



# "X File"

Outreach Newsletter

Phone: 250-388-6220  
Cell: 250-888-4487  
Email: info@varcs.org  
Website: www.varcs.org



Welcome to the VARCS' newest newsletter addition, The "X File" Outreach Newsletter!

This newsletter is not intended to be just "VARCS", we would like it to be a community newsletter with emphasis for those who currently or previously used substances, alcohol, who work in the sex trade, have HIV, Hepatitis or any STI's or other health concerns, those who are service providers and anyone else who would like to read it!

We envision YOU, the reader to contribute to the "X File" Outreach Newsletter! This could include any information, poems, stories, art, a remembrance to someone or anything you think would be a meaningful Outreach Newsletter item!

We would like to see the "X File" evolve and be designed with the content coming from those who read it, we know how creative and talented you all are, so, please, don't be shy!

We will begin distributing the "X File" Outreach Newsletter every other month, and see how it goes from there. This first issue is an introduction with some useful information



Mobile X—Mobile Needle Exchange  
Mon to Fri 9am to 2:45pm  
250-888-4487

call & we come to YOU!

Sooke to Sidney! For harm reduction supplies or just for pick up of used supplies!



## Victoria Street Nurses

Stacy 250-361-7056  
Shelby 250-480-8967  
Kelly 250-818-3373



1947 Cook Street, Victoria  
250-388-2225

## AVIX Needle Exchange—250-896-AVIX (2849)

Govn't & Princess-VAN                      Downtown—foot/bike

Mon-Fri	7pm-10pm	Mon-Fri
3pm-5:15pm		
Sat/Sun	5:15-8:30pm	Sat-
Sun	5:30pm-8:30pm	
Saturday	8:15-12:45pm & 8:30pm-9:15pm	
Sunday	5:30-9:15pm	

Call and find out where we are!!



## Society of Living Intravenous Drug Users—S.O.L.I.D. "People Helping People"

(current & Former Drug Users)

Become a member, participate in groups or volunteer! For more info, please call! 250-298-9497 or email: [solidinfo@shawbiz.ca](mailto:solidinfo@shawbiz.ca)

Prostitutes' Empowerment, Education & Resource Society (PEERS)

Schedule

Office Hours: Monday—Friday, 9am to 3:30pm  
1—744 Fairview Road, Esquimalt, Victoria  
Phone: 250-388-5325

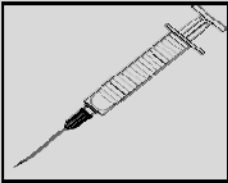
Night Outreach  
Tuesday-Sunday 5pm-9:30pm  
Phone: 250-744-0171

Call for further details and other services PEERS offers

A Smile is the  
Beginning of Peace



Mother Theresa



Have you ever missed a vein?

- If you inject substances, please ask the harm reduction service providers or the Street Nurses about safe injection methods and safe locations on your body

- Unlike most veins, nerves are not visible from the outside of the body.

However, if you are injecting and miss a vein but hit a nerve it will be easy to notice

- You will experience extreme pain & no blood will enter the syringe if you pull back on the plunger
- Hitting a nerve can be dangerous & can cause a limb to be paralyzed
- The underside of the wrists has lots of nerves; veins & arteries all close together.

Shooting there is very risky

**RISKY HEROIN**

Earlier this month another warning was issued by the coroner's office for the second time in just a few months. The warnings were due to an alarming number of deaths resulting from heroin over-doses

**Use Safely**

We understand how difficult it can be to take the time to do a "tester dose", however, if you are using by yourself we **STRONGLY** encourage you do this, particularly if you have bought off of someone you don't normally buy from. If you can, use with another person so if anything happens, you will not be alone. If you or anyone you know has a negative reaction after doing

some,  
**GET HELP IMMEDIATELY!**

**Using only eggs, milk, flour, Drano, sulfuric acid, Sunlight soap, rat poison and sugar, Betty discovered how to make an even cheaper crystal meth.**



**Do you know what's in YOUR drugs?  
Look, Taste, Smell, Test.**

**Use Smart, Stay Well.**

If you have anything you would like included in our 2nd X File, Outreach Newsletter, PLEASE let us know!!

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