

# Program

This project is a program of the Committee of Accessible AIDS Treatment (CAAT) developed in collaboration with our partners:

- African and Caribbean Council on HIV/AIDS in Ontario
- AIDS Bereavement and Resiliency Project of Ontario
- Ethno-racial Treatment Support Network
- Ontario AIDS Network
- Ontario HIV Treatment Network
- Toronto People with AIDS Foundation

The program supports PHAs in the pursuit of their life goals and civic / social participation through

- Mentor development
- Protégé development
- Special interest workshops
- Mentor / protégé networking events
- Mentor / protégé reflective practice
- Networking and capacity building resources
- Work opportunity (practicum, volunteer, special projects)



**CAAT Mission** is to improve the health of PHAs in the GTA by promoting access to service and capacity building of PHAs especially those who are newcomers or from culturally diverse communities.

**CAAT Vision** is a community in which all PHAs have the information and tools they need to access health, social and legal services that are culturally competent.

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This project has been made possible through a contribution from the Public Health Agency of Canada, AIDS Community Action Program

# The Legacy Project

**Mentoring Program for People living with HIV/AIDS**



**The Committee for Accessible AIDS Treatment**

## Legacy Project Vision:

From many roots comes a community of people who live and learn from each other with Diversity of backgrounds and health status. We work together, empower each other to live, learn, grow and contribute to the betterment of all who live with HIV.

## Our Values:

- We acknowledge and value lived experience
- We embrace equity and diversity
- We inspire self efficacy and confidence building
- Trust and mutual respect are the foundation of everything we do
- We share and grow together

*In the words of a protégé...*

*I have lost everything: my job, my family, my community, my country. I was afraid when I began, but my mentor reached out to me and encouraged me. Now I have a new vision for myself – I have hope.*

## How to Get Involved

The Committee for Accessible AIDS Treatment (CAAT) is your gateway to participating in The Legacy Project Mentoring Program. You are welcome to complete the Capacity Building Initiatives with our collaborative partners as foundational preparation then, join the Legacy Project as a Mentor, Protégé, Group Mentor, resource specialist, volunteer... we welcome your involvement!



Legacy committee members at project launch event

**You Make a Difference!**

### Mentors

- Contribute to the learning of another through your life lessons
- Learn and practice your coaching and mentoring skills
- Build your leadership capabilities
- Broaden your horizons as you learn from the experiences of another
- Build your network
- Practice and apply your facilitation skills
- Build capacity within the community

### Protégé

- Learn from the life experiences and lessons from those who have gone before you
- Build your confidence and as you apply skills learned in other capacity building programs: career directions related to life skills and leadership
- Apply strategies to smooth your journey through the myriad of life changes
- Build your personal capacity
- Develop and apply leadership skills
- Engage in building your future