

Shining Mountains Mission

We are focused on assisting Aboriginal people in maintaining healthy lifestyles, physically, mentally, emotionally, and Spiritually, especially individuals and families who are , or who are at risk of becoming HIV Positive.

Any person can access the services that Shining Mountains Living Community Services offers, whether or not they are First Nations, Metis, or Inuit, and whether or not they are considered Status. SMLCS will provide services whether an individual or family lives in a city or a rural area.



Shining Mountains Living Community Services



▶ Aboriginal Youth and Women's Outreach

Shining Mountains Living Community Services

4925 46 Street
Red Deer, AB
T4N 1N2

Phone: 403-346-9794

Telephone 403-346-9794

Youth and Women's Outreach

- ◆ Are you a single young mom?
- ◆ Do you have questions regarding HIV/AIDS, HCV, TB, or other Sexually Transmitted Infections?
- ◆ Do you wonder if you are at risk?
- ◆ Do you wonder now how to negotiate a relationship to include sexual safety?

Shining Mountains Living Community Services will be holding an Aboriginal Youth and Women's Outreach program twice weekly from 1-4.

During this time you can come in and meet with other young moms and women just like yourself and ask these questions and any others that you may have.

Other topics of discussion will include

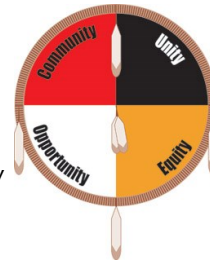
- Mental Health and Aging in Families
- Mental Health and Aging in communities
- Readiness of communities & families to cope with Mental Health and Aging
- Personal Creation of Sexual Health

Some Facts on HIV

- Aboriginal People experience HIV at rates almost 4x higher than other Canadians
- Aboriginal people in Alberta make up 14% of First Nations populations in Canada and 22% of Metis population
- 23% of new infections are in the Aboriginal populations
- In Alberta 81% of new infections are in Aboriginal women

Some facts on HCV

- HCV infection is 5.5 times higher in Aboriginal People
- HCV is easier to transmit than HIV and is approximately 5 times more common
- HCV can live outside the body on a surface up to 4 days
- Cleaning with bleach does not kill the Hepatitis C virus
- There is treatment for HCV



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Some Facts on other STIs

- Gonorrhea rates have risen more than 53% over the past 10 years and affects sexually active youth and young adult under 24 years of age at a much higher rate.
- In Alberta over the past 10 years Chlamydia rates have risen 83.6%
- Syphilis has had a rate change of 6,700% in Alberta in the last 10 years

If you would like more information about this program please feel free to contact the office.



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