



MEMORABLE EXPERIENCES

2024

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #79

AUTHOR ROTEM KEYNAN

DATE December 19, 2024

THE REASON WHY

Holiday celebration and year-end reflection

HOW WE DID IT

Summarized our accomplishments of the year and enjoyed our time together and played fun games!

WHAT WE LEARNED

We make a great team!

THE TEAM

Robert, Marj, Nikki, Lisa, Freda, Nadia, Kyda, Rebecca, Susie, Angela, Zipporah, Maria, Rotem



THE EXPERIENCE

“enjoyed seeing everyone full of joy”

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #78

AUTHOR ROTEM KEYNAN

DATE November 28, 2024

THE REASON WHY

Bingo Activity - World AIDS day commemorative event

HOW WE DID IT

Held a Bingo event at 1 Just City, created prizes and taught about STBBIs

WHAT WE LEARNED

The importance of events like these to increase understanding and awareness about STBBIs

THE TEAM

Robert, Marj, Nikki, Lisa, Freda, Nadia, Heather, Maria, Rotem

THE EXPERIENCE



MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #74

AUTHOR ROTEM KEYNAN

DATE November 21, 2024

THE REASON WHY

Discuss, review and edit survey's by gathering input, engaging in open dialogue. Goal was to ensure survey is not missing important questions and questions are phrased in an appropriate way.

HOW WE DID IT

Group discussion where we ask questions, provide feedback and discuss various options collectively

WHAT WE LEARNED

Learned about the considerations that need to be taken into account when creating a survey

THE TEAM

Marj, Atefeh, Camillo, Maria, Rotem, Zipporah, Heather, Joel, Robert, Rebecca, Nadia, Susie

THE EXPERIENCE

"I learnt more about the groups lived experiences and how they relate to/influence the survey"

"I learnt how to brainstorm for our resource pamphlets"

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #76

AUTHOR ROTEM KEYNAN

DATE November 7, 2024

THE REASON WHY

Thank Cheryl for her
contribution to the
team

HOW WE DID IT

Spend time with Cheryl

WHAT WE LEARNED

Reflected on Cheryl's impact on the Team

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #75

AUTHOR ROTEM KEYNAN

DATE October 24, 2024

THE REASON WHY

discuss the plan for the upcoming Bingo event happening for World AIDS Day

update and organize the donation item list to be sent in preparation for our upcoming Outreach event

HOW WE DID IT

Collaborated on planning future events through group discussion, writing out lists on the whiteboard and individual reflection

WHAT WE LEARNED

the time and energy that goes into creating, planning and facilitating a successful event

there are many considerations when planning an outreach activity and that it is difficult to plan routes far in advance

THE TEAM

Freda, Nadia, Heather, Marj, Freda, Susie, Rob, Kyda, Nikki, Joel, Angela, Rotem, Zipporah, Atefeh, Sandra, Dr. Zulma Rueda

THE EXPERIENCE

"I liked how we all come together to write out the ideas"

"I learned the process of organizing an event (Bingo). Building cap and projected attendance. Interesting. Looking forward to see how it turns out"

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #77

AUTHOR ROTEM KEYNAN

DATE October 10, 2024

THE REASON WHY

Preparation of Awareness week about HIV/STBBI, going through our plan for the Bingo activity

HOW WE DID IT

Understood and outlined what is left to be planned and what we already have ready to go to create action plans for upcoming meetings to ensure we are prepared

WHAT WE LEARNED

Learned that it takes a lot to plan an event and that team work is necessary

THE TEAM

NADIA, HEATHER, REBECCA, MARJ, FREDA, SUSIE, ROB, KYDA, NIKKI, JOEL, CAMILO, MARIA, ZIPPORAH, ATEFEH.

THE EXPERIENCE

“I liked that we brainstormed ideas”

“I liked the flow and the discussion”

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #73

AUTHOR ROTEM KEYNAN

DATE September 26, 2024

THE REASON WHY

begin our outreach planning, early stages of discussing potential routes and discussing items to include in our donation request emails

HOW WE DID IT

Group discussion and going through existing lists to modify

WHAT WE LEARNED

Learned that outreach activities are good to take place on Friday's as other organizations do not serve lunch on Friday's

THE TEAM

Rebecca, Marj, Freda, Susie, Rob, Kyda, Nikki, Joel, Angela, Camilo, Maria, Zipporah, Atefeh.

THE EXPERIENCE

"I liked the use of the whiteboard for organizing topics to review for the length of the meeting"

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #72

AUTHOR Cheryl Sobie

DATE September 12, 2024

THE REASON WHY

- We wanted to discuss the schedule and plan upcoming events
- We wanted to learn about participants recruitment

HOW WE DID IT

- We did a meditation exercise to open the meeting
- We discussed future events
- Cheryl led the team with a presentation and discussion about participant recruitment

WHAT WE LEARNED

- We learned about how recruitment works and some things that we need to consider for our upcoming project
- We learned that there are some considerations to think about when designing a recruitment strategy and materials to make sure that it is inclusive and accessible for all people

THE TEAM

Nikki, Joel, Clara, Kyda, Rob, Marj, Freda, Atefeh, Nadia (online), Angela, Maria, Camilo, Cheryl, Vanessa

THE EXPERIENCE

I learned details about what is/should be included (for recruitment)

I liked the discussion about outreach and World AIDS Day event

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #71

AUTHOR Cheryl Sobie

DATE August 29, 2024

THE REASON WHY

- We wanted to reflect and evaluate the recent outreach event
- We wanted to create art for the overdose awareness day

HOW WE DID IT

- We discussed the recent outreach event and suggested ways to change and improve for next time

WHAT WE LEARNED

- We learned that there are ways to improve on our outreach planning and experience for next time
- We learned that we need to maintain an outreach inventory, different items are needed for different seasons and plan outreach 1-2 months in advance to ensure we collect enough donations

THE TEAM

Dr. Zulma Rueda, Dr. Mariana Herrera, Rebecca, Marj, Freda, Clara, Rob, Kyda, Nikki, Joel, Camilo, Maria, Zipporah, Atefeh

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #70

AUTHOR Cheryl Sobie

DATE August 15, 2024

THE REASON WHY

- We wanted to continue our learning about activism and advocacy in a skill sharing workshop

HOW WE DID IT

- Cheryl continued the presentation and led the workshop on activism and advocacy
- We discussed intersectionality and systems of oppression

WHAT WE LEARNED

- We learned the difference between activism and advocacy and different ways to do activism and advocacy
- We learned about systems of oppression and how all forms of oppression are connected
- We learned about what our rights and freedoms are and what we need to consider when taking part in activism

THE TEAM

Nikki, Joel, Clara, Kyda, Rob, Marj, Freda, Cheryl, Atefeh, Nadia (online), Zulma, Katharina, Mariana, Maria, Camilo, Maya

THE EXPERIENCE

The Audre Lorde speech was powerful and invigorating

I liked the learning around advocacy- the different motivations, perspectives, techniques, etc.

I learned that I am already an effective advocate, gonna be an even better activist

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #69

AUTHOR Cheryl Sobie

DATE August 1, 2024

THE REASON WHY

- We wanted to learn about activism and advocacy in a skill sharing workshop

HOW WE DID IT

- Cheryl led a workshop about activism and advocacy
- We started by talking about what is activism and learning about examples from history

WHAT WE LEARNED

- We learned that there are many different types of activism
- We learned about different bills and by-laws that can affect our activism
- We learned that there have been many HIV/AIDS activists that have been using different tactics for decades to fight for people living with HIV and their rights

THE TEAM

Rebecca, Nikki, Joel, Clara, Freda, Cheryl, Atefeh

THE EXPERIENCE

I liked the range of toady's discussion

I liked the video on different kinds of activism

I learned there are so many different types of activism. We need supports so we don't get overwhelmed

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #68

AUTHOR Cheryl Sobie

DATE July 18, 2024

THE REASON WHY

- We wanted to plan some upcoming events
- We wanted to have a discussion about activism and advocacy
- We discussed and did some planning for upcoming events
- We did a mindfulness gratitude exercise
- We discussed activism and advocacy

WHAT WE LEARNED

- We learned about the difference between activism and advocacy
- We appreciated the opportunity to take time to participate in a mindfulness exercise
- We learned about the Overdose Awareness Day

THE TEAM

Rebecca, Rob Nikki, Joel, Marj, Nadia, Cheryl

THE EXPERIENCE

I enjoyed our talk about planning for outreach and events for World Aids Day

Nice gratitude exercise

Keep the food and snacks coming, love that we have these!

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #67

AUTHOR Cheryl Sobie

DATE July 4, 2024

THE REASON WHY

- We wanted to review two papers and provide feedback
- We wanted to have a celebration on Enrique's last day

HOW WE DID IT

- We reviewed two papers led by Enrique on harm reduction and knowledge translation
- We had a picnic lunch and celebration for Enrique

WHAT WE LEARNED

- We will all miss Enrique very much and we appreciate everything he did for our team.
- We shared reflections about how much Enrique meant to each of us, his kindness, listening skills, patience, sense of humour, and his willingness to help anyone
- We got a chance to give feedback on the papers

THE TEAM

Rebecca, Enrique, Nikki, Joel, Clara, Susie, Marj, Cheryl, Robert

THE EXPERIENCE

We will miss you Enrique, thank you for everything and good luck to you in your new adventures!

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #66

AUTHOR Cheryl Sobie

DATE June 20, 2024

THE REASON WHY

- We wanted to continue and finish the skill sharing workshop from last session on research and references

HOW WE DID IT

- Enrique led a skill sharing workshop in the computer lab
- We focused on citations and references and how to narrow down a large information search.

WHAT WE LEARNED

- We learned more about citations and how to construct a reference
- We learned that advanced searching your desired topic can help you refine your question/study
- We learned about how to refine our search to find the data we need

THE TEAM

Rebecca, Enrique , Freda, Nikki, Joel, Clara, Susie, Marj

THE EXPERIENCE

We all took our time and I think it was understood more because we were working at our own pace

One thing I loved was having more time to read more. I went down a rabbit hole and experienced a broader scope of available information. Will absolutely be visiting these sites for community advocacy and pursuing needed programming.

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #65

AUTHOR Cheryl Sobie

DATE June 13, 2024

THE REASON WHY

- We wanted to participate in a skill sharing workshop on how to use libraries and different search platforms to do research

HOW WE DID IT

- Cheryl shared a presentation with the team in the computer lab on research skills and everyone followed along on the computers and did the practice exercises

WHAT WE LEARNED

- We brainstormed topics and learned how to define a research question. Each person came up with a research topic to use for practice research exercises
- We learned how to search on different databases such as the University of Manitoba, Google Scholar, Winnipeg Public Library and UM archives,

THE TEAM

Rebecca, Cheryl, Freda, Rob, Nikki, Joel, Clara, Susie

THE EXPERIENCE

What I learned today is how to research in the library and it was very soothing because I love looking for information

Great search resources, found some interesting reads.

Research is fun!

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #64

AUTHOR Cheryl Sobie

DATE May 30, 2024

THE REASON WHY

- We wanted to participate in a workshop and learn about suicide and how to support people who are experiencing suicidal thoughts and feelings

HOW WE DID IT

- Erin from Klinik Community Health Centre came and delivered a Suicide Awareness and Assessment Workshop for our peer team and lab team

WHAT WE LEARNED

- We learned how to recognize suicide in our conversations with other people, what strategies to employ when someone is thinking about suicide and how to take care of our own well-being
- Everyone received the slides, and two extra resources to take home and review the workshop

THE TEAM

Enrique, Rebecca, Cheryl, Marj, Freda, Heather, Kyda, Nikki, Joel, Clara, Susie

THE EXPERIENCE

I learned that most of suicide prevention involves treating people as you would a good friend

I liked the participatory approach to the training

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #63

AUTHOR Cheryl Sobie

DATE May 16, 2024

THE REASON WHY

- We wanted to reflect on the recent outreach event
- We wanted to review the current safety plan and suggest changes to adapt it for the new project

HOW WE DID IT

- We discussed the recent outreach event and made plans for the next one
- Enrique led the group in a mindfulness exercise
- We reviewed the safety plan and suggested updates

WHAT WE LEARNED

- We learned that it's important to take time for ourselves and that we enjoy the mindfulness exercises
- We learned how important it is to think out a complete plan when doing presentations or research

THE TEAM

Enrique, Rebecca, Cheryl, Marj, Freda, Heather, Nadia, Rob, Kyda, Nikki, Joel

THE EXPERIENCE

I liked that we had to go over the safety plan and will go out for a tour to Siloam

I liked the mindfulness activity. They are nice when art is involved

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #62

AUTHOR Cheryl Sobie

DATE May 2, 2024

THE REASON WHY

- We wanted to pass out harm reduction supplies to community members and clean up litter in the neighbourhood around the university

HOW WE DID IT

- As a team we carried out a harm Reduction Outreach and Litter pick up event in the community around the university and nearby parks

WHAT WE LEARNED

- We learned that even if the weather was bad we can still reach people and help out our community
- We learned the importance of clear communication and working together
- We were glad we could pick up so much litter in playgrounds and give harm reduction supplies to community members

THE TEAM

Enrique, Rebecca, Cheryl, Marj, Freda, Heather, Nadia, Clara, Rob

THE EXPERIENCE



MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #61

AUTHOR Cheryl Sobie

DATE April 18, 2024

THE REASON WHY

- We wanted to participate in a workshop and learn about crisis counselling skills to help us in our work

HOW WE DID IT

- Erin from Klinik Community Health Centre delivered a workshop to our peer team and lab team about crisis counselling skills

WHAT WE LEARNED

- We learned how to support people in crisis and how to develop our communication skills
- We had the opportunity to discuss our experience and to ask questions
- We learned that counselling is a complex skill that takes time to develop

THE TEAM

Enrique, Rebecca, Cheryl, Marj, Freda, Kyda, Heather, Joel, Nikki, Nadia, Clara, Rob

THE EXPERIENCE



I learned lots today, now I need to go home and process it all

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #60

AUTHOR Cheryl Sobie

DATE April 4, 2024

THE REASON WHY

- We wanted to discuss project updates
- We wanted to plan the harm reduction outreach/litter pick up event and create art
- We wanted to reflect on past outreach

HOW WE DID IT

- Dr. Rueda came to discuss project updates
- We planned the outreach and litter pick up
- We continued doing art for the outreach event

WHAT WE LEARNED

- We learned that expressing gratitude for people in our lives is important
- We learned that we have more funding to keep doing this work
- We wrote out reflections about our last outreach event and realized we have learned a lot from these experiences

THE TEAM

Enrique, Rebecca, Cheryl, Marj, Freda, Kyda, Heather, Joel, Nikki, Nadia, Clara, Rob, Susie, Dr. Rueda

THE EXPERIENCE

The reflection was very good because it's just thinking on the work we do is awesome

I liked the ice breaker (gratitude letter,. doing arts 'n crafts and sending messages in the cards

I learned that I need to show appreciation verbally to the ones who are helping me on my journey. Thank you!

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #59

AUTHOR Cheryl Sobie

DATE March 28, 2024

THE REASON WHY

- We wanted to write a letter template to request presentation
- We wanted to prepare packages and positive messages to give out at presentations

HOW WE DID IT

- We wrote a letter template to send to organizations to request a presentation
- We did an art activity to prepare kind messages and put together information packages

WHAT WE LEARNED

- Writing a letter template helps build writing skills and editing together is helpful to learn from our mistakes
- Doing mindfulness exercises are a nice way to start a meeting
- We created harm reduction packages either to deliver ourselves or to give to other organizations to deliver

THE TEAM

Enrique, Rebecca, Cheryl, Marj, Freda, Kyda, Heather, Joel, Nikki

THE EXPERIENCE

I really liked the mindfulness activity.

I learned different perspectives on our presentation pitch from our team members

I came here with a lot of energy and very grateful.

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #58

AUTHOR Cheryl Sobie

DATE March 14, 2024

THE REASON WHY

- We wanted to practice the entire presentation in groups
- We reviewed the upcoming training dates

HOW WE DID IT

- Everyone practiced the entire presentation and prepared their own notes
- In groups each person delivered the entire presentation

WHAT WE LEARNED

- Each time we practice the presentation we learn something new
- Understanding the content of every slide in the presentation helps us feel more confident

THE TEAM

Enrique, Rebecca, Robert, Cheryl, Marj, Susie, Freda, Kyda, Nikki

THE EXPERIENCE

One thing I like practicing what we need to read out in a timely manner

I liked what we got for food and had good laughs

I learned I need to reach out more. I have great ideas, I need to be more confident in myself

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #57

AUTHOR Cheryl Sobie

DATE February 29, 2024

THE REASON WHY

- We wanted to take one more session to practice the presentation
- We wanted to plan the upcoming trainings

HOW WE DID IT

- Each person presented 3 - 5 slides that they had prepared for at the last session
- We listened and gave positive feedback

WHAT WE LEARNED

- We learned how to deliver a presentation and feel confident
- We learned that part of doing research is translating and sharing our knowledge with the community
- We learned to listen to each other and support each other doing presentations

THE TEAM

Enrique, Joel (online), Heather, Rebecca, Clara, Robert, Cheryl, Marj, Susie, Freda (online), Kyda (online), Nikki

THE EXPERIENCE

I liked the practice of our presentation

I learned how to do presentation

I learned of others experiences

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #56

AUTHOR Cheryl Sobie

DATE February 1, 2024

THE REASON WHY

- We wanted to continue practicing the presentation
- We wanted to review KAP project documents
- We wanted to discuss team training needs

HOW WE DID IT

- Each person prepared 3 - 5 slides to present at the next meeting
- We reviewed one of the KAP project consent form and suggested changes

WHAT WE LEARNED

- We learned how to prepare a script for a presentation
- We learned about the new project while reviewing the consent form
- The group discussed what types of trainings they would like for the new project to feel comfortable

THE TEAM

Enrique, Joel (online), Nikki (online), Rebecca, Clara, Robert, Cheryl, Marj, Susie, Freda, Kyda

THE EXPERIENCE

I liked going over the consent form making it more understandable for ones who need help

I like the feeling of togetherness

I learned there are 14 different STBBIs and 2 new microorganisms

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #55

AUTHOR Cheryl Sobie

DATE January 25, 2024

THE REASON WHY

- We wanted to debrief about the outreach activity from yesterday
- We wanted to review the presentation script and practice

HOW WE DID IT

- We discussed the outreach event and housekeeping items for the new year
- Each person reviewed the presentation script and then practiced a few slides in front of the group

WHAT WE LEARNED

- We can listen and learn from each other while we practiced the presentation
- We learn and get better at public speaking the more we practice
- We learn every time we do outreach and are excited for the next one

THE TEAM

Enrique, Joel (online), Nikki (online), Rebecca, Clara, Robert, Cheryl, Marj, Susie, Nadia, Freda

THE EXPERIENCE

I liked liked working together on the presentation

I like how we gathered ideas and communicated together

I liked the practice Role play

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #54

AUTHOR Cheryl Sobie

DATE January 11, 2024

THE REASON WHY

- We wanted to discuss the upcoming outreach event
- We wanted to review the KT presentation and write a script

HOW WE DID IT

- We wanted to check in after the holidays and plan the outreach event
- We wanted to work on and finalize the KT presentation script

WHAT WE LEARNED

- We can adapt and meet online if needed due to extreme weather
- We planned the details for the upcoming outreach event
- Together we reviewed the presentation slide by slide and discussed the content for each slide to put into the script

THE TEAM

Enrique, Joel, Nikki, Rebecca, Clara, Robert, Cheryl, Marj, Kyda, Susie