



# The Toronto People With AIDS Foundation

*making a positive difference*

The Toronto People With AIDS Foundation is a community-based, non-profit organization that helps men, women and children living with HIV/AIDS in the Greater Toronto Area. It is the largest direct support service agency for people living with HIV/AIDS in Canada, and currently serves over 5000 people annually.

## *Mission statement:*

The Toronto People With AIDS Foundation exists to promote the health and well-being of all people living with HIV/AIDS by providing accessible, direct, and practical support services.

Our goal is to provide those living with HIV/AIDS with the means to live independently and with dignity.

## How we help

The Toronto People With AIDS Foundation offers a large number of programs and support services.

### *Food programs*

Nutrition is a key component to long-term survival of HIV/AIDS.

#### **Food Bank**

Clients can access the food bank twice a month for staple food items, nutritional newsletters and pet food.

#### **Food for Life Meal Delivery Program**

Volunteer drivers deliver healthy meals to homebound men, women and children with HIV/AIDS.

### *Health promotion*

There are many things, besides medication, that can improve the health and well-being of people living with HIV/AIDS.

Some of our services include:

- Massage and Reiki • Naturopathic clinic • Yoga • Vitamin supplements • Needle exchange

We also offer social programming to combat isolation and poverty:

- Craft classes • Pet care program • Haircuts • Holiday program • Theatre access

### *Income support*

Due to a variety of factors, including the likeliness of fluctuating health and the resulting inability to work consistently, many people living with HIV/AIDS in Canada live below the poverty line.

#### **Benefits & Assistance Program**

Clients are assigned a case manager who will provide benefits and financial counselling, financial assistance for uninsured medical costs, return to work consultations, advocacy to government assistance programs as well as referrals and basic needs counselling.

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## *Treatment Programs*

### **Treatment access**

It can be very difficult for people living with HIV/AIDS to access the medications they need due to high costs and the complexity of government and private insurance systems. Treatment Access provides people with information, referrals and guidance so they can access medications, drug coverage and HIV specialists.

### **Treatment resources**

People living with HIV/AIDS can get important information on the treatments and resources available. We produce booklets, conduct workshops, hold public forums and provide confidential consultation about treatment options in person and over the phone.

## *Speakers' Bureau*

The Toronto People With AIDS Foundation formed the Speakers' Bureau to educate the public on the realities of living with HIV/AIDS. Trained speakers living with HIV/AIDS share their own personal experiences at public schools, colleges, universities, health centres, businesses, correctional facilities and more.

## *Fundraisers*

### **Friends for Life Bike Rally**

Over 200 cyclists bike more than 600 km, from Toronto to Montreal, in just six days. This is our biggest fundraiser. In fact, it's the 3rd largest fundraiser for an HIV/AIDS organization in Canada.

### **Pie in the Sky**

Celebrity chefs and others from Toronto's culinary community bake Thanksgiving pies. Volunteers pre-sell the pies throughout the Greater Toronto Area and deliver them just in time for Thanksgiving dinner.

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## **Volunteers make it happen**

Without our incredibly generous and dedicated volunteers, The Toronto People With AIDS Foundation would not be able to provide helpful programs and services to people living with HIV/AIDS. All of our volunteers receive proper training and are placed according to their personal skills and abilities.

If you'd like to volunteer with us, please email [volunteer@pwatoronto.org](mailto:volunteer@pwatoronto.org), call 416-506-1400, or visit [www.pwatoronto.org](http://www.pwatoronto.org).

## **Your donations make a difference**

As a non-profit charity, we rely heavily on donations from the public and corporate supporters to keep these programs and services available to people living with HIV/AIDS in Toronto.

To offer your support, please e-mail [donate@pwatoronto.org](mailto:donate@pwatoronto.org), call 416-506-1400, or visit [www.pwatoronto.org](http://www.pwatoronto.org).