

The goals of the HIV Peer Navigation Program are to:

Provide you with immediate peer support if you are recently diagnosed with HIV; coming to terms with your HIV diagnosis; or re-engaging in care;

Increase your understanding of HIV so that you can make reasoned and informed decisions about your treatment and care;

Help you to navigate the sometimes complex environment of testing, treatments, doctors, pharmacies and other allied health services; and

Where necessary, provide intensive support to ensure you are connected to health, community, and peer support services.



Vancouver Island PWA Society
(VPWAS)

101-1139 Yates Street
Victoria, BC V8V3N2

250.382.7927
1.877.382.7927

www.vpwas.com
support@vpwas.org

PEER NAVIGATION & SUPPORT

Connect with someone living with HIV

PEER NAVIGATION

Connect with someone living with HIV

The HIV Peer Navigation Program at VPWAS supports people diagnosed with HIV to navigate the complex environment of HIV treatment & care.

Talking with someone who is living with HIV, like you, can help reduce stress and anxiety.

Peer Navigators can provide current HIV information, answer questions, and show how other people deal with HIV.

Learning how to live well with HIV does not have to be overwhelming, and no one has to do it alone.

Newly diagnosed, re-engaging in care or looking for support?

Get connected with someone who has been there.

CONNECT WITH A PEER NAVIGATOR

CALL 250.382.7927

TOLL FREE: 1.877.382.7927

SUPPORT@VPWAS.ORG

WWW.VPWAS.ORG

WHAT WE'LL TALK ABOUT TOGETHER

The HIV Peer Navigation program is based on providing both information and emotional support.

Our conversations are aimed at increasing your understanding of HIV and related issues.

Topics can include:

- HIV 101
- Working with your healthcare team
- HIV treatments – understanding TASP (Treatment-as-Prevention) and the importance of adherence and maintaining an undetectable viral load.
- Disclosure tips – how to tell those you care about that you have been diagnosed HIV positive; and some situations where the law requires you to disclose your HIV status.
- Social supports & maintaining resilience – understanding that you are not alone, your feelings are normal; you can build resilience and reach out for help.