



MEMORABLE EXPERIENCES

2023

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting # 53

AUTHOR Cheryl Sobie

DATE December 14, 2023

THE REASON WHY

- We wanted to continue working on the knowledge translation presentation
- We wanted to have a holiday celebration

HOW WE DID IT

- Enrique gave an overview of the presentation so far and everyone gave feedback
- We had a holiday celebration and ate treats and played bingo

WHAT WE LEARNED

- We started with a quick reflection around the room and everyone got to share one thing they enjoyed working together this past year.
- We learned about the progress of our presentation and got to share further feedback

THE TEAM

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

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #52

AUTHOR Cheryl Sobie

DATE December 7, 2023

THE REASON WHY

- We wanted to continue working on the presentation we started for knowledge translation

HOW WE DID IT

- Enrique gave an overview of the KT presentation of what we have so far.
- We worked in groups on the individual sections of the presentation

WHAT WE LEARNED

- We learned more about working in groups to prepare the presentation and how to engage with each other
- We learned how to do different things on the computer to find information for our section of the presentation

THE TEAM

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

THE EXPERIENCE

I liked that we all grouped our minds together

I like working on the computer & creativity from presentation. Love it, love it so amazing

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #51

AUTHOR Cheryl Sobie

DATE November 30, 2023

THE REASON WHY

- We wanted to be more present in the moment and reflect on World Aids Day
- We wanted to review the revised the draft of the paper

HOW WE DID IT

- Enrique led the group in a mindfulness exercise
- We reflected on World AIDS day and watched some videos about HIV activists

WHAT WE LEARNED

- We learned from each other and shared stories about personal experiences and reflections about World AIDS Day
- We reviewed the revised version of Enrique's paper and everyone got to share their thoughts and take the paper home for more review

THE TEAM

Enrique, Joel, Nikki, Nadia, Rebecca, Clara, Robert, Freda, Cheryl, Susie, Heather

THE EXPERIENCE

Today felt really good! From the mindfulness exercise to the personal stories to being able to take reading material home to continue.

I like to be able to say these are my friends

I liked the level of intimacy the group achieved today

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #50

AUTHOR Cheryl Sobie

DATE November 23, 2023

THE REASON WHY

- We wanted to brainstorm the content and message of our knowledge translation presentation

HOW WE DID IT

- Cheryl led a discussion about the goal of the presentation
- We brainstormed ideas and components of the presentation

WHAT WE LEARNED

- We brainstormed as a group the three components of the presentation: Audience, Message, Content
- We worked in three groups to focus on the specific sections of the presentation (Background, Results, Conclusion/call to action)

THE TEAM

Enrique, Joel, Marj, Nikki, Nadia, Rebecca, Clara, Robert, Freda, Cheryl, Susie, Heather

THE EXPERIENCE

I liked brainstorming with my group

I learned more about the increasing depth of our collective knowledge

I loved how much we got done today

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #49

AUTHOR Cheryl Sobie

DATE November 9, 2023

THE REASON WHY

- We wanted to review the results of group 1 findings with the team
- We wanted to discuss upcoming outreach event

HOW WE DID IT

- Enrique gave an overview of the quantitative and qualitative results with everyone.
- People asked questions, shared experiences, and proposed new ideas for future projects.

WHAT WE LEARNED

- We discussed some things about health information, co-morbidities. Joel and Freda brought up good points about COVID and co-morbidities, and other infections such as TB
- We decided to prioritize knowledge translation strategies for the next meeting and complete some tasks related to it.

THE TEAM

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

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #48

AUTHOR Cheryl Sobie

DATE November 2, 2023

THE REASON WHY

- We wanted to receive a training on nasal naloxone
- We wanted to review a new interview guide for the project

HOW WE DID IT

- Red Cross came to our meeting and delivered a naloxone training for the peer team and lab team for one hour

WHAT WE LEARNED

- Red Cross team members went over the symptoms of opioid poisoning and described the effects of opioids on people's brain
- They showed what to do if someone is experiencing an opioid poisoning and how to use nasal naloxone spray
- Naloxone is safe for everyone. The worst thing to do in a crisis is nothing

THE TEAM

Enrique, Joel, Marj, Nikki, Nadia, Mariana H, Heather, Rebecca, Clara, Robert, Freda, Angela, Dr. Rueda, Dr. Keynan, Ryan H, Erwin T, Ashley H

THE EXPERIENCE

I liked the diverse people who attended, it felt really super awesome to see a lot of different cultures of people

I liked that we all come to the training even office staff

I love our team. So happy to see everyone.

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #47

AUTHOR Cheryl Sobie

DATE October 19, 2023

THE REASON WHY

- We wanted to review the meeting schedule and discuss the upcoming outreach event
- We wanted to review the recruitment materials

HOW WE DID IT

- We reviewed the recruitment materials and discussed changes of recruitment materials and wording to meet the needs of the next project

WHAT WE LEARNED

- We will move the outreach to November to allow for more time to collect donations
- Heather shared she will host weekly drop in sessions in the computer lab
- We discussed what changes are needed for the recruitment materials

THE TEAM

Enrique, Joel, Marj, Nikki, Cheryl, Nadia, Mariana H, Susie, Heather, Rebecca

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #46

AUTHOR Cheryl Sobie

DATE October 5, 2023

THE REASON WHY

- We wanted to learn about the upcoming project and plan for the upcoming fall outreach events

HOW WE DID IT

- Dr. Rueda shared a short presentation with the team about some funding updates and some information about the next project

WHAT WE LEARNED

- We planned an outreach session for October and how to ask for donations
- We learned that our team is bigger than we physically see
- We learned that we have more funding

THE TEAM

- Enrique, Joel, Marj, Nikki, Robert, Cheryl, Nadia, Freda, Mariana H, Angela, Zulma, Adi & Rotem

THE EXPERIENCE

I liked the great news of being funded for two years again

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

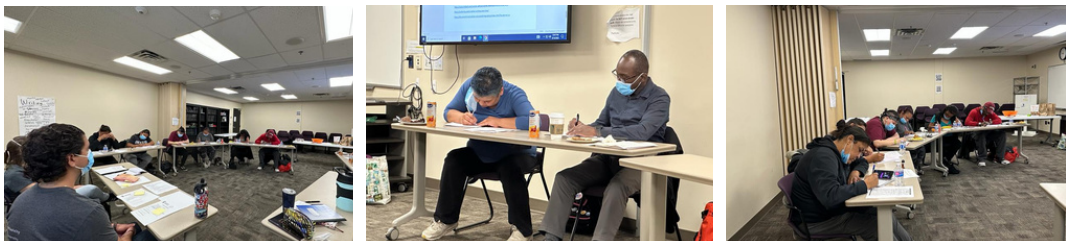
WHAT WE LEARNED

- 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.

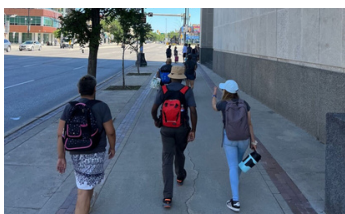
WHAT WE LEARNED

- 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

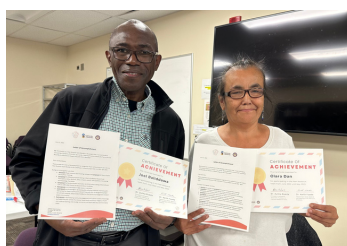
- We learned how to adjust they way we ask questions in research surveys and how to better adapt them for the participants
- We reflected on all the hard work we did in the last year and recognized we have accomplished a lot working together

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

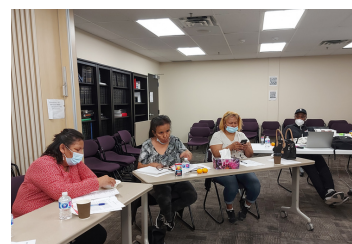
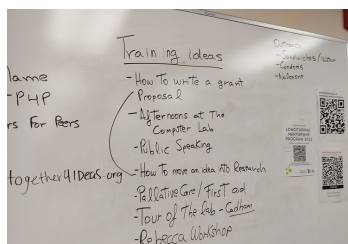
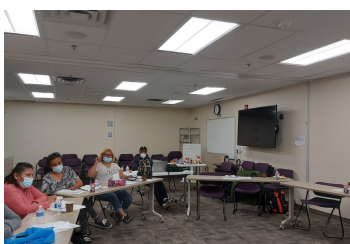
- We learned that there are a lot of ideas we have for future trainings, activities and workshops
- We learned about one of the surveys that will be used in the new project and had a chance to review it

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

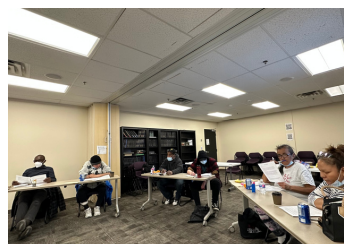
- We provided valuable feedback for PRT Terms of Reference and the paper.

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

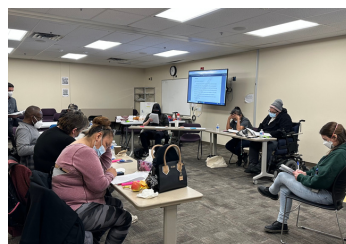
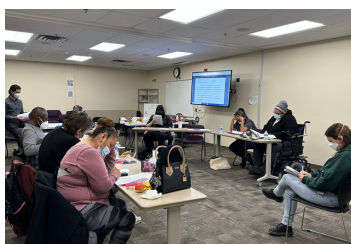
- We provided valuable feedback for the community engagement paper and we are excited to be part of this process. Working together has shown great results.

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

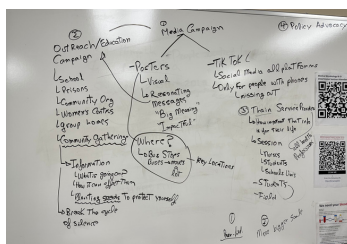
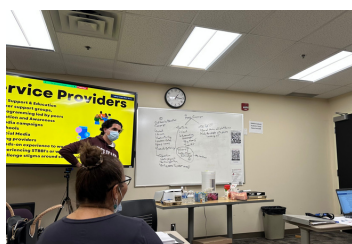
- Knowledge transfer strategies and their importance for research dissemination

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

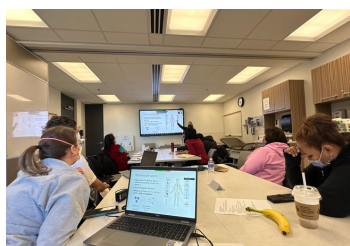
- We learned about the concepts explained by Dr. Card and also discussed questions and concerns related to samples and data collection methods for the new project

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

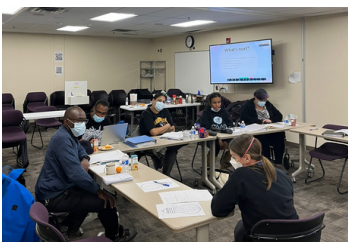
- We learned how to organize our ideas, create outlines and the steps to create a presentation to share our ideas
- We learned about Canva and how to access it

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

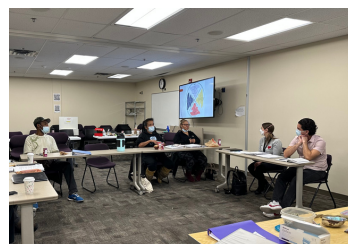
- What the four directions and Medicine Wheel mean and that Medicine bags can help to protect us from anything
- MB Champions wants to empower community leaders

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

