



## Workshop Menu

### Program Description

The Harm Reduction Education (HRE) is a program under Living Positive Resource Centre (LPRC) that provides a series of free workshops to businesses, organizations, communities, and individuals around Kelowna. The HRE Program provides workshops and educational sessions to individuals, service providers, community organizations, and businesses.

These workshops cover topics that align with the values and goals of LPRC such as: harm reduction, sexual health, and inclusivity. Available workshops topic includes, but isn't limited to: HIV 101, Hep C 101, Sexual Wellbeing, Inclusive Language & Queer Literacy, Drug Overdose Response & Naloxone Training, and other workshops as requested. The workshops can be provided either over Zoom, or in person. These are public sessions that anyone can choose to attend. Businesses and organizations can also request for LPRC to come into their space and provide these workshops.

Additionally, if you want a workshop tailored to a specific population or focused on a subject related to harm reduction but not explicitly mentioned in this menu, please contact us and we may be able to accommodate your request.

Contact E-mail for workshop inquiries and bookings: [education@lprc.ca](mailto:education@lprc.ca)

Harm Reduction Educators:

- Mariam Jaber (She/Her)

### COVID-19 Protocol

Workshops are offered online (over Zoom) or in-person. If an in-person workshop is requested, the person reaching out must ensure that there is adequate space, masks, and cleaning materials available to participants and guests, as per LPRC's own COVID-19 guidelines.

### Objectives

We are hoping to increase public awareness and knowledge around harm reduction, overdose response, sexual health, and inclusivity. Through participation, the community can become more educated and engaged with these topics. As part of our response to the overdose crisis affecting the Okanagan region, we are aiming to educate any person, organization, or group that does not have overdose response procedures in place.

**Please do not hesitate to contact us with questions or concerns.  
All services provided by LPRC are free of charge.**

## Workshop Menu

### Workshop Overview

1.

Name	Drug Overdose Response & Naloxone Training
Topics Covered	<ul style="list-style-type: none"> <li>• Common Substances Overview</li> <li>• Safer Substance Use Practices</li> <li>• Identifying an Overdose</li> <li>• How to Respond to an Overdose</li> <li>• Naloxone Training</li> </ul>
Length of workshop	1 hour - 1.5 hours
Materials	<p>Materials listed are to be provided by the organization hosting the workshop. All other materials will be supplied by LPRC.</p> <p>Available online or in-person.</p> <p>Online Requirements:</p> <ul style="list-style-type: none"> <li>• Stable internet connection</li> <li>• Zoom</li> </ul> <p>In-Person Requirement:</p> <ul style="list-style-type: none"> <li>• Screen or Projector to display presentation (Optional)</li> <li>• Space to allow participants to practice administering Naloxone (Optional)</li> <li>• Note-taking materials (Optional)</li> <li>• PPE when necessary</li> </ul>

2.

Name	Sexual Wellbeing
Topics Covered	<ul style="list-style-type: none"> <li>• Safer Sex Practices</li> <li>• STI Basic Overview</li> <li>• HIV 101</li> <li>• Hep C 101</li> </ul>
Length of workshop	1.5 hours
Materials	<p>Materials listed are to be provided by the organization hosting the workshop. All other materials will be supplied by LPRC.</p> <p>Available online or in-person.</p> <p>Online Requirements:</p> <ul style="list-style-type: none"> <li>• Stable internet connection</li> </ul>

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	<ul style="list-style-type: none"> <li>• Zoom</li> </ul> <p>In-Person Requirements:</p> <ul style="list-style-type: none"> <li>• Screen or Projector to display presentation (Optional)</li> <li>• Note-taking materials (Optional)</li> <li>• PPE when necessary</li> </ul>
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3.

Name	Inclusive Language & Queer Literacy
Topics Covered	<ul style="list-style-type: none"> <li>• Inclusive Language</li> <li>• De-Stigmatization</li> <li>• Providing Safer Spaces</li> <li>• Intersectionality</li> <li>• What to do When You Make a Mistake</li> </ul>
Length of workshop	1 hour – 1.5 hours
Materials	<p>Materials listed are to be provided by the organization hosting the workshop. All other materials will be supplied by LPRC.</p> <p>Available online or in-person.</p> <p>Online Requirements:</p> <ul style="list-style-type: none"> <li>• Stable internet connection</li> <li>• Zoom</li> </ul> <p>In-Person Requirements:</p> <ul style="list-style-type: none"> <li>• Screen or Projector to display presentation (Optional)</li> <li>• Note taking materials (Optional)</li> <li>• PPE when necessary</li> </ul>

### Feedback

Participants are encouraged to reach out to either [education@lprc.ca](mailto:education@lprc.ca) or our Executive Director at [executivedirector@lprc.ca](mailto:executivedirector@lprc.ca) with any feedback regarding the workshops or your experiences with LPRC. Identities and feedback given will not be shared with the public or any other staff of LPRC besides the Education Team and the Executive Director.



## Workshop Menu

### Workshop Application Form

Contact Information	
Name:	
Preferred Name:	Pronouns:
Business/Organization Name:	
Business/Organization Address:	
Contact Number: May we leave a message? <input type="checkbox"/> Yes <input type="checkbox"/> No	Email:
Workshop Request Information	
<p>What workshop are you interested in?</p> <p> <input type="checkbox"/> Drug Overdose Response &amp; Naloxone Training           <span style="margin-left: 100px;"><input type="checkbox"/> Sexual Wellbeing</span> </p> <p> <input type="checkbox"/> Inclusive Language &amp; Queer Literacy           <span style="margin-left: 100px;"><input type="checkbox"/> Other</span> </p> <p><i>We will try to accommodate special requests for workshop as best as we can. If you have any requests, please let us know here</i></p>	
<p>If the workshop will be conducted at the different place than the address provided above, please provide us with an address. Describe the physical space and accessibility of the location as best as you can.</p>	
<p>When will the workshop take place?</p>	
Applicant's Signature:	Date of Application: