

ARCH Educational Workshops

ARCH provides free educational workshops throughout Guelph, Wellington, Dufferin, Grey and Bruce Counties. These workshops are available to the general public, populations most affected by HIV, and service providers.

We are happy to accommodate specific requests for new topics with at least one month's notice.

Unless otherwise noted, these workshops are approximately 2 hours, but can be tailored to shorter or longer sessions.

Sexual Health

Let's talk about sex: This introductory workshop offers participants an opportunity to learn about sexual health and sexual pleasure. Using activities and discussion, the workshop considers the meaning of sexuality, sexual health and sexual rights. Workshop content includes an overview of anatomy, STI & HIV transmission, pregnancy and birth control, safer sex strategies and living with HIV/STIs. The content will be tailored based participants' knowledge and interest in each topic.

Women & HIV: Often we do not recognize women's* risk to HIV. However, HIV risk is linked to social determinants of health, such as domestic violence, sexual assault, poverty, gender identity, sexual orientation, housing instability, racism, colonization, discrimination and oppression. This workshop teaches HIV basics, as well as women's* HIV prevention needs. Learn strategies to integrate into your organization to create more responsive and supportive environments for women* at risk to HIV. This workshop can also be tailored to suit your individual agency's needs (e.g. Women & HIV: Domestic Violence & Sexual Assault).

HIV 101: This workshop offers an introduction to the biological and social aspects of HIV treatment, transmission, testing, and prevention. *Approximately 90 minutes.*

Hep C 101: This workshop offers an introduction to the biological and social aspects of Hep C treatment, transmission, testing, and prevention. *Approximately 60 minutes.*

HIV Testing & LGBTQ+ People: This workshop briefly highlights the connection between HIV and LGBTQ+ people, focusing on the social factors that impact the distribution of HIV in our communities. *Approximately 25 minutes. This workshop is often paired with Introduction to LGBTQ+ People or the HIV 101 Workshop.*

Anal Health & Anal Pleasure: In this workshop, participants will learn about anal anatomy and how this connects to the experience of sexual pleasure, develop an understanding of HIV and STI transmission possibilities during anal play, and ways to prepare for, and engage in, safer anal play.

Know your Sexual Rights: In this workshop, participants will learn about sexual rights and their connection to sexual health and sexual pleasure. Sexual rights include the right to access sexual and reproductive health care services, seek, receive and impart information about sexuality, make

decisions to be, or not to be, sexually active and to have, or not to have, children and when free from coercion and violence, express one's sexual identity, and the pursuit of a satisfying, safe and pleasurable sex life.

Talking about sex with clients, participants or patients: This workshop explores strategies service providers can use to engage in conversations about sexual health with people who access their programs. In addition, participants will be offered an overview of key sexual health concepts, and a number of resources and referrals they can use when speaking with clients, participants, or patients.

Breast Isn't Always Best: Pregnancy, Breastfeeding, & HIV: Providing safe and comfortable space for people who are breastfeeding is wonderful. However, our focus on "breast is best", can sometimes leave many people feeling alienated and stigmatized. In this workshop we will learn about HIV, pregnancy, and breastfeeding basics, as well as how you can create a safe and supportive atmosphere for people living with HIV who are pregnant, thinking about becoming pregnant, or have infant children. *One-on-one agency consultations are also available.*

Anti-oppressive practice approaches

Anti-oppressive practice emerged within social work practice as a framework to resist reproducing oppression and reduce social inequities. Since people living with, and at risk of HIV, experience many forms of marginalization, community-based responses to HIV in Canada often draw on anti-oppressive practice to support these groups. These workshops offer information for researchers, service providers, health care professionals and educators to increase awareness of ways to support people living with, and affected by HIV.

Introduction to LGBTQ+ People: This introductory workshop provides an overview of the concepts sexuality and gender and the ways we all experience these parts of our identities. The workshop also offers a breakdown of the ever-expanding LGBTQ+ acronym, focusing on proper terminology for use in policies, programs, and interpersonal relationships. The workshop also highlights the experiences of LGBTQ+ people in our communities using various forms of media. Participants are also given ample opportunity to ask questions and share their experiences.

Our Agenda Mental Health Workshop: Deepening our skill and understanding when working with Gay and Bisexual men in Ontario: This workshop is part of the provincial Our Agenda campaign to strengthen gay and bisexual men's health. The workshop aims to build capacity of mental health workers to respond to gay and bisexual men's needs. This workshop will increase awareness of the emotional and sexual issues relevant to gay and bisexual men. As well, it will provide you with some key skills and strategies for working with this population, discuss referrals and show you how to engage with the Our Agenda website. *Includes three parts, each between 45 and 90 minutes. An introduction to LGBTQ+ people workshop is recommended prior to the Our Agenda workshops.*

"Checking-In": Addressing Barriers to Women's* Health: Developed from ARCH's checklist on addressing barriers to accessing health services, this workshop will teach practical steps that

organizations can take to help ensure their environments are more inclusive, safe, trauma-informed, and responsive to the needs of women* at risk to HIV.

Working with LGBTQ+ People: This workshop includes a condensed version of the Introduction to LGBTQ+ People workshop and offers concrete strategies for service providers to consider when working with LGBTQ+ people. The workshop offers numerous examples as to how service providers can strengthen their current approaches to enhance programming for LGBTQ+ people.

Working with people living with HIV: In this workshop, participants will be provided with an overview of the HIV basics, focusing on dispelling myths about HIV, and several concrete strategies for service providers to consider when working with people living with HIV.

Identifying & Addressing HIV Stigma: Participants in this workshop will learn about the basics of HIV, consider the ways in which people living with, and at risk of, HIV experience stigma, and learn ways to respond to stigma they observe or encounter in their programs, workplaces, and communities.

Working with Sex Workers: How do we respond to the sexual health needs of female sex workers?: Many of us work with women* who participate or have participated in sex work, though many of us do not know it. Therefore, we may not be offering the right type of care and referrals. Based on the findings from ARCH's Sex Worker Needs Assessment and the learnings from the Knowledge Transfer Exchange, this webinar will help increase service providers knowledge to respond to the sexual health needs of their female* sex worker clients. *Available Winter 2014/15.*

Additional Workshops

“What I LOVE about being QUEER”: This workshop features a screening of the short film “What I LOVE about being QUEER” produced by Toronto-based artist Vivek Shraya, followed by an opportunity for discussion about the film, being queer, and finding and building welcoming communities.