

### Newly diagnosed with HIV?

Testing positive is not:

- The end of the world
- The end of your relationships
- The end of you

Testing positive is:

- A raw deal you'll probably feel strongly about, even if at first you're numb
- A challenge to you and the people in your life
- An opportunity to grow

### You have a future.

You may not believe it right now, but HIV is not a death sentence. There have been significant advances in the care and treatment of HIV. People with HIV now live long, productive lives. In fact, doctors speculate that many people with HIV might live out their natural lifespan.

Excerpt taken from materials available at the Canadian AIDS Treatment Information Exchange.  
catie.ca

Ask us about:

Managing your health: a guide for people living with HIV.

### What is peer support?

Peer Support provides you the opportunity to speak with a person living with HIV/AIDS (PHA) and who has "been there".

Our PHA Peer Advocate is available to speak with you, and can provide you the opportunity to speak with one of our HIV+ peer volunteers.

Connecting with people who have HIV can help you better understand what living with HIV may mean for you.

### Regional HIV/AIDS Connection (RHAC)

We are here to answer any questions you may have, or just to listen.

We can support you through your journey.

All of the many programs and services we offer are **free and confidential**.

Our services include, but are not limited to: transportation, counselling, peer support, financial assistance, referrals to other services, and help understanding and navigating the services.

**We're here to help.**

**Give us a call.**

**1-866-920-1601**

**[hivaidsconnection.ca](http://hivaidsconnection.ca)**

### Online HIV/AIDS Resources

Canadian AIDS Treatment Information Exchange  
catie.ca

Canadian AIDS Society  
cdnaids.ca

HIV/AIDS Legal Clinic of Ontario  
halco.org  
1-888-705-8889

Ontario AIDS Hotline  
1-800-668-2437

thebody.com

avert.org

### Regional HIV/AIDS Resources

Infectious Diseases Care Program  
St. Joseph's Health Care, London  
519-646-6207  
sjhc.london.on.ca/corp/location/hiv/hiv.htm

John Gordon Home  
519-433-3951  
johngordonhome.ca

Options Anonymous HIV Testing Clinic  
519-673-4427  
lihc.on.ca/options\_clinic\_01

### AIDS Service Organizations

Regional HIV/AIDS Connection  
519-434-1601  
1-866-920-1601  
hivaidsconnection.ca

Huron County HIV/AIDS Network  
519-482-1141  
hchan.ca

Ontario Aboriginal HIV/AIDS Strategy  
1-800-743-8851  
oahas.org

MIDDLESEX OXFORD ELGIN  
PERTH HURON LAMBTON



Regional  
HIV/AIDS  
Connection

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**1-866-920-1601**

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