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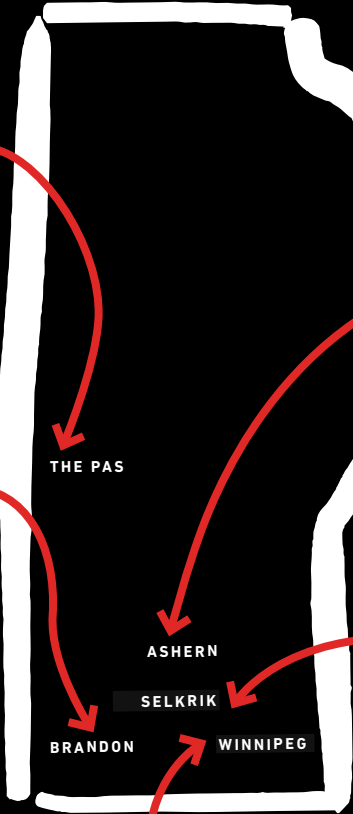
MANITOBA  
HARM REDUCTION  
NETWORK

2021

PEER  
ZINE

HERE IS WHERE WE ARE LOCATED IN THE PROVINCE

THE PAS  
BRANDON



ASHERN  
SELKIRK

WINNIPEG

This Zine was created in the Fall of 2021 on the territories of the Anishinaabe, Ininew, Anish-Ininew, Dene, and Dakota lands and on the homeland of the Metis Nation. People who used drugs were asked to create work around the core question "what does drug use look like in your community?" The collective results are documented in this edition and they are stunning!

This zine has themes of; land and water, affirmations of love and care, loss and grief, dreams and hopes, hardships and victories, as well as art for arts sake. Each work was lovingly crafted by people who use drugs in rural and remote locations across Manitoba as well as in the urban center of Winnipeg. Although each location has art that is created out of regional impacts - each piece of work is a statement to the lives of those that live(d) across this land.

The creativity that went into completing each work is both an act of love and of resistance. Love for self and others and resistance to both internal and external forces. Coming together or creating individually, each piece in this zine is a commentary of the society in which the artist/maker lives. The act of creating or making art during a global pandemic as well as during a poisoned drug crisis speaks to the resilience and resistance of people who use drugs.

Art is harm reduction  
Creativity is harm reduction  
Love is harm reduction

# PEERS FROM SELKIRK

This collection of photographs was submitted by Selkirk PAC co-founder, Jessica (RIP). Jessica wanted to honour the lives of our lost loved ones - those we've lost directly from overdose and substance poisoning, and those who died because of the war on drugs, war on people who use

drugs, and the broken systems that failed them. These lives were unjustly cut short and we are grieving.

The Selkirk PAC gathers on the ancestral lands and nearby bodies of water cared for and protected by Anishaabe, Ininew, OjiCree, Dene, Dakota, and Metis peoples. Members of these nations engaged in numerous treaties with colonizers including but not limited to the Peguis-Selkirk Treaty (1817) and Treaty 1 (1876).





family

children

friendship

peer group

tradition

harm reduction  
culture

strength

healthy  
community

Selkirk

healthy

supplies

culture

needles

friendship

children

baby

addiction

traditional

rigs

peer group

empowering

life

family

friendship

harm reduction



we love  
and miss  
you

# PEERS FROM THE PAS

These beautiful posters were created in what locals refer to as the tri-community. The tri-community consists of The Pas, Opaskwayak Cree Nation and the R.M. of Kelsey which are located on Treaty 5 territory in beautiful northern Manitoba. These posters were completed at two different events. The first

was an International Overdose Awareness Day event that was held in August. Folks were encouraged to fill out a poster at our info and art table! The second event was the Peer Advisory Council First Aid & CPR training session where the peers were given the opportunity to fill out a poster if they had missed the previous event or if they wanted to complete another. These posters helped to start conversations at the events and gave folks the opportunity to ask questions and gain a better understanding of harm reduction and what that truly means. After the posters were completed some local businesses and organizations agreed to put them up to help reduce the stigma around drug use and harm reduction, because we all love someone who uses drugs!



ON THE  
NEXT PAGE



# I ❤️

## SOMEONE WHO USES DRUGS BECAUSE...

There Awesome

Funny.

Be Careful though

EVERYONE deserves

to be loved!❤️

WE All Have

Feelings

No Judgment

I care

Family & Friends

I ❤️ MY SIS - My Sol 5 ❤️

we all have issues we all  
bleed the same No Judgment

No One is

Perfect/No

Judgement

Peers take care

of Peers

They are my

Family. ❤️

You don't know

The verbal abuse they

Get from Their Partners

No Shame

I ~~Do~~

The Game <sup>CT</sup>

You never know

what they are going

through

It's an addiction. It's a disease.  
It's not power like you are all getting.

Love is hard. Cannot judge but for using  
drugs, it could be to help them overcome  
their hardships in life.

They cannot hear that being someone  
because they are always making them be  
more but not just stop being someone.

People who use drugs

are people too. ❤️❤️❤️

WERE ALL PEOPLE!

I USE ❤️

Drugs No

Judgment Only God  
Can Judge Me ❤️



PEERS FROM

# BRANDON

This submission was created by the Brandon peer advisory council. We are located on Treaty 2 territory. Specifically, we are located on Cree, Ojibway and Dakota land and are also in the homeland of the Metis Nation. We were trying to paint a picture of what substance use and harm reduction look like

in Brandon, including some of the barriers people run into when trying to access care and services. Some peers also shared poems and quotes they created to capture what substance use/harm reduction in Brandon means to them.



BC

# Overdose



ML

I ♥ someone  
who does  
Drugs

remember  
the ones  
we  
lost

MS  
"11

MM

All gone  
to drug  
overdose

DC

E.S  
O.H.



Awareness

# Awareness

LODC

New Box Child \_\_\_\_\_  
 What were you thinking about when you made that choice?  
 All the sudden over doses in MB  
 and My body who ~~spaced~~ has her life  
 to Drug overdose and got my grand  
 to Initial my first



SOME PEOPLE ASK "WHAT IS HARM REDUCTION?" WELL I WILL TELL YOU IN MY OWN WORDS FROM MY OWN EXPERIENCE.

I MYSELF UP TO 2 YEARS AGO NEVER NEW, NEVER EVEN HAD HEARD OF HARM REDUCTION BUT 2 YEARS AGO IT MADE IT'S WAY HERE IN BROWARD NB, AND I AM SO HAPPY IT DID. THEY HELP PUT IN SO MANY WAYS BUT LETS START OFF WITH THIS. HARM REDUCTION IS A ROUNDED ORGANIZATION, TO HELP PROTECT HUMAN RIGHTS, WORKING WITH INDIVIDUALS WITH OUT ANY JUDGMENT, DISCRIMINATION OR WITH OUT THE REQUIREMENT THAT THEY HAVE TO STOP THEIR SUBSTANCE USE. AS A PREVENTION OR THEM HELPING ANY HELP OR SUPPORT.

THEY DO THERE BEST TO HELP PEERS OR ANY INDIVIDUAL TO MAINTAIN THE FAITH AND TRUST IN HUMANITY, TO TRY AND MINIMIZE THE NEGATIVE HEALTH CRISIS, THE STIGMA, SOCIAL & LEGAL IMPACT ASSOCIATED WITH THE DRUGS. IN THE WORLD WIDE THE DRUG POLICIES & LAWS, HARM REDUCTION IS ALSO A PLACE YOU CAN GET MANY OTHER THINGS LIKE STDBI

(SOMEONE TRANSMITTED BLOOD BORN INFECTION) TESTING, NALOXONE (OVER DOSE KIT) TRAINING, KITS (TREATMENT PANTS), INFO ON DRUG USE & DISEASES ALSO PLACES TO GET HELP WHETHER IT BE HEALTH RELATED OR SUPPORTS IN WITH OUT STOP USING, THEY ALSO HAND OUT SUPPLIES LIKE BARE SEX, SAFE SHOWERS, PIES ALSO BUBBLES, INJECTION SUPPLIES, INK, REES, SHARPS, TIPS, DISPOSABLE CONTAINERS, THEY WANT TO MAKE SURE THAT IT YOU ARE USING ANY TYPE OF SUBSTANCE YOU ARE DRUG IT IS SAFE, THEY DO SO MUCH MORE AND, THEY ALSO HOLD WHATS CALLED PEER TO PEER MEETINGS THATS WHERE IS INDIVIDUALS OR PEERS THAT ARE CURRENTLY OR

OR POSSIBLY NOT CURRENTLY USING ANY SUBSTANCE AT ALL HOLD MEETINGS & EVENTS, AT THESE MEETINGS THEY MAY LEARN NEW THING SOME WHEN THEY HEARD THEIR WILL NEVER BE ANY USE OF THEY KNOW, BUT EITHER WAY IS GOOD INFO, MAY NEED SOME OXY, THEY LEARN NEW THING FROM OTHER PEERS, LIKE DRUGS GOING AROUND OUT THERE ON THE STREETS THAT THEY SHOULD WATCH FOR, AS THEY COULD END UP GETTING & COULD HURT OR END UP DIEING FROM FOR THE

EVENTS THEY HOLD ARE MANY DIFFERENT HERE ARE SOME WE HAVE HELD HERE IN BROWARD THAT I THINK HAVE BUN A GOOD AMOUNT WE HAVE DONE 2 STDBI TESTING DAYS, 2 OVER DOSE AWARNESS 1 WALK 1 ONE IN THE PARK IN REMEMBRANCE OF ALL THE FRIENDS & FAMILY WE HAVE LOST TO SEEN TO DRUG OVERDOSE WE HAD ALSO NOT ALL OF US PEERS TOOK THAT BUT MOST AND SOME OF OUR COMMUNITY AND PEOPLES AT DRUGS UNWANTED IN REMEMBRANCE OF ALL OUR LOST ONES WE WERE GIVE TO THE OUR OPERATIVE AWARNESS AND AWARNESS BROWARD I THINK WHETHER PEOPLE USE OR NOT SHOULD CARE, CAUSE YOU NEVER KNOW HOW YOU WOULD IT COULD SAVE SOMEONES LIFE ONE.

DAY WE ALSO HELD A HELP CLEAN ON COMMUNITY UP DAY WHERE WE SHOWED OUR CITY SUPPORT ON CLEANUP UP CERTAIN AREAS WILL KNOW IF DRUG USERS, TO SHOW WE ARE NOT ALL THAT CARELESS & DISCONCERNANCE. WHEN THE WE USE SOME OR USE TRY TO GET OUR FELLOW PEERS TO BE MORE CAUTIOUS & CLEANER AS WHAT IS A YOD BOUND ARIZL MAKE THEM THINK WHAT IS THAT WOULD HAVE BUN YOUR BABY THAT FOUND AND RECENTLY POKED THEM SELVES WITH IT. AT HARM REDUCTION WE DONT JUDGE AND

OUR CITY SUPPORT ON CLEANUP UP CERTAIN AREAS WILL KNOW IF DRUG USERS, TO SHOW WE ARE NOT ALL THAT CARELESS & DISCONCERNANCE. WHEN THE WE USE SOME OR USE TRY TO GET OUR FELLOW PEERS TO BE MORE CAUTIOUS & CLEANER AS WHAT IS A YOD BOUND ARIZL MAKE THEM THINK WHAT IS THAT WOULD HAVE BUN YOUR BABY THAT FOUND AND RECENTLY POKED THEM SELVES WITH IT. AT HARM REDUCTION WE DONT JUDGE AND FELLOW PEERS OR ANY ONE ON THERE CHOOSE TO CONSUME USUAL OR IS THEY DECIDE THEY WANT TO QUIT, EITHER WAY WE HELP & SUPPORT THEM ON THERE DECISIONS. EITHER WAY WE HELP KEEP EACH OTHER SAFE IN SOME BIGGER CITIES HARM REDUCTION HAS WHAT IS CALLED SAFE INJECTION & SNEAKY SPOTS WHERE PEOPLE GO AND CAN USE THERE SUBSTANCES WITH OUT BEING JUDGED & CAN AVOID SHARPS AND FEEL SAFE WHILE THE USE. AS SOME PEOPLE HAVE NO ONE OR NO WHERE TO GO &

USE BESIDES THE STREETS AND THE IS NOT SAFE FOR THEM TO USE AS MANY FACTORS COME IN TO PLAY LIKE INFECTIONS, DIRTY BLEN LEFT BE HIND OR ACCIDENTAL DEATH SO AS YOU CAN SEE WE NEED TO HELP THE DRUGING COMMUNITY & TRY TO GET A PLACE LIKE THAT HER WITH I THINK WOULD HELP LOWER A LOT OF THE NEEDS WE FOUND ON THE STREETS. ALSO MAYBE HEARD RESPECTFUL COMMUNITY IN WELL KNOWN SPOTS THAT ARE USED SO LETS TRY TO SUPPORT HARM REDUCTION & OUR PEERS IN STEAD OF TRYING TO DISCRIMINATE OR CUT THEM DOWN. CAUSE I CAN TELL YOU ONE THING YOU DONT REALLY KNOW WHO IS USING. BELIEVE ME OR NOT BUT THERE ARE WELL RESPECTED HEARD UP PEOPLE THAT USE AS WE CALL THEM CLOSET USERS. BUT HOPE THIS GIVES YOU A LITTLE MORE LIGHT & INFO ON WHAT HARM REDUCTION IS WHAT THEY DO AND HOW THEY CAN HELP. ON ONE MORE THING THEY ARE INVOLVED WITH MANY OTHER ORGANIZATIONS AROUND THE CITY. JUST REMEMBER ON THIS PLEASE

JUST BECAUSE WE USE DRUGS DOES NOT MEAN WE ARE ANY DIFFERENT THEN ANY OF YOU.  
I LOVE SOME ONE WHO USES DRUGS CAN YOU?

Sincerely:  
KITHA HALL  
MISS KATHA!!

Name: Kathina Salmon  
What was your feeling about what you read on page 1?  
WHEN I WAS THINKING HOW BECAUSE I STRONG DISAPPROVAL WITH HARM REDUCTION I DONT NOT KNOW ABOUT THEM OR PEOPLE HEARING EVEN ABOUT THEM SO I DECIDED I MIGHT AS WELL EXPLAIN SOME ABOUT IT FOR PEOPLE WHO MAY NOT KNOW LIKE I DID NOT!!



Be proud of  
ES there!

See the Stars  
PROUD

SHOOT  
CLEAN

ART IS A VOICE

MERCURY  
SAVES  
LIVES



When the Pains Meet  
Once-in-a-lifetime can  
happen any minute.  
MANITOBA  
WELLNESS



TREATMENT  
SHOULD BE  
FREE!



PLANNING FOR  
DAILY SUBOXONE

Go anywhere.  
A Road Trip  
like No Other  
Every day is...  
Power  
LOVE, HOPE, HAPPINESS, &...

PEACE, SERENITY, COMFORT.

SAFER SEX

You're Always  
in Charge

SUBOXONE  
AND  
METHADONE  
ARE MORE  
EXPENSIVE  
THAN THE  
SUBSTANCES  
THEY TREAT.

can Homeless  
people afford  
opiate TREATMENT?



- Have REDUCED TO 20  
BARRIERS & EVERY WAY
- \* PEER TO PEER MEETUPS
  - \* PEER TO PEER ELEMENTS
  - \* PEER STRAT TESTING ONLY
  - \* SAFE INJECTION SUPPLIES
  - \* SAFE STIMULANT SUPPLIES
  - \* SAFE SEX SUPPLIES
  - \* SOME ONE TO TALK TO
  - \* SUPPORTS ON QUESTIONS OR  
ON HOW TO QUIT
  - \* DON'T JUDGE YOU

I'm a user  
I never wanted to be  
I wish I could find people  
that care for people  
that use drugs

With 20 days  
in prison

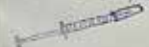


151/18TH  
NO GO

I  
SOMEONE  
WHO USES  
DRUGS

There's nothing in this world  
That makes my heart sink lower  
Than a prison based on lies.  
Especially when you know her  
When you've seen her full of beauty  
When you've seen her in her prime  
When she's without her go from  
To something pretty, cute  
When that prison is your best friend  
Or that prison is your lover  
Or both of all your feelings  
When that prison just won't let you, she refuses to come back  
When her brother is gone many and she is alone to cope  
I can  
When her full is unrecognizable and she doesn't get out of her  
When we forget her beauty and we only see our bond  
When her beauty is gone and she's far her and you have to walk  
When you know your response, when I leave you behind  
There is a cut in distance, as distance is wide, then a prison with  
a smile in a... feelings in her eye. They think that she's a prisoner  
They forget that she's a person  
A person and they don't see her as a person, and in my eyes she is  
what she'll be. My mother had the... my mother, she is still  
I need for me. My brother's pain is my brother's pain, it's still  
suffering it's an evil and it's not only and it's not only a person is  
often another person's pain, and it's not only a person is

NEED TO HARM REDUCTION  
FROM REDUCTION OF DESIGNING  
THE GAP BETWEEN THESE SOCIETY  
TEAMS AND RELATED SUPPORT SERVICES.  
HARM REDUCTION IS INCLUDING PROBABLY EXPERIENCED INDIVIDUALS TO CREATE NEW CONCEPTS TO  
PREVENT PROBLEMS THAT NO ONE ELSE CAN PREVENT. HARM REDUCTION IS INCLUDING PEOPLE IN NEED TO  
HELP PEOPLE ON THIS REGARD TO THEIR ISSUES WE LEARN AND LEARN TO CREATE REVOLUTION. HARM  
REDUCTION IS THE REDUCTION OF DAMAGE. ... THINKING ABOUT US WITHOUT US





**NORMALIZE**

**AND CARRY**

**NARCAN**

**even in**

**A DRUG FREE**

**HOME!**

**"KNOCK"  
"KNOCK"**

NORMALIZE  
MEDICATION  
AND CLEAN  
SUPPLIES.  
PREVENT  
HIV.

**HELP  
MY  
FRIEND!**

name Tyson Thorne  
What were you thinking about when you made your piece?  
**PUBLIC HARM REDUCTION!**

**SAVEALIFE**

# PEERS FROM ASHERN

This Zine was created in beautiful treaty 2 territory. Visions of the Fairford river as a guiding context of the specific location of this submission. The sound of the river flowing at night as a guiding context for the specific location of this submission. This zine section was created by group

brainstorming. The group specifically identifies the challenges in living in remote and rural northern Manitoba, while also recognizing the beauty of rural and remote northern Manitoba. The impacts of isolation, lockdowns, price gouging are all heightened in these communities. because we already live with a higher cost of living and lack of services. How folks felt when certain social services had to shut down during covid is how these folks live all the time, because there is such a lack of services to support people. Stigma in rural and remote communities is a major barrier in experiencing liberated substance use and accessing harm reduction.



MHRN

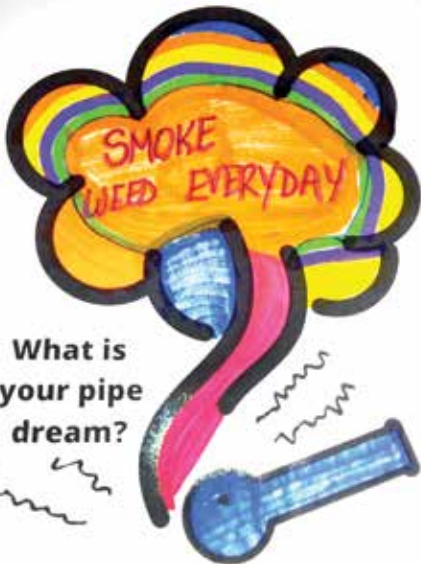


Shoot for the stars! What are your goals?



What is your pipe dream?

Deanna Ryle



What is your pipe dream?

Name: Gary Woodhouse

What were you thinking about when you made your piece?

Being Happy



What is your pipe dream?

Name: Jeff Trampson

What were you thinking about when you made your piece?

My Old School Days

DRUG USE IS:  
HAPPY FEELINGS

WonderFUL! NECESSARY.  
helps stress and anxiety  
and always needed coping ;)

WHAT I LOVE ABOUT USING DRUGS IS...

Makes us feel Happy + calm  
Makes life more easier  
STRESS RELIEF  
Brings people together

WHAT'S THE BEST PART OF USING IN PINAY/ASHERN?

private + confidential  
clean supplies anytime  
supplies and support from MHRN  
Having people trust

WHAT'S HARD ABOUT USING DRUGS IN PINAY/ASHERN?

Not being able to access supplies from health centre  
having people talk about who uses drugs  
we feel judgement from other members of Pinay  
confidentially

TOMORROW I WANT TO...

get high chillax (1st high)  
help peers get new supplies  
hope to live another day  
stay could free  
get drunk

see my family

WHAT'S HARD ABOUT USING DRUGS IS...

- JUDGEMENT • Discrimination
- cost/money • not knowing if they are safe
- NOT having access to drugs

WHAT DOES OUR REGION LOOK LIKE?

- Clean community/ Reserve
- Beautiful River scenery / Dam
- Cabins by lower River
- Our Region is Beautiful

WHAT HAS COVID CHANGED FOR PEOPLE WHO USE DRUGS?

- Increased use + abuse
- Extreme mental health problems
- Alcoholism increased
- Drugs cost more
- Anger due to not wanting to be vaccinated
- stress has taken a toll on all of us.



PLAZA 2020

Name: Nicholas Beady

What were you thinking about when you made your piece?

SASQUATCH  
WEEN DIGO



mysterious  
Creature by: Nicholas Beady

MHRN is COOL DUDES

"NOBODY KNEW ABOUT MHRN" #FACT#

DRUGS

"TWEAKING"

"LOVE EACH OTHER"

"WE HAVE SUPPORT"

drowsinezz

dizziness

Prozac

SNIFF  
RIP



Name: Rubén Andersen  
What were you thinking about when you made your piece?  
Safety drugs Side effects  
types of drugs.

Rubén Sept/21

# PEERS FROM WINNIPEG

These submissions were created on the original territories of the Anishinaabeg, Cree, Dakota, Dene, and Oji-Cree and on the homeland of the Metis Nation. These works were created in the fall and showcase feelings of both hope as well as struggle.

People who use drugs and live in Winnipeg, submitted works that show themes that are life affirming and life saving. Some of the work includes images of harm reduction supplies and life saving kits that peers provide to each other via peer to peer distribution. Other works highlight creative use of colors and shapes – bright and vibrant, or subtle and muted, against stark space. While other submissions show that vaccinations are now part of the ongoing dialogues of harm reduction.



ON THE  
NEXT PAGE



For Drug Use to be normalized for folks to feel confident asking for help before being in crisis. I want my baby back.

Not all drug users are addicts or delinquents.

**Shoot for the stars! What are your goals?**

I want Harm Reduction Suppliers to also be depots for used supplies For PWU to be employed at safe consumption sites distribution places + Health care.

**What is your pipe dream?**



I lost myself in the mist of it all I lost myself  
 Job, house, car,  
 All that can be replaced  
 But once I lost myself that's when I knew I had to look  
 At me and what I was doing.  
 Losing myself was a long hard road but losing myself helped me find the real me and who I was  
 inside and out ❤️❤️❤️❤️



AT THIS TIME  
ALL THE SUPPLYS  
ON THE TABLE  
WILL SAVE  
YOUR LIFE

# One Great city for using drugs...

- Energy from getting out
- my grandbabies are here
- everyone is friendly
- Foodbanks, resources and services
- 2 rivers
- community and people supporting each other



# Some hard things too...

- spiraling down
- behind in harm reduction
- shitty healthcare
- getting around
- no SCS
- construction
- litter



vacines are  
harm reduction



TC 2009



**M  
H  
R  
N** MANITOBA  
HARM REDUCTION  
NETWORK

The Manitoba Harm Reduction Network would like to thank all the peers who worked on, and contributed to, the zine project. Special thanks to CRISM who assisted with funding.



Visit us online at [www.mhrn.ca](http://www.mhrn.ca) and our facebook page (Manitoba Harm Reduction Network) to find out more about our activities, projects, and to check out our merch store!