

RIM
NHI

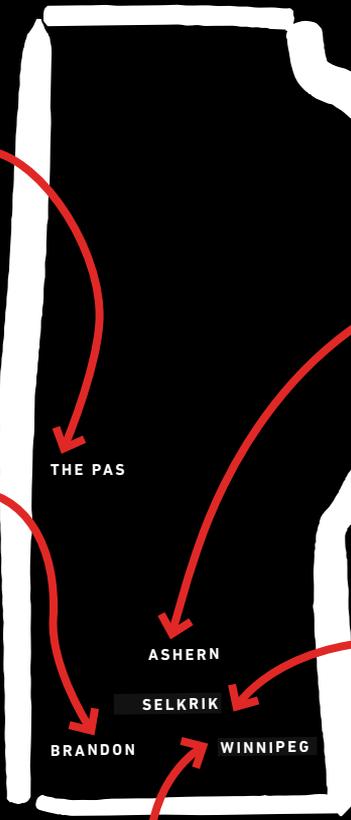
MANITOBA
HARM REDUCTION
NETWORK

2021

PEER
ZINE

HERE IS WHERE WE ARE LOCATED IN THE PROVINCE

THE PAS
BRANDON



ASHERN
SELKRIK

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.

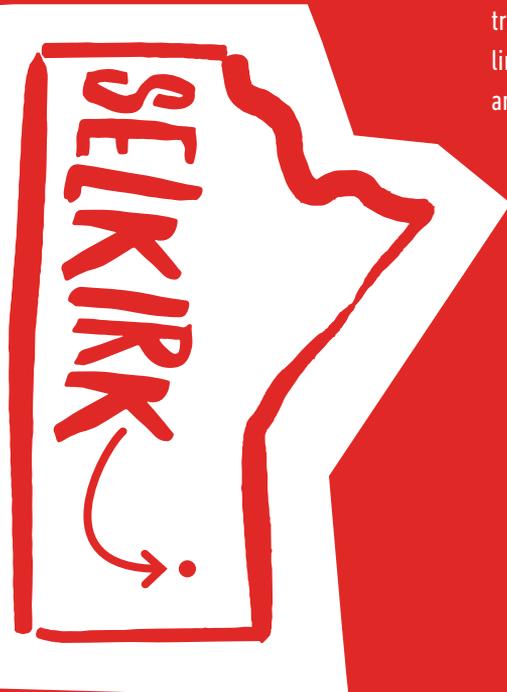
Art is harm reduction
Creativity is harm reduction
Love is harm reduction

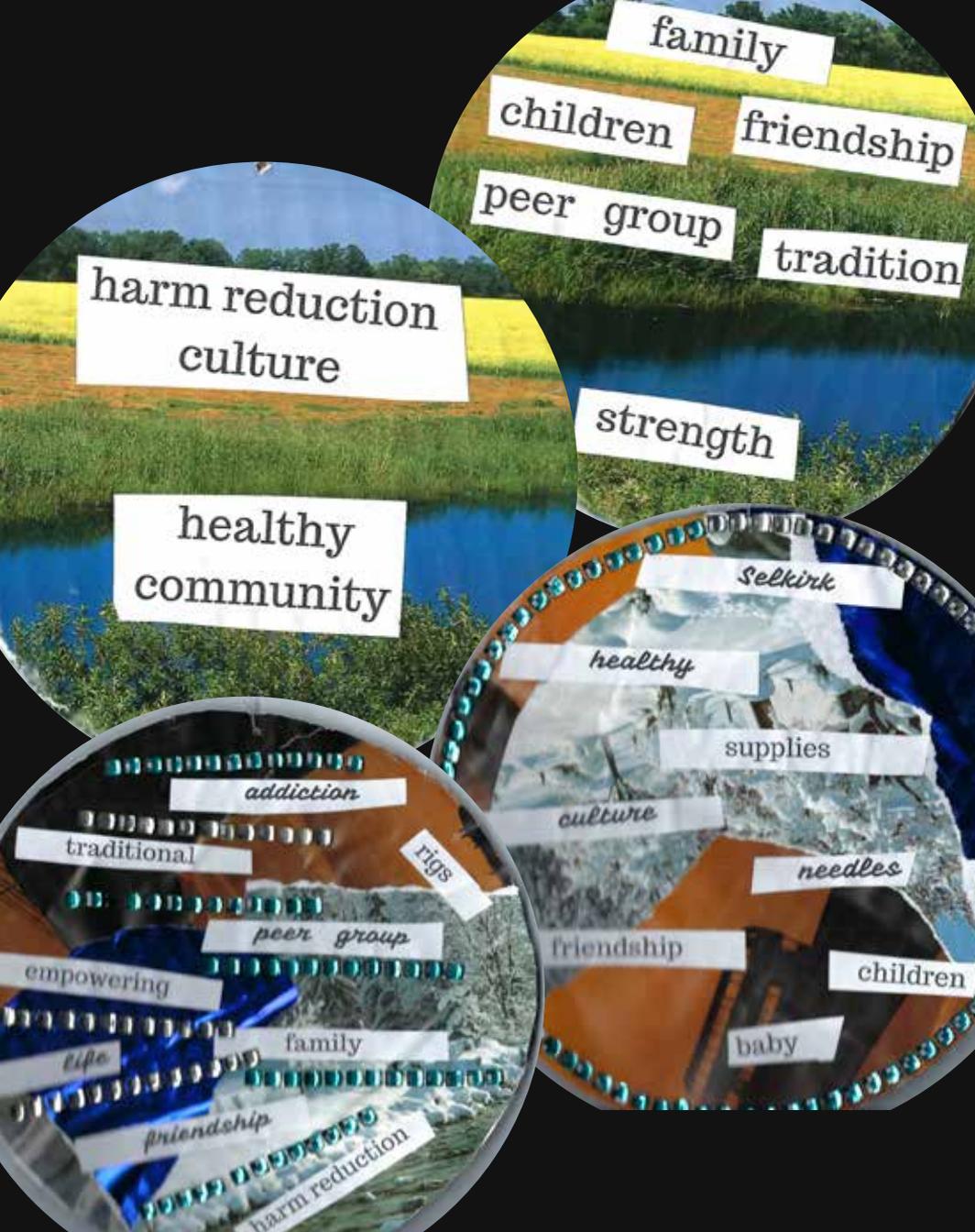
PEERS FROM SELKIRK

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

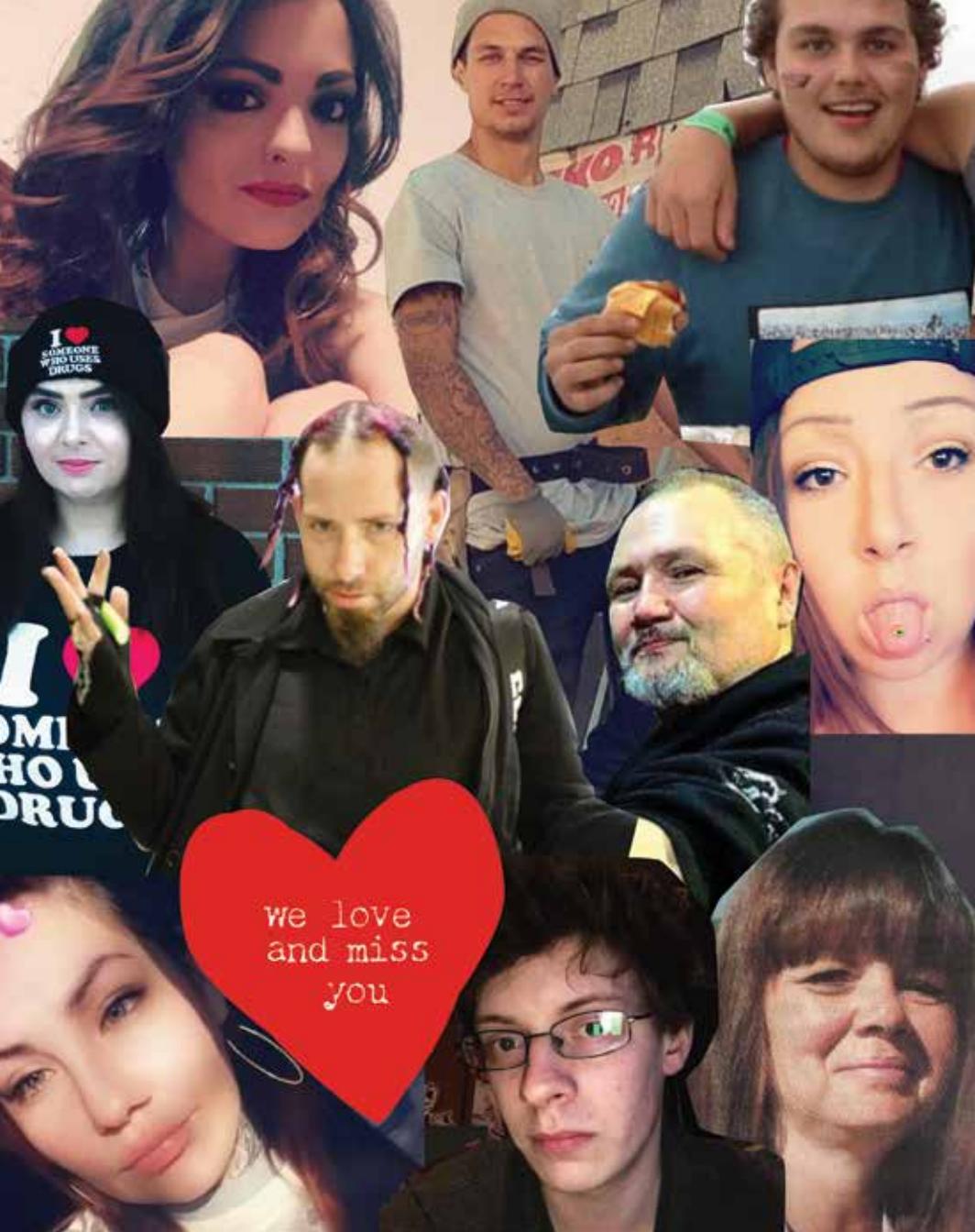
empowering

life

family

friendship

harm reduction

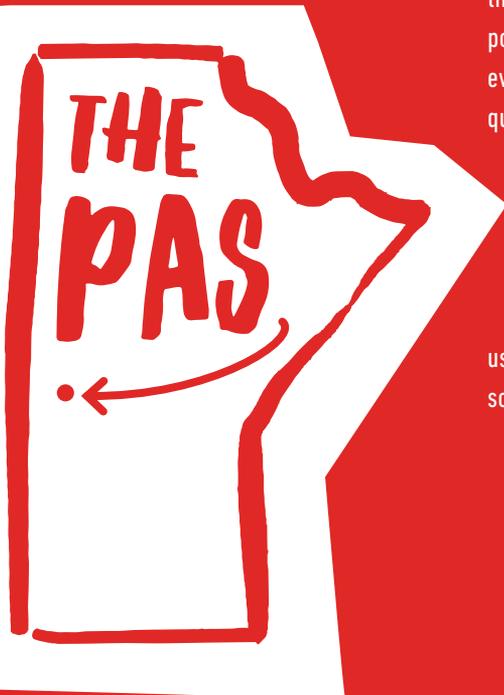


we love
and miss
you

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 ^{CT}

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

MM

MS
" "

All gone
to drug
overdose

remember
the ones
we
lost

DC

ES
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) THROUGH KITS, TREATMENT PATCHES, & 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 BARRER 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 WHICH THEY MIGHT THINK WILL NEVER BE ANY USE TO THEM KNOWING BUT EITHER WAY IS GOOD INFO, MAY NEED SOME OVA, 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 MIGHT 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 & UNCONSCIOUS. EVEN THO 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 FORKED THEM SELVES WITH IT. AT HARM REDUCTION WE DONT JUDGE AND

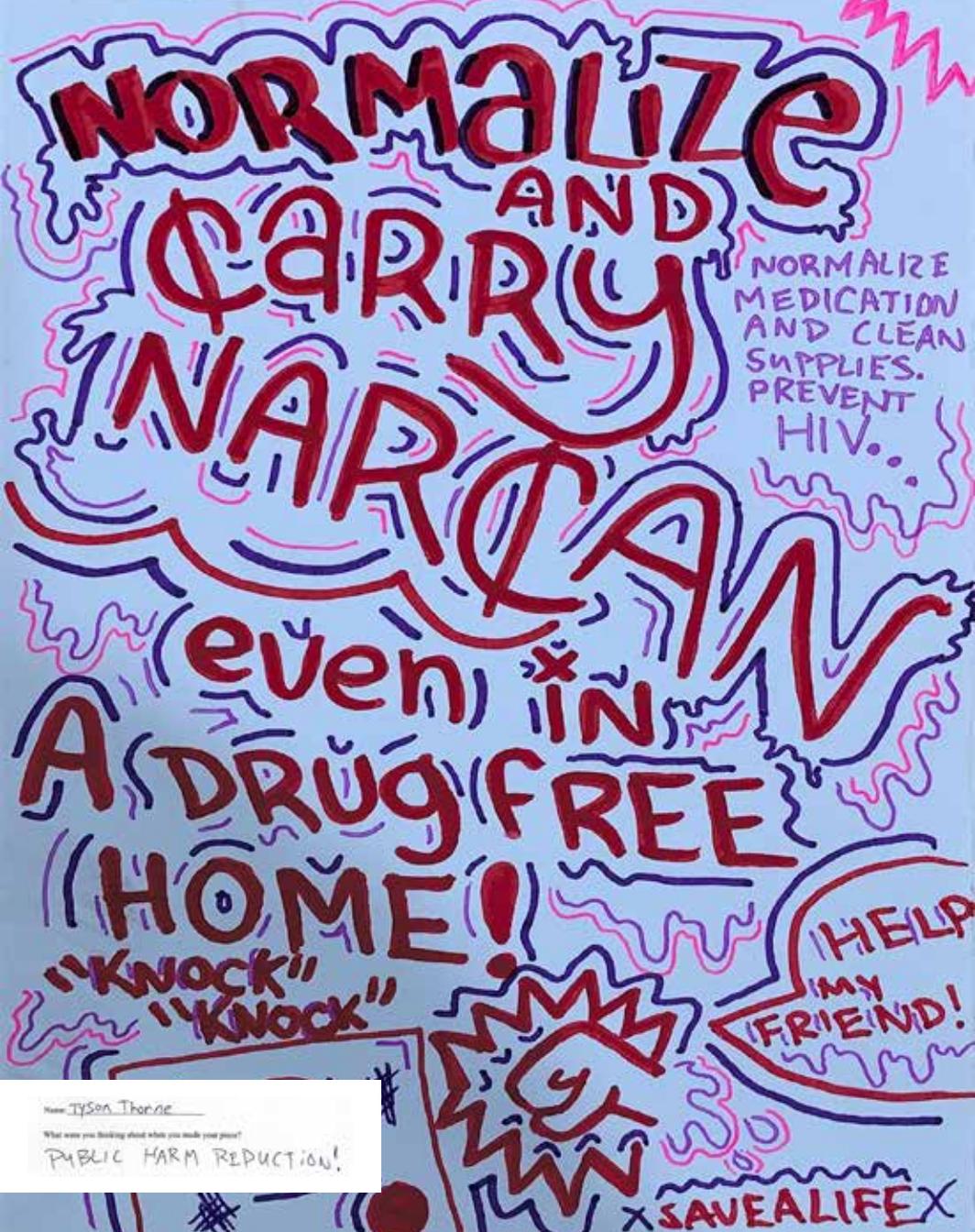
OUR CITY SUPPORT ON CLEANUP UP CERTAIN AREAS WILL KNOW IF DRUG USERS, TO SHOW WE ARE NOT ALL THAT CARELESS & UNCONSCIOUS. EVEN THO WE USE SOME OR USE TRY TO GET OUR FELLOW PEERS TO BE MORE CAUTIOUS & CLEANER AS WHAT IS A YOD BOUND ARIZL MAKE THEM THINK WHAT IS THAT WOULD HAVE BUN YOUR BABY THAT FOUND AND RECENTLY FORKED 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 BARRER 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 BEEH LEFT BE HINDS 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 HOPR 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 DISAPPROVE WITH HARM REDUCTION I DONT WANT THEM 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!!



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 was 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

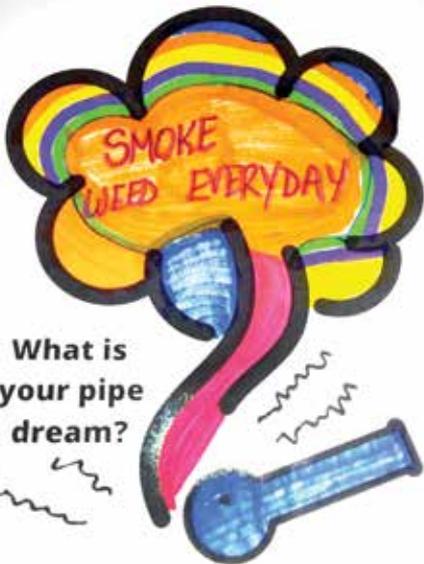


Shoot for the stars! What are your goals?



What is your pipe dream?

Deanna Ryle

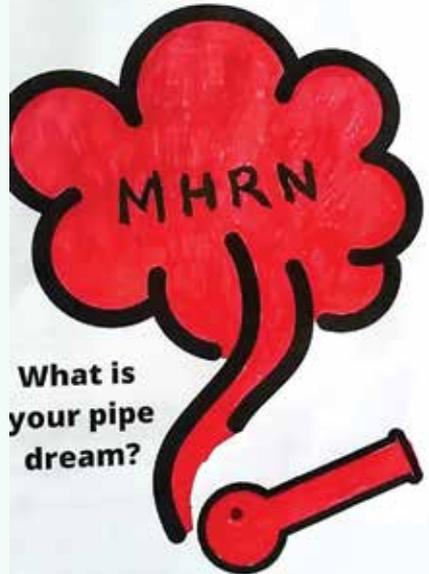


What is your pipe dream?

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 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.

WHAT DOES OUR REGION LOOK LIKE?

• Clean community/
Reserve

• Beautiful River
scenery / Dam

• Cabins by lower
River

• Our Region is
Beautiful

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



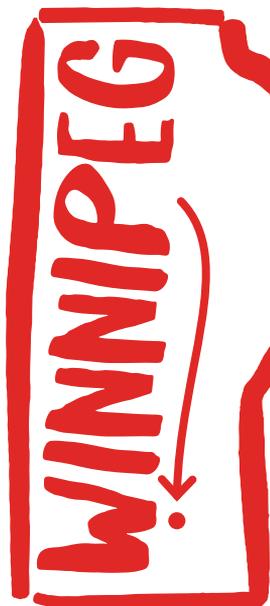
Name: Rubén Anderson
What were you thinking about when you made your piece?
Safety drugs Side effects
types of drugs.

Rubén Sept/21

PEERS FROM WINNIPEG

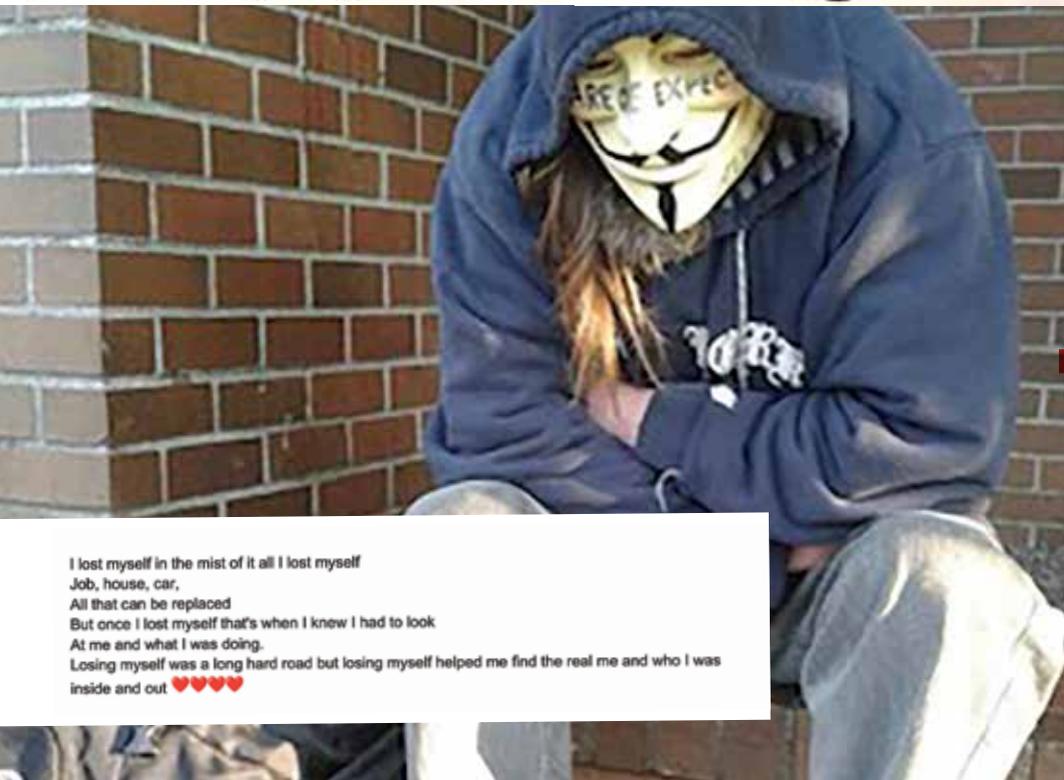
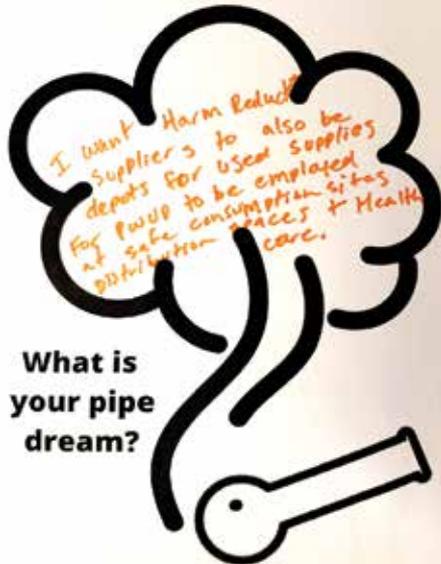
These submissions were created on the original territories of the Anishinaabeg, Cree, Dakota, Dene, and Oji-Cree and on the homeland of the Metis Nation. These works were created in the fall and showcase feelings of both hope as well as struggle.

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.

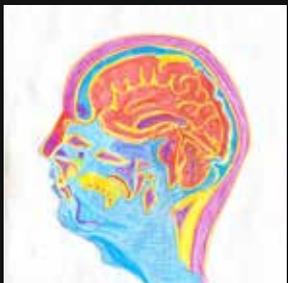
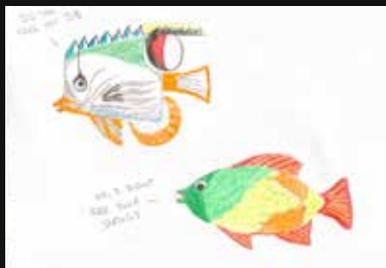


ON THE
NEXT PAGE





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

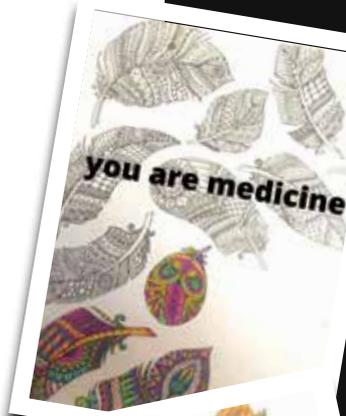
One Great city for using drugs...

- 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 and our facebook page (Manitoba Harm Reduction Network) to find out more about our activities, projects, and to check out our merch store!