



MEMORABLE EXPERIENCES

THIS JOURNAL CONTAINS SOME MEMORABLE
EXPERIENCES FROM THE MEETINGS WITH PEERS
FOR THE RESEARCH PROJECT IN 2022-2025

MEMORABLE EXPERIENCES

ACTIVITY

Peer Research Team Meeting #88

AUTHOR

CAMILA ODA

DATE

June 26, 2025

THE REASON WHY

**HAVE
FUN!**

HOW WE DID IT

We had a picnic outside, had some snacks and coffee, painted some bird houses, and had delicious pizza

WHAT WE LEARNED

We had fun!

THE TEAM

Heather, Freda, Lisa, Nikki, Joel, Robert, Kyda, Zipporah, Angela, Camilo, Mariana, Maria, Maya, and Camila

THE EXPERIENCE



MEMORABLE EXPERIENCES

ACTIVITY

Peer Research Team Meeting #86

AUTHOR

CAMILA ODA

DATE

May 29, 2025

THE REASON WHY

Learn tips for writing a CV for CIHR grant application as a Collaborator or Knowledge User. Update bios and pictures for website.

HOW WE DID IT

Camila delivered a presentation on CIHR CV writing, with guidelines and examples. Then, we worked on developing our CVs. We wrote new bios and took new photos.

WHAT WE LEARNED

We learned how to write a strong CV for CIHR grant applications, and how our lived experiences can contribute to the grant project.

THE TEAM

Freda, Lisa, Nikki, Rebecca, Joel, Marj, Itay, Camila, Heather, Kyda, Camilo,

THE EXPERIENCE

“I liked learning how to tell my story with the funding application”

“I’m learning more writing skills”

MEMORABLE EXPERIENCES

ACTIVITY

Peer Research Team Meeting #85

AUTHOR ROTEM KEYNAN

DATE May 15, 2025

THE REASON WHY

learn about CIHR and the grant, create CIHR pin and work on grant application as Collaborator or Knowledge user

HOW WE DID IT

Vanessa presented on CIHR and held a Q+A and then everyone worked to create a CIHR pin and begin their individual application

WHAT WE LEARNED

we learnt about the CIHR grant and the opportunity to be engaged in the grant project and strengthen our experience

THE TEAM

Freda, Lisa, Nikki, Rebecca, Melissa, Bianca, Joel, Marj, Vanessa, Itay, Camila, Rotem, Heather, Kyda, Nadia, Robert

THE EXPERIENCE

“I learnt how to create a CIHR pin and use my personal experiences to write a CV for the application”

“I liked learning about the grant and ways to get involved”

MEMORABLE EXPERIENCES

ACTIVITY

Peer Research Team Meeting #84

AUTHOR ROTEM KEYNAN

DATE April 17, 2025

THE REASON WHY

discuss our outreach and provide feedback on what we liked and ideas for upcoming outreach activities

HOW WE DID IT

open discussion, taking turns and listening to different perspectives

WHAT WE LEARNED

as a group activity in the meeting we all learned to play sudoku which was a great team building exercise and taught problem solving

THE TEAM

Marj, Freda, Rebecca, Robert, Nikki, Nadia, Kyda, Lisa, Jacqueline, Melissa, Susie, Heather, Maria, Rotem

THE EXPERIENCE

"I liked learning about a new game and the group working together"

"I liked the discussion about outreach and what we did well and how we can continue to do good work"

MEMORABLE EXPERIENCES

ACTIVITY

Peer Research Team Meeting #83

AUTHOR ROTEM KEYNAN

DATE March 20, 2025

THE REASON WHY

Outreach
Activity

HOW WE DID IT

Followed the route we created as a team and worked together to deliver food, harm reduction supplies, clothing and hygiene kits

WHAT WE LEARNED

That we are a strong team and the work we do is important and makes a real impact

THE TEAM

Lisa, Jacqueline, Clara, Marj, Joel, Freda, Kyda, Nikki, Zulma, Rotem, Maria, Angela, Zipporah, Heather

THE EXPERIENCE

“Being someone who was previously in similar shoes, I am so happy to be able to give back and support. I love these outreaches so much and already am looking forward to our next one.”



MEMORABLE EXPERIENCES

ACTIVITY

Peer Research Team Meeting #82

AUTHOR ROTEM KEYNAN

DATE March 20, 2025

THE REASON WHY

Plan our route and go over last minute important details for our outreach activity

HOW WE DID IT

collaborated on the route we want to take by looking at the map and trying to select a path that will support groups of people in need

WHAT WE LEARNED

the thought process of what goes in to determining a suitable route for outreach activities

THE TEAM

Lisa, Jacqueline, Clara, Marj, Joel, Freda, Kyda, Nikki, Zulma, Rotem, Maria, Angela, Zipporah, Heather

THE EXPERIENCE

DID YOU KNOW? we start many of our meetings with icebreakers - today our icebreaker was "If you could have any superpower, what would it be and why?"

some of the answers included:
teleportation, knowledge, healing,
understanding every language, time
travel

MEMORABLE EXPERIENCES

ACTIVITY

Peer Research Team Meeting #81

AUTHOR ROTEM KEYNAN

DATE March 6, 2025

THE REASON WHY

Go over donation letter to send out for upcoming outreach event and begin discussion of research project and surveys

HOW WE DID IT

Reviewed letter and survey together and discussed what needs to be revised

WHAT WE LEARNED

the scope of resources we have available is vast for harm reduction

THE TEAM

Marj, Jacqueline, Lisa, Rebecca, Melissa, Joel, Will, Maria, Camila, Dr. Rueda, Heather, Zipporah, Nadia, Maya, Rotem, Kyda, Freda, Nikki, Robert

THE EXPERIENCE

“I like the pace of the meeting because it gives me space to brainstorm”

“I like using our voices and contributing to conversation”

MEMORABLE EXPERIENCES

ACTIVITY

Manitoba PEER-LOVE: HIV, Infections & Drug Use Working Group!

AUTHOR ROTEM KEYNAN

DATE February 11, 2025

THE REASON WHY

Establish the Manitoba PEER-LOVE Working Group

HOW WE DID IT

Brainstormed and listed top priorities, listened to one another in a safe space, learned from lived experiences of others and defined how we want to work

WHAT WE LEARNED

the challenges and experiences of participants barriers to HIV care in Manitoba and great ideas to work together

THE TEAM

Manitoba Harm Reduction Network,
AllTogether4IDEAS, Gilead

THE EXPERIENCE



"I liked meeting new people"



"I liked hearing everyone's insights and informative ideas"

MEMORABLE EXPERIENCES

ACTIVITY Peer Research Team Meeting #80

AUTHOR ROTEM KEYNAN

DATE February 6, 2025

THE REASON WHY

First meeting back since the break! To discuss some housekeeping items and go over terms of reference

HOW WE DID IT

went through page by page and provided feedback and input when and where necessary in a collaborative way

WHAT WE LEARNED

Why it is important to review our terms of reference annually

THE TEAM

Robert, Rebecca, Marj, Clara, Kyda, Joel, Freda, Nikki, Rotem, Zipporah, Mariana, Heather, Dr. Zulma Rueda

THE EXPERIENCE

"I loved being back and seeing my friends"

"I wish we had more time, I love these meetings"

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

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

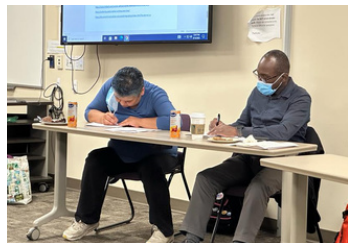
WHAT WE LEARNED

- 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.

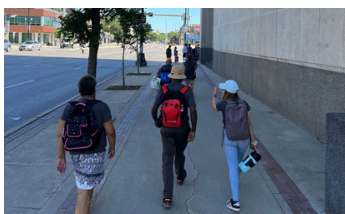
WHAT WE LEARNED

- 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

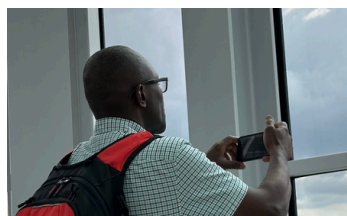
WHAT WE LEARNED

- 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

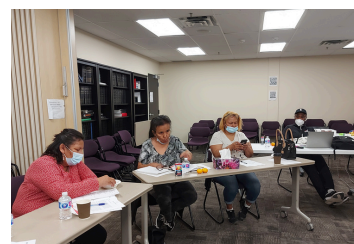
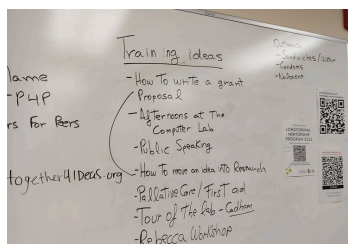
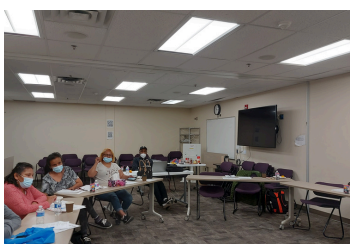
- Rebecca, Robert, Joel, Clara, Nikki, Freda, Nadia, Enrique, Cheryl



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

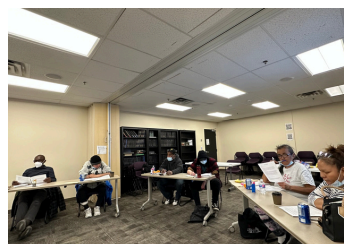
- We provided valuable feedback for PRT Terms of Reference and the paper.

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

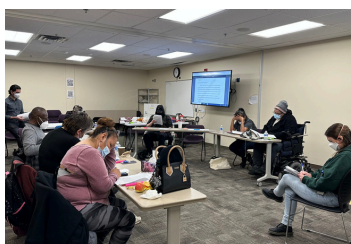
- We provided valuable feedback for the community engagement paper and we are excited to be part of this process. Working together has shown great results.

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

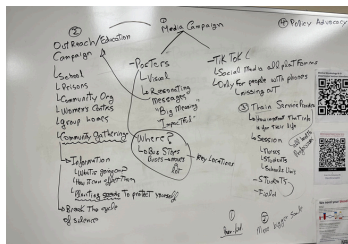
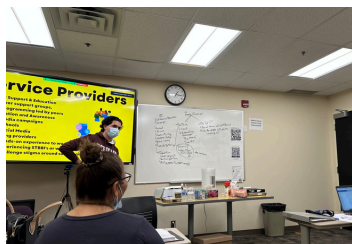
- Robert, Rebecca, Joel, Cheryl, Enrique, Mariana, Nikki, Ann



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

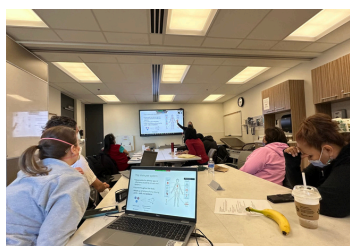
- We learned about the concepts explained by Dr. Card and also discussed questions and concerns related to samples and data collection methods for the new project

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

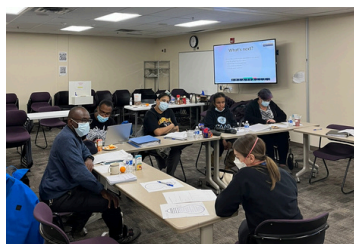
- We learned how to organize our ideas, create outlines and the steps to create a presentation to share our ideas
- We learned about Canva and how to access it

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

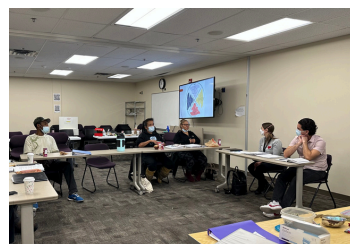
- Enrique, Robert, Mariana, Heather, Rebecca, Joel, Ann, Cheryl, Clara



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

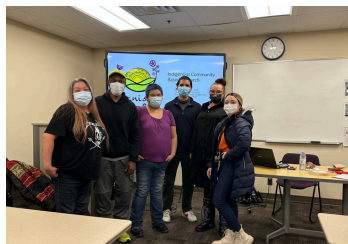
- Marj, Enrique, Robert, Mariana, Heather, Melissa



I learned how to approach community based research



THE EXPERIENCE



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

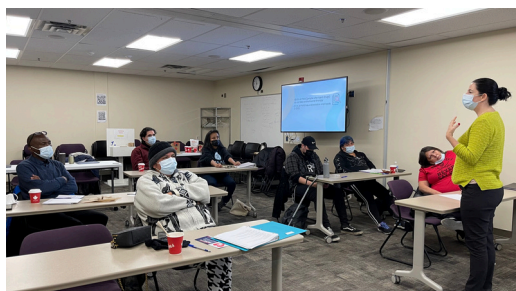
- Lisa, Joel, Marj, Mariana, Enrique, Nikki, Zulma, Clara, Ann



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

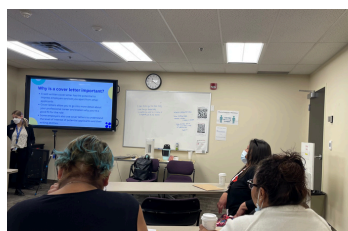
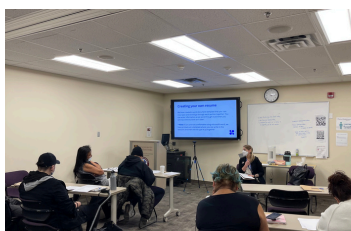
We learned how concerning the HIV situation is in Manitoba and we want to create strategies together to help resolve it.

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

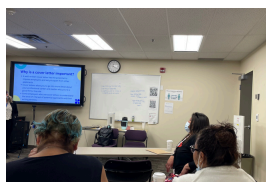
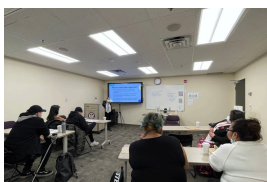
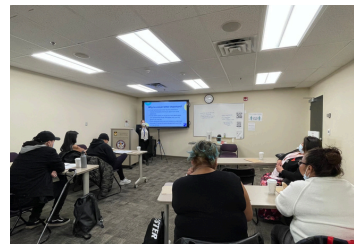
THE TEAM

- 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



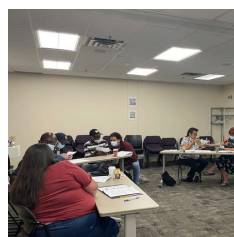
Be prepared as much as you can in an interview



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



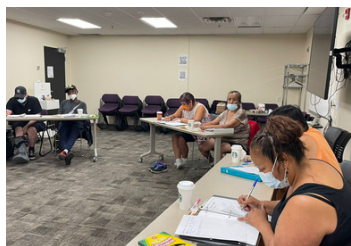
Thought provoking future opportunities



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



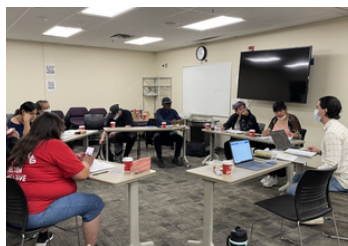
I enjoy the group discussion and teamwork



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. 

