

## WHAT TO DO WHEN YOU FIND A NEEDLE

**1**

### GET A STURDY CONTAINER

Something like a pop bottle or a milk jug, it needs to be made of tough plastic and have a lid. Don't use glass, thin plastic, or paper containers - they won't be safe enough. Place your container on a stable surface.

**2**

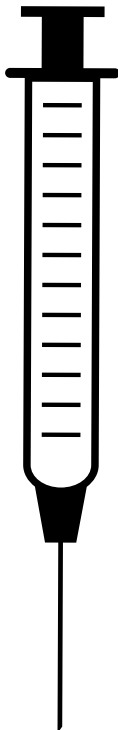
### PUT THE NEEDLE IN THE CONTAINER

Use a pair of tongs, tweezers or pliers to pick up the need. Hold it with the point facing away from yourself and drop it into the container.

**3**

### PUT THE LID ON IT & PUT IT IN THE GARBAGE

Any of the usual garbage cans will work great. Please do not put the container in the recycling. If you need extra disposal options, visit Street Connections' website for an interactive needle drop box map, call Street Connections, or connect with SNA's Safety Coordinator at 204-783-5000 ext 106 or [safety@spenceneighbourhood.org](mailto:safety@spenceneighbourhood.org).



### YOU MIGHT NEED EXTRA HELP IF YOU:

- Are not able to safely pick up a needle.
- If you see many needles in a pile, for example, in a stairwell or behind a dumpster.
- If you see broken needles scattered on the ground.
- If you need help picking up a needle on public property, call 311 or on private property, call Street Connections at 204-981-0742.

### IF YOU GET POKED:

The risk of serious infection from a discarded needle is very low, but it is important to take care of this kind of injury. Step 1: Allow the puncture site to bleed. This helps flush any germs away. Step 2: Wash the area well with soap and water. Step 3: Go to an emergency room as soon as possible. You will be assessed for health risks from this needle poke. Here is what might happen: You may be given a vaccine against hepatitis B and/or tetanus; blood testing might be offered to make sure you did not have hepatitis B or C, or HIV before being poked; you may need follow-up blood tests to make sure that you did not get infected; in very few cases, you might be given medication to help prevent becoming infected by HIV. This is rarely necessary.

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CEDC: APRIL 10  
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TC: APRIL 20

# NEWSLETTER CHANGES

We are making changes to our newsletter! To more accurately and efficiently meet the needs of our community members, we are moving away from our eight-page layout and into a four-page layout.

Beginning this month, our newsletters will:

- + Address a community concern through a small and informative paragraph and/or infographic
- + Spotlight a community member, staff, volunteer, donor, funder, or community partner that is doing great things in our neighbourhood
- + List SNA (related) activities, events, initiatives, programs, projects, and meetings
- + Continue featuring monthly calendars (that you may cut out and put on your wall, fridge, desk, etc.)

In 2018, we aim to publish 11 newsletters (January, February/March, April, May, June, July, August, September, October, November, and December). We employ neighbourhood youth to deliver our newsletter to more than 1500 homes, businesses, community organizations, and various drop points in our neighbourhood. Through our social media platforms and website, our newsletter reaches much more people electronically. We strive to deliver our newsletters by the first week of the month. Deliveries depend on staff availability, weather conditions, and sidewalk and road conditions. Missed a newsletter or would like to view back issues? Please visit our website at [www.spenceneighbourhood.org/newsletter](http://www.spenceneighbourhood.org/newsletter).

We rely on community-minded folks to financially support our newsletter by means of donation and/or advertisement. Financial support offsets our printing costs - allowing us to keep this publication free and accessible to those who live, work, volunteer, play, and visit Spence. If you wish to donate, please do so by visiting [www.canadahelps.org/en/charities/spence-neighbourhood-association-inc/](http://www.canadahelps.org/en/charities/spence-neighbourhood-association-inc/). If you are interested in advertising with us, please check out our SNA Newsletter Advertising Rates on our website at [www.spenceneighbourhood.org/newsletter](http://www.spenceneighbourhood.org/newsletter).

## SNA SPOTLIGHT



Hi Spence community! My name is Ezequiel Lubocki, I recently joined SNA as the Youth and Sports Programmer. I have an extensive background working with children in different capacities and I am committed to working hard to ensure that youth in our community are offered a safe and positive environment to play and have fun both in our drop-in and sports programs. I look forward to building a positive relationship with the youth in the community and watching them grow as individuals. Please feel free to reach out to me with any questions or concerns at [sport2@spenceneighbourhood.org](mailto:sport2@spenceneighbourhood.org). I look forward to working with you!

### Spence Neighbourhood Association (SNA):

**615 Ellice Avenue** (Head Office): Community Connecting, Environment & Open Spaces, Finance, Homeless Outreach, Housing, & Rental Safety.

**430 Langside Street** (Magnus Eliason Recreation Centre - MERC): Building Belonging, Children & Youth Sport, Newcomer Youth Outreach, West End 24 Hour Safe Space, & Youth Drop-In.

**365 McGee Street** (West End Commons): First Jobs 4 Youth, Wahkohtowin Strengthening Families Program, Homework Club, & Youth Crew.

**583 Ellice Avenue** (John Howard Society): Gang Action Interagency Network (GAIN)

**350 Spence Street** (Axworthy Health & RecPlex): Community Sports Program

**Phone:** 204-783-5000 | **Email:** [liaison@spenceneighbourhood.org](mailto:liaison@spenceneighbourhood.org) |

**Website:** [www.spenceneighbourhood.org](http://www.spenceneighbourhood.org)

**Facebook:** @SpenceNeighbourhoodAssociation | **Twitter & Instagram:** @SNACommunity

# SNA APRIL 2018 EVENT LISTING

## **Housing Committee Meeting (HC):**

April 3, 2018 | 6PM | 615 Ellice Ave. Contact: SNA's Housing Coordinator at 204-783-5000 ex: 105 or [housing@spenceneighbourhood.org](mailto:housing@spenceneighbourhood.org)

## **Seed Starting Workshop (SSW):**

April 4, 2018 | 5-7PM | 615 Ellice Ave.  
Get a head start on spring! Help us plant seeds for our community gardens at our workshop. Free. Space is limited; registration required. Priority is given to residents of Spence. Contact: SNA's Environment and Open Spaces Coordinator at 204-783-5000 ext. 102 or [greenimage@spenceneighbourhood.org](mailto:greenimage@spenceneighbourhood.org).

## **Community Connecting Committee Meeting (CCC):**

April 5, 2018 | 5:30-7PM | 615 Ellice Ave.  
Contact: SNA's Community Connector at 204-783-5000 ext. 106 or [safety@spenceneighbourhood.org](mailto:safety@spenceneighbourhood.org).

## **55+ Social Club (5SC):**

April 9 and 23, 2018 | 1-3PM | 625 Portage Ave.  
Spence and West-End adults 55+, elders, and seniors, please join us for a free light lunch and coffee/tea every. We offer conversation, learning, and fun activities in a relaxed and safer environment. Contact: SNA's Community Connector at 204-783-5000 ext. 106 or [safety@spenceneighbourhood.org](mailto:safety@spenceneighbourhood.org).

## **Community Economic Development Committee Meeting (CEDC):**

April 10, 2018 | 5:30PM | 365 McGee Street  
Contact: SNA's Youth Employment Hub Coordinator at 204-783-5000 ext. 115 or [firstjobs@spenceneighbourhood.org](mailto:firstjobs@spenceneighbourhood.org).

## **55+ Cooking Class (5CK):**

April 11, 2018 | 2:30-5:30PM | 365 McGee  
Spence neighbourhood elders, seniors, & adults 55+ are invited to join us as we learn how to cook healthy & affordable recipes in a fun and safer environment. Classes are free and facilitated by Mary Jane's Cooking School. Registration is required. Contact: SNA's Environment and Open Spaces Coordinator at 204-783-5000 ext. 102 or [greenimage@spenceneighbourhood.org](mailto:greenimage@spenceneighbourhood.org).

## **Youth & Families Committee Meeting (Y&FC):**

April 11, 2018 | 7PM | 430 Langside St.  
Contact: SNA's Youth Programs Manager at 204-979-4872 or [laura@spenceneighbourhood.org](mailto:laura@spenceneighbourhood.org)

## **Wahkohtowin Strengthening Families Program (WSFP):**

Thursdays | April 12-July 12, 2018 | 5-8PM | 365 McGee  
Registration is now open! WSFP is a free strength-based skill-building program that works with youth ages 11-17 along with their families/support circles to increase communication, decrease conflict, connect with culture, and increase bonding. Childminding, dinner, and transportation are provided. Contact: SNA's WSFP Site Coordinator at 204-894-4288 or [amber@spenceneighbourhood.org](mailto:amber@spenceneighbourhood.org)

## **Environment & Open Spaces Committee Meeting (EOSC):**

April 12, 2018 | 6PM | 615 Ellice Ave.  
Contact: SNA's Environment and Open Spaces Coordinator at 204-783-5000 ext. 102 or [greenimage@spenceneighbourhood.org](mailto:greenimage@spenceneighbourhood.org).

## **Inner-City Youth 3 on 3 Basketball Tournament:**

April 14, 2018 | 430 Langside St.  
Registration is now open for our annual Inner-city Youth 3 on 3 Basketball Tournament. Contact: SNA's Youth and Sports Programmer at [sport2@spenceneighbourhood.org](mailto:sport2@spenceneighbourhood.org).

## **Art with Gerry (AWG):**

April 19 and 26, 2018 | 5-7PM | 615 Ellice Ave.  
Led by local artist Gerry Berard, AWG aims to create an accessible and inclusive space for community members to engage in free, recreational and skill-building art and craft activities. AWG is open to Spence community members of all ages and skill/experience levels. Space is limited; registration required. Contact: SNA's Community Connector at 204-783-5000 ext. 106 or [safety@spenceneighbourhood.org](mailto:safety@spenceneighbourhood.org).

## **Tenants Committee (TC):**

April 17, 2018 | 5:30PM | 615 Ellice Ave.  
Contact: SNA's Rental Safety Coordinator at 204-783-5000 ext. 107 or [rentalsafety@spenceneighbourhood.org](mailto:rentalsafety@spenceneighbourhood.org).

## **Kitchen Circle (KC):**

April 23, 2018 | 5-7PM | 615 Ellice  
Our Kitchen Circle runs once a month and invites Spence Neighbourhood community members to gather, learn a healthy and affordable recipe, cook, and share food and conversation around a table together. Facilitated by members of our 55+ Cooking Classes. Free. All ages. No experience necessary. Registration required. Contact: SNA's Environment and Open Spaces Coordinator at 204-783-5000 ext. 102 or [greenimage@spenceneighbourhood.org](mailto:greenimage@spenceneighbourhood.org).

## **SNA Board Meeting (SBM):**

April 24, 2018 | 430 Langside St.  
Contact: SNA's Executive Director at 204-783-5000 ext. 103 or [jamil@spenceneighbourhood.org](mailto:jamil@spenceneighbourhood.org)

## **Community Garden Applications Due:**

April 26, 2018 | 615 Ellice Ave.  
Would you like a community garden plot in Spence neighbourhood? Apply for a plot in one of our gardens! Application forms are available on our website ([www.spenceneighbourhood.org](http://www.spenceneighbourhood.org)) or at our 615 Ellice Ave. location. Contact: SNA's Environment and Open Spaces Coordinator at 204-783-5000 ext. 102 or [greenimage@spenceneighbourhood.org](mailto:greenimage@spenceneighbourhood.org).

## **Art City Outreach (AC):**

Mondays | April-June, 2018 | 4-6PM | 430 Langside St.  
Express yourself with facilitators and guest artists at art-making workshops for ages 6-12. Contact: SNA's Building Belonging Coordinators at 204-783-5000 ext. 112.

## **Homework Club (HW):**

Wednesdays | 4:30-6:30PM | 365 McGee St.  
A safer space for Spence neighbourhood high school students to focus on their homework and receive graduation support. Contact: SNA's First Jobs 4 Youth Program Coordinator at 204-783-5000 ext. 116 or [aaron@spenceneighbourhood.org](mailto:aaron@spenceneighbourhood.org).

## **Our Place Safe Space (OPSS):**

Fridays | 4-10PM | 823 Ellice Ave.  
OPSS is a safer space for those who identify as sex workers, experiential folks, victims/survivors of sexual exploitation and victims/survivors of human trafficking (all ages, genders, and Nations), operating as a drop-in on Fridays from 4-10PM. Harm reduction services and fun. Free dinner provided. Contact: OPSS Outreach at 204-774-7005 ext. 106 or [bobbi@spenceneighbourhood.org](mailto:bobbi@spenceneighbourhood.org).

## **Annual West-End Spring Clean Up:**

Details to be announced soon! Contact: SNA's Environment and Open Spaces Coordinator at 204-783-5000 ext. 102 or [greenimage@spenceneighbourhood.org](mailto:greenimage@spenceneighbourhood.org).



**SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

# APRIL 2018

**SPENCE NEIGHBOURHOOD ASSOCIATION (SNA)**  
 204-783-5000 | liaison@spenceneighbourhood.org  
 www.spenceneighbourhood.org | @SpenceNeighbourhoodAssociation | @SNAcommunity

1 WE24: 11PM-7AM	2 CLOSED	3 BB: 3:30-5:30PM HC: 6PM YP: 6:30-9PM	4 BB: 3:30-5:30PM HW: 4:30-6:30PM SSW: 5-7PM YP: 6:30-9PM	5 BB: 3:30-5:30PM CCC: 5:30-7PM YP: 6:30-9PM	6 BB: 3:30-5:30PM OP: 4-10PM YP: 6:30-9PM WE24: 11PM-7AM	7 WE24: 11PM-7AM
8 5SC: 1-3PM BB: 3:30-5:30PM AC: 4-6PM YP: 6:30-9PM	9 5SC: 1-3PM BB: 3:30-5:30PM CEDC: 5:30PM YP: 6:30-9PM	10 BB: 3:30-5:30PM CEDC: 5:30PM YP: 6:30-9PM	11 5CK: 2:30-5:30PM BB: 3:30-5:30PM HW: 4:30-6:30PM YP: 6:30-9PM Y&FC: 7PM	12 BB: 3:30-5:30PM WSFP: 5-8PM EOSC: 6PM YP: 6:30-9PM	13 BB: 3:30-5:30PM OP: 4-10PM YP: 6:30-9PM WE24: 11PM-7AM	14 Inner-City 3 on 3 Basketball Tournament WE24: 11PM-7AM
15 BB: 3:30-5:30PM AC: 4-6PM YP: 6:30-9PM	16 BB: 3:30-5:30PM AC: 4-6PM YP: 6:30-9PM	17 BB: 3:30-5:30PM TC: 5:30PM YP: 6:30-9PM	18 BB: 3:30-5:30PM HW: 4:30-6:30PM YP: 6:30-9PM	19 BB: 3:30-5:30PM AWG: 5-7PM WSFP: 5-8PM YP: 6:30-9PM	20 BB: No Program OP: 4-10PM YP: No program WE24: 11PM-7AM	21 WE24: 11PM-7AM
22 5SC: 1-3PM BB: 3:30-5:30PM AC: 4-6PM KC: 5-7PM YP: 6:30-9PM	23 5SC: 1-3PM BB: 3:30-5:30PM AC: 4-6PM KC: 5-7PM YP: 6:30-9PM	24 BB: 3:30-5:30PM YP: 6:30-9PM	25 BB: 3:30-5:30PM HW: 4:30-6:30PM YP: 6:30-9PM	26 BB: 3:30-5:30PM AWG: 5-7PM WSFP: 5-8PM YP: 6:30-9PM Community Garden Applications Due: 6:15 Elllice	27 BB: 3:30-5:30PM OP: 4-10PM YP: 6:30-9PM WE24: 11PM-7AM	28 WE24: 11PM-7AM
29 5SC: 1-3PM BB: 3:30-5:30PM AC: 4-6PM YP: 6:30-9PM	30 5SC: 1-3PM BB: 3:30-5:30PM AC: 4-6PM YP: 6:30-9PM	May 1 CLOSED		April 2018 SNA Calendar created on 28/03/18. Programming and hours may be subject to change without notice. SNA is closed evenings, weekends, and on all national and provincial holidays and May Day.		

5C: 55+ Committee – 615 Elllice  
 5CK: 55+ Cooking Class – 365 McGee  
 5SC: 55+ Social Club – 625 Portage  
 AC: ArtCity Outreach (6-12 years old) – 430 Langside  
 AWG: Art with Gerry – 615 Elllice Ave  
 BB: Building Belonging (6-12 years old) – 430 Langside  
 CCC: Community Connecting Committee – 615 Elllice Ave  
 CEDC: Community Economic Development Committee – 365 McGee  
 CW: Community Walkabout – 615 Elllice  
 EOSC: Environment & Open Space Committee – 615 Elllice  
 GC: Garden Club - 615 Elllice  
 HC: Housing Committee – 615 Elllice

WE24: WestEnd 24 Hour Safe Space for Youth (13-24years old) – 430 Langside  
 WSFP: Wahnkotowin Strengthening Families Program – 365 McGee  
 Y&FC: Youth & Families' Committee – 430 Langside  
 YP: Youth Program (Grade 7-12) – 430 Langside

HW: Homework Club – 365 McGee  
 KC: Kitchen Circle – 615 Elllice  
 OP: Our Place Safe Space (for sex workers & sexually exploited folks) – 823 Elllice  
 SBM: SNA Board Meeting – 430 Langside  
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