEAM

- Lisa, Joel, Marj, Clara, Ann, Nadia, Robert, Cheryl, Mariana, Enrique, Nikki, Rebecca

*How to be calm and not give off bad energy*

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #10

**AUTHOR** Mariana Echeverri

**DATE** September 15, 2022

## THE REASON WHY


We wanted to practice how to ask for a participants consent to participate in the interview and review the website

## HOW WE DID IT

With a partner, we practiced how to ask for informed consent as part of the interview procedure

## WHAT WE LEARNED

- Asking consent is a critical part of the interview process and it's important to ensure the participant understands what we are doing, why and how
- We also learned about smudging, the four directions and how to ask for a knowledge keeper to share teachings and prayers (thank you Lisa!)

 *It is always nice to read things over to get a general feel for the mood of the conversation* 

## THE TEAM

- Lisa, Joel, Marj, Clara, Ann, Nadia, Robert, Cheryl, Mariana, Enrique, Nikki, Rebecca, Ann



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #9

**AUTHOR** Mariana Echeverri

**DATE** September 8, 2022

## THE REASON WHY

- We wanted to get support from the team for the Phase 2 of the project
- We wanted to showcase them on the project's website

## HOW WE DID IT

- We wrote letters of support for the Phase 2 of the project
- We wrote a bio for peer members profiles on the website

## WHAT WE LEARNED

- We learned how to write a profile and also how to write a support letter
- We reviewed the consent form and the procedure on how to ask participants consent for interviews

*I got a clearer picture on the direction of the media/communications efforts of this project*

## THE TEAM

- Lisa
- Joel
- Marj
- Clara
- Nadia
- Robert
- Cheryl
- Mariana
- Enrique
- Nikki
- Rebecca

## THE EXPERIENCE





# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #8

**AUTHOR** Mariana Echeverri

**DATE** September 1, 2022

## THE REASON WHY

- We did an overview of the project and discussed the next steps
- We shared about the project's website

## HOW WE DID IT

- We shared a presentation of the background of the project, data collection procedures, timelines and next steps

## WHAT WE LEARNED

- We reflected on the importance of the project for the community of people living with HIV
- We discussed the different roles for the interviews- including interviewer and peer support
- We discussed the project timeline and next steps for data collection



*Understanding our roles to prepare us for action*



## THE EXPERIENCE



## THE TEAM

- Lisa
- Joel
- Marj
- Clara
- Ann
- Nadia
- Robert
- Cheryl

# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #7

**AUTHOR** Mariana Echeverri

**DATE** August 25, 2022

## THE REASON WHY

To learn about qualitative research, and practice how to do conduct open-ended semi-structured interviews

## HOW WE DID IT

- Training about qualitative research
- Interview exercise in pairs with different scenarios to practice skills

## WHAT WE LEARNED

- When you are out of your comfort zone you can develop better ways to approach a specific situation
- The experience gained from the exercise helped the peers to feel more confident about their skills
- The key is to make the interviewee feel they are in a safe space



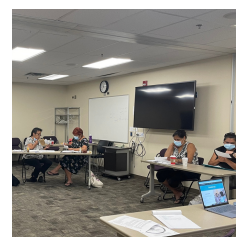
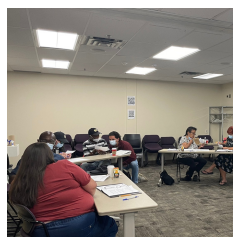
*Be prepared as much as you can in an interview*



## THE TEAM

- Clara
- Joel
- Ann
- Nikki
- Cheryl
- Enrique
- Mariana
- Nadia
- Lisa
- Robert
- Marj

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #6

**AUTHOR** Mariana Echeverri

**DATE** August 18, 2022

## THE REASON WHY

We met some peers from Kenya and they shares their experiences with us and we shared our stories with them

## HOW WE DID IT

- Lisa led an smokeless smudge ceremony
- We listened and shared experiences about the HIV advocacy work everyone is doing

## WHAT WE LEARNED

We reflected on the challenges in HIV advocacy work, the successes of their leadership, and shared strategies on how to become stronger advocates

## THE TEAM

- Nikki, Lisa, Joel, Enrique, Marj, Clara, Ann, Nadia, Cheryl, Dr. Rueda, Rosemary, Joyce

Help those that have no voice

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #5

**AUTHOR** Mariana Echeverri

**DATE** August 11, 2022

## THE REASON WHY

We wanted to discuss The Personal Health and Information Act of Manitoba as it relates to research ethics for data collection

## HOW WE DID IT

- We did a Personal Health and Information Act training from the University of Manitoba and signed the PHIA pledge

## WHAT WE LEARNED

On top of learning how to set some personal goals, we also learned about PHIA and the importance of it for the project



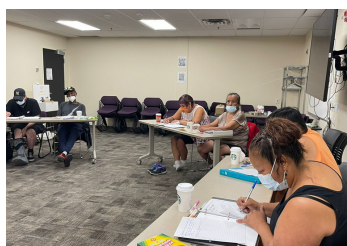
*Thought provoking future opportunities*



## THE TEAM

- Nikki, Lisa, Joel, Enrique, Rebecca, Mariana, Marj, Clara, Ann, Nadia, Cheryl, Robert

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #4

**AUTHOR** Mariana Echeverri

**DATE** August 4, 2022

## THE REASON WHY

We wanted to get feedback from peers on the Participant demographic survey and have a discussion and training on the TCPS2: Course on Research Ethics

## HOW WE DID IT

- We reviewed the Participant survey and received feedback from peers
- We reviewed the TCPS2: CORE ethics course and how to complete

## WHAT WE LEARNED

We learned about ethics in research and how to complete an ethics training course



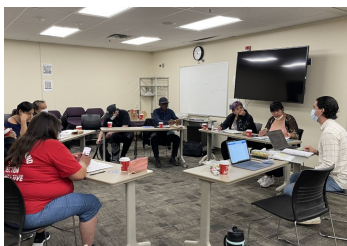
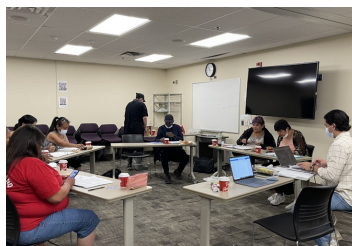
*I enjoy the group discussion and teamwork*



## THE TEAM

- Nikki, Lisa, Joel, Enrique, Rebecca, Mariana, Marj, Clara, Ann, Nadia

## THE EXPERIENCE



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #3

**AUTHOR** Mariana Echeverri

**DATE** July 28, 2022

## THE REASON WHY

We wanted to review the interview guide for participants living with HIV

## HOW WE DID IT

Question by question we analyzed the text and adjusted the questions and wording based on the peers knowledge

## WHAT WE LEARNED

- Simple is better
- Less technical is more clear

## THE TEAM

- Joel
- Nikki
- Cheryl
- Enrique
- Mariana
- Lisa
- Rebecca



# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #2

**AUTHOR** Mariana Echeverri

**DATE** July 14, 2022

## THE REASON WHY



We wanted to get input from the group to see if we were sending the right message with the recruitment materials.

## HOW WE DID IT

We went over the project and recruitment material.

## WHAT WE LEARNED

We need to use more welcoming words, and ask questions instead of making assumptions

 *Standing Strong based out of Nine Circles is a program where people have conversations about the legal requirements in Canada related to disclosing HIV status with others* 

## THE TEAM

- Marj, Ann, Jackie, Nikki, Lisa, Joel, Cheryl, Enrique, Mariana, Nadia, Clara

# MEMORABLE EXPERIENCES

**ACTIVITY** Peer Research Team Meeting #1

**AUTHOR** Mariana Echeverri

**DATE** June 28, 2022

## THE TEAM

- Marj, Ann, Jackie, Nikki, Cheryl, Zulma, Margaret


## HOW WE DID IT

We reviewed what the project is about, background information related to HIV and co-infections, increases in women being diagnosed with HIV who also use drugs in Manitoba; we also learned who are the people and partners involved in the study and what we hope to learn about HIV and how we can better support people in accessing care.

## WHAT ARE WE DOING NEXT?

In every peer meeting we will ask these 3 questions:

- What did you like about today's meeting?
- What could we do differently next time?
- What is one thing you learned today?

 We want to engage peers with lived experience in our project in all aspects to provide guidance and advice on things such as: the best way to find participants, feedback on materials we create, work together to do research by conducting interviews, reviewing findings, and helping to create educational materials for the community to share the results of our research. 