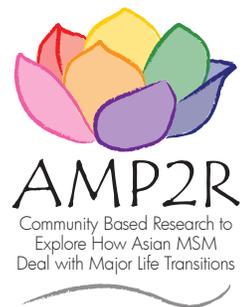


# ASIAN MSM PATHWAYS TO RESILIENCY (AMP2R)



**COMMUNITY-BASED  
RESEARCH STUDY REPORT**

January 2015

# WE WOULD LIKE TO THANK...

## **Our Participants:**

For sharing their life stories and lived experiences to help us gain a better understanding of the unique strengths and resilience of East and Southeast Asian gay and bi men in Toronto.

## **Our Community Advisory Committee:**

For their advice and guidance on the research design, outreach strategies and development of recommendations.

- Kenta Asakura (University of Toronto)
- Aries Cheung (Asian Community AIDS Services)
- Okjan Dyushenaliev (Queer Asian Youth)
- Kenneth Fung (University Health Network)
- Peter Ho (Regent Park Community Health Centre)
- Andrew Miao (Asian Community AIDS Services)
- Kenneth Poon (Asian Community AIDS Services)
- Darrell Tan (St. Michael's Hospital)
- Hywel Tuscano (CATIE)
- David Yeh (Central Toronto Youth Services)

## **Our Project Coordinators:**

For their hard work and dedication in carrying out the research activities.

- Alvi Dandal (2012 to 2013)
- Christian Hui (2013 to 2014)

## **Our Funding Partner:**

The Canadian Institute of Health Research Catalyst Grant for providing us with the resources to carry out the study.

## **The AMP2R Research Team:**

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- Noulmook Sutdhibhasilp (Asian Community AIDS Services)
- Josephine Pui-Hing Wong (Ryerson University)

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## ASIAN AND EAST/ SOUTHEAST ASIAN

## MSM

## CULTURE

## RESILIENCE

# A FEW NOTES ABOUT THE TERMINOLOGY USED IN THIS REPORT

As Asian Community AIDS Services' (ACAS) mandate is to service East and Southeast Asians, for the purpose of this report and the AMP2R Study, we will use the terms "Asian" and "East/Southeast Asian" interchangeably. While Asian and/or East/Southeast Asian are broad umbrella terms, we recognize that specific cultural differences and diverse experiences exist within the various groups that make up the umbrella terms.

The term MSM denotes "men who have sex with men." It is often used in epidemiology, public health and the research sectors to describe the behaviours of men who engage in sexual activities with other men regardless of their sexual orientation or sexual identities. Since none of the study participants have explicitly referred to themselves as MSM, we utilize the terms gay and bi (bisexual) to describe our study participants instead.

In our study, culture is an inclusive term that is used to describe a person's cultural and ethnic background, sexual identity and orientation, immigration status, HIV status, age etc. amongst other socio-cultural characteristics.

Our study defines the concept of resilience as:  
*"Our ability to cope with life transitions/events and recover from adversity."*

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### **A note about the participant identifiers used in our report:**

As we strive to protect the anonymity of our study participants, we also want to highlight that the identifiers we have used in the personal accounts are terms the participants have used to describe themselves. Thus as you read the report, some will have identifiers that depict a person's ethnicity (Chinese, Vietnamese, Filipino, etc.), while some may describe themselves under a wider umbrella term (East Asian, Southeast Asian, West Oriental, etc.).



# ASIAN COMMUNITY AIDS SERVICES (ACAS)

ACAS is a charitable, non-profit, community-based organization located in Toronto, Ont. We provide safer sex education and support services to East and Southeast Asian persons living with or affected by HIV/AIDS and members of the LGBTQ communities.

## **Our Mission:**

We at ACAS are committed to providing HIV/AIDS education, prevention, and support services to the East and Southeast Asian Canadian communities. Our programs are based on a pro-active and holistic approach to HIV/AIDS that is collaborative, empowering and non-discriminatory.

## **Our Objectives:**

- To reduce HIV/AIDS infection by promoting public awareness of HIV/AIDS prevention and safer sex strategies in the Asian communities.
- To provide comprehensive and culturally appropriate support, education, and outreach services to Asians infected or affected by HIV/AIDS in a non-discriminatory and non-judgmental manner.
- To enhance the well-being of Asians infected or affected by HIV/AIDS by providing service users with direct services and increased control over their own health; and by promoting a supportive environment for service users within the larger community.
- To promote a supportive environment to Asians infected or affected by HIV/AIDS by increasing access to services and by reducing racism, homophobia and AIDS-phobia within the larger community.
- To increase networking and collaboration between the Asian communities and HIV/AIDS services in Canadian society.

As a non-profit charitable organization servicing the East and Southeast Asian HIV/AIDS and LGBTQ communities in Toronto, ACAS has provided culturally and linguistically appropriate sexual health education and support services to those infected or affected by HIV/AIDS since 1994.

**The ACAS Men's Program** is a recognized community leader in sexual health programming and services. The ACAS Men's Program has pioneered events and services such as *Asian Bathhouse Night*; *iRice Online Outreach*; *Sex, Love, Asian, Men! (S.L.A.M!)*; and most recently the *Straight Talk Outreach Program* for heterosexual Asian MSM to meet the vast and growing needs of the communities we serve.



# RESILIENCE

*Our ability to cope with  
life transitions/events and  
recover from adversity.*



# EXECUTIVE SUMMARY

The Asian MSM Pathways to Resiliency (AMP2R) Study is a community-based research study initiated by ACAS. The aims of the study are to better understand resilience factors and pathways that support Asian gay and bi men when dealing with important life transitions/events; we hope to utilize our research findings to further enhance programs and services for our target populations. From 2012 to 2013, the study engaged 51 Asian gay and bi men along with 11 health and social service providers with experience working with Asian gay and bi men; all of the participants were placed in six focus groups.

## What We Found:

The Asian gay and bi men study participants exhibited tremendous strengths and resilience in overcoming complex life challenges and experiences related to racism, homophobia, migration, sex and relationships, AIDS-phobia, and barriers to accessing appropriate support.

Our participants identified four key life transitions/events that have the biggest impact on their lives and their sexual health as Asian gay or bi men:

- **Coming Out**
- **Sex and relationships**
- **Migration**
- **Encountering and living with HIV**

The Asian gay and bi men in our study highlighted unique challenges for each of the four life transitions/events. They described different factors that hindered or helped them navigate through these transitions as well as a variety of responses and strategies in overcoming the associated challenges. Through their stories, a number of common resiliency strategies emerged:

- planning migration away from homophobic environments in search of opportunities to explore identity and self-growth.
- finding or creating supportive community networks with family, friends, or peers.
- accessing culturally specific safe spaces and culturally inclusive community-based and professional services.
- reconciling the supportive and oppressive aspects of one's culture and identity.
- prioritizing self-care.
- learning from past challenges to transfer resilience strategies across life challenges.

Through an in-depth analysis of the participants' stories, we have generated important insights and innovative ideas to develop future interventions and programs to empower Asian gay and bi men. The goal is to enable Asian gay and bi men to tap into their unique cultural strengths and resilience despite facing various life challenges and to help them achieve greater sexual health.

### Additional Notes:

In writing this community report, we have included a reference section at the end of the report on relevant community resources which readers may find helpful (refer to table of contents).

# IV

## THE AMP2R STUDY

### What We Wanted to Learn Through This Research:

The goal of ACAS' AMP2R Study is to explore factors that increase or decrease: East and Southeast Asian gay and bi men's resilience; their HIV and sexual health risk; their ability to overcome challenges associated with key life transitions/events; and to identify pathways in their journeys to resiliency.

### From S.L.A.M.! to AMP2R:

As a community-based organization, ACAS constantly strives to better understand the needs of the community it serves. In May 2011, the ACAS Men's Program organized a community health promotion forum *S.L.A.M!*, which engaged over 70 Asian gay, bi, and transgender men as well as health and social service providers to explore issues affecting their sexual health. The forums also explored different strategies to improve the participants' overall well-being. Based on the needs identified by forum participants, ACAS organized a research think tank on August 2011 which engaged 35 diverse community and academic stakeholders. The purpose of the think tank was to identify research knowledge gaps and develop a priority research agenda to explore the strengths and resilience of Asian gay and bi men when facing key life challenges and transitions/events. The result is the creation of the AMP2R Study.

## Why Resilience?

In recent years, statistical data show that HIV infection continues to rise amongst the ethno-racial MSM population in Ontario. Possible factors include ethno-racial community members having to face systemic challenges such as racism, homophobia, stigma and discrimination, and the fact that there is a lack of open discussions on HIV/AIDS and sexual health issues in these communities as they are often considered cultural taboos.

While research evidence suggests that Asian MSM engage in similar risk behaviours as other racialized MSM<sup>1</sup>, the prevalence of HIV/AIDS among Asian MSM is lower than that of African, Caribbean and Black MSM and Latino MSM<sup>2</sup>. This fact highlights an opportunity for researchers to better understand Asian gay and bi men communities; it also allows researchers to explore culturally specific strengths and resilience factors that may enhance Asian MSM sexual health and overall well-being and reduce their HIV risks.

<sup>1</sup>Wei, C., Raymond, H. F., Wong, F., Silvestre, A., Friedman, M., Documé, P. Stall, R. (2011). Lower HIV prevalence among Asian/Pacific Islander men who have sex with men: a critical review for possible reasons. *AIDS and Behavior*, 15(3), 535-549.

<sup>2</sup>Remis, R. S., Swantee, C., & Liu, J. (2010). *Report on HIV/AIDS in Ontario 2008*. Toronto, Canada: University of Toronto.

### Key Research Questions:

What are the key life transitions/events that impact the sexual health of Asian MSM?

What resilience strategies have these men displayed in addressing their challenges?

What factors (challenges/barriers and facilitators) affect their resilience responses?

How do we translate the research findings into strength-based health promotions and HIV prevention programs and policies that impact the health of Asian MSM and other racialized MSM communities?

### Our Approach to the Concept of “Resilience”:

Resilience is the ability of a person, group, or community to “bounce back” from adversity<sup>3,4</sup>. While research tends to focus and measure resilience as individual attributes such as self-esteem, personal competence, optimism, and related attributes etc.<sup>5,6</sup>, such focus neglects that people’s lives are often influenced by socio-environmental factors, situations, and contexts. In this study, we approach resilience as more than an individual attribute; we view resilience as an inner resource that can be brought out and strengthened by supportive conditions and environments. We consider resilience as both an individual and collective force for social transformation<sup>7</sup>.

### How Can Resilience Benefit Asian Gay and Bi Men?

As members of the racialized and sexual minority communities in Canada, Asian gay and bi men in Canada often face unique and more pronounced systemic challenges. Not only do they face racism, homophobia, discrimination, and religious-based pressures within Canadian society and their own ethno-racial communities, they are also subject to sexual racism within the gay community. In addition, factors such as family pressures, immigration status and/or HIV status often pose as additional barriers for Asian gay and bi men.

Having to face multiple challenges due to their overlapping minority statuses within the dominant culture in Canada, Asian gay and bi men have shown that they are strong and resilient in overcoming barriers on a daily basis. As a group, Asian gay and bi men often find sources of strength and resilience when they identify with a collectivist culture that favors communal and institutional support. Yet being members of collectivist cultures can also mean placing their individual interests and priorities as secondary to those of the family or community; it may also lead one to not recognize their individual strengths in overcoming adversities as an asset.

In this study, we aim to shed light on the strength of Asian gay and bi men and to translate our findings into culturally appropriate and socially relevant knowledge that is meaningful to our study participants and community members. Our hope is to utilize what we have learned through our study to help develop health promotion interventions and programs that will promote resilience among Asian gay or bi men and their communities.

Not only do they face racism, homophobia, discrimination, and religious-based pressures within Canadian society and their own ethno-racial communities, they are also subject to sexual racism within the gay community.

<sup>3</sup>Hardy, S. E., Concato, J., & Gill, T. M. (2004). Resilience of community-dwelling older persons. *Journal of American Geriatrics Society*, 52, 257-262.

<sup>4</sup>Hall, J. S., & Zautra A, J. (2010). Indicators of community resilience: What are they, why bother? In J. W. Reich & A. J. Zautra (Eds.), *Handbook of adult resilience*; pp. 350–371. New York: Guilford Press.

<sup>5</sup>Madsen, M.D., &Abell, N. (2010). Trauma Resilience Scale: Validation of protective factors associated with adaptation following violence. *Research on Social Work Practice*, 20(2), 223-233.

<sup>6</sup>Prince-Embury, S., & Courville, T. (2008). Comparison of one-, two-, and three-factor models of personal resiliency using the Resiliency Scales for Children and Adolescents. *Canadian Journal of School Psychology*, 23, 11–25.

<sup>7</sup>O’Sullivan, T. L., Kuziemsky, C. E., Toal-Sullivan, D., & Corneil, W. (2013). Unraveling the complexities of disaster management: A framework for critical social infrastructure to promote population health and resilience. *Social Science & Medicine* 93, 238-246.

# V.

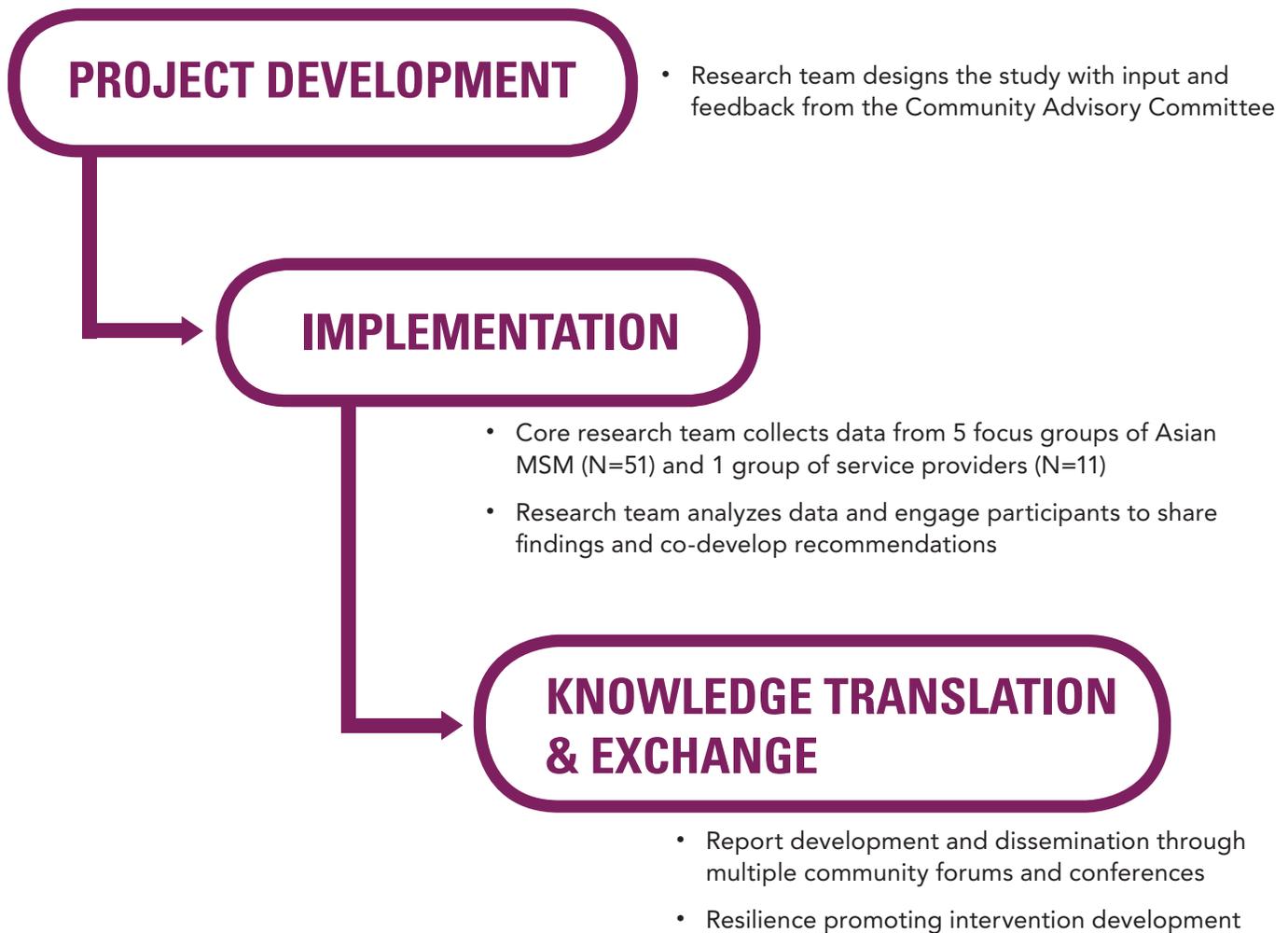
## OUR METHODS

### Community-led Approach:

As a Community-Based Research (CBR) study, AMP2R was led by Asian gay and bi men, service providers, community activists, policy makers, academic and community researchers; the study engaged Asian gay and bi men in all its stages, including developing solutions and action plans.

### Ethics Approval and Informed Consent:

The AMP2R study received research ethics board approvals from Ryerson University, York University, and the University of Windsor. A signed informed consent and confidentiality agreement was obtained from all participants.





The Asian gay and bi men study participants exhibited tremendous strengths and resilience in overcoming complex life challenges and experiences related to

**migration**  
**racism** **homophobia**  
**sex and relationships**  
**barriers to accessing appropriate support** **AIDS-phobia**

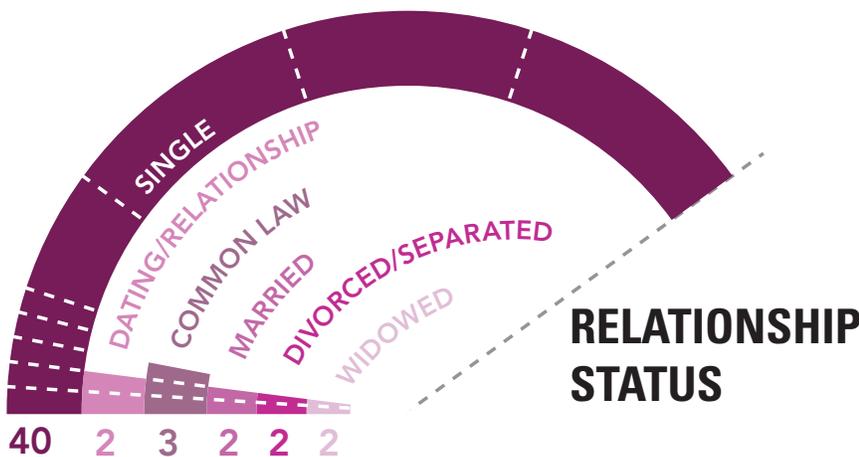
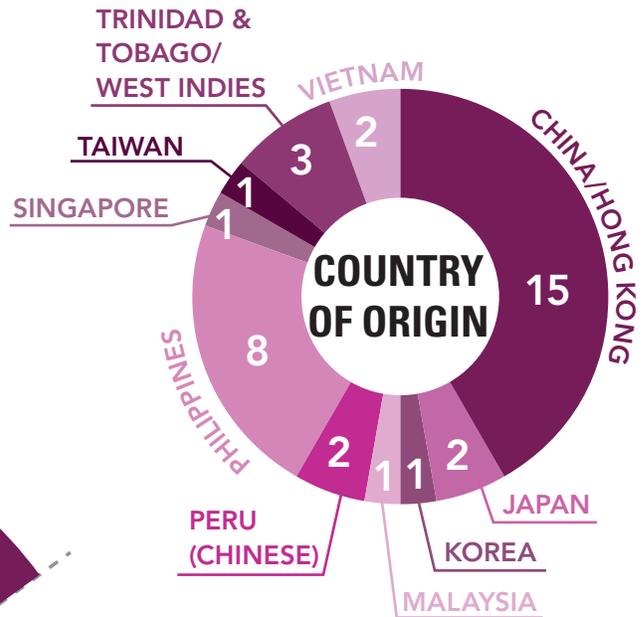
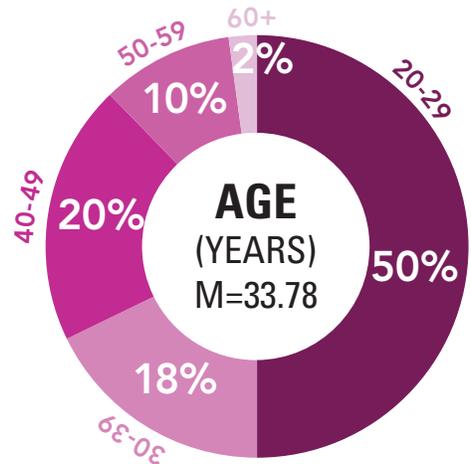
# VI.

## OUR PARTICIPANTS

Our study recruited Asian gay and bi men through service users connected with ACAS, their peer networks, as well as the wider networks that service East and Southeast Asians; this includes cultural and settlement organizations, campus organizations, and other LGBTQ service organizations. A total of 51 Asian gay and bi men and 11 health and social service providers participated in our study.

### Asian Gay/Bi MSM Participants:

Our 51 Asian gay and bi male participants came from twelve countries of origin: 80% of them have been in Canada for over 20 years. Half of them are under 30 and half of them over are 30 with a mean age of 33.8. In terms of sexuality: 90% of them identify as gay, 8% as bi, and 2% as questioning. In terms of HIV status: 34 of the participants were HIV negative, 12 were HIV positive, and one did not want to disclose his HIV status. During the study, a majority of our participants were single, have a post-secondary education and identified themselves as agnostic. The following diagrams highlight some of the characteristics of our participants.







ASIAN GAY AND BI MEN HAVE SHOWN THAT  
THEY ARE STRONG AND RESILIENT IN  
OVERCOMING BARRIERS ON A DAILY BASIS



# a. COMING OUT

Coming from an Asian background, participants often struggled with their perceived conflicts resulting from the social expectations rooted in their family up-bringing and prevailing Western notions of gay identity.

## CHALLENGES AND BARRIERS

- dealing with multiple oppressions faced by Asian gay and bi men as a racial and sexual minority
- struggling with gay/bi stigma and discrimination
- having a fear of being ostracized if one decides to come out
- lacking positive male Asian gay and bi role models

## FACILITATING FACTORS

- developing a positive sense of self and identity
- having a supportive network and access to appropriate community resources
- receiving positive reactions upon coming out
- obtaining financial independence
- migrating away from homophobic environments

## RESILIENCE STRATEGIES

- having a planned approach to coming out by:
  - assessing and ensuring safety
  - working towards financial independence
- accessing support and help from families and friends by:
  - coming out strategically (i.e. coming out first to supportive family/friends)
- developing self-affirmation and self-care strategies by:
  - establishing a clear sense of boundaries with family
  - maintaining a positive notion of self despite facing multiple oppressions





# b. MIGRATION

Many of our participants migrated internationally and within Canada to get away from homophobic environments, increase personal freedom, and create opportunities to live as gay or bi men. Please note that in our study, migration can mean *international migration* (relocating across countries), or *internal migration* (relocating across provinces, cities, neighborhoods etc.).

## CHALLENGES AND BARRIERS

- experiencing a loss of support networks and cultural identity
- experiencing loss of employment, credentials and/or assets
- facing language and service access barriers
- dealing with societal and sexual racism

## FACILITATING FACTORS

- being mentally prepared to move away
- planning a thorough pre-migration strategy
- gaining physical distance from toxic or homophobic environments
- being able to access new sources of social support

## RESILIENCE STRATEGIES

- viewing migration as a process for growth and fostering resiliencies through losses and challenges while gaining transferrable skills
- staying connected to cultural roots and values and the ability to reconcile conflict between the supportive and oppressive aspects of one's culture and identity



# c. SEX AND RELA

Navigating through sex and relationships as Asian gay and bi men was another key life transition/event identified by participants that has major impacts on their sexual health.

## CHALLENGES AND BARRIERS

- encountering sexual racism
- living as a sexual minority within a heterosexist society
- reconciling different cultural notions of masculinity, family expectations and values

## FACILITATING FACTORS

- having a peer support network
- accessing informational resources
- having positive gay role models and mentors
- being open to explore different relationship models

## RESILIENCE STRATEGIES

- practicing self-exploration and identity affirmation by:
  - gaining a positive sense of self and cultural identity
  - being sex positive and open to sexual exploration
  - knowing the kinds of relationships one wants
- building skills and capacities related to sex and relationships by:
  - developing prepared responses to sexual racism
  - learning how to navigate through a heterosexist society as Asian gay and bi men
  - obtaining the knowledge and skills to deal with HIV and one's sexual health
  - defining a concept of relationship that fits one's needs



# d. ENCOUNTERING

Testing HIV+ and living with HIV were articulated to be the most critical life transitions/events faced by HIV+ Asian gay and bi participants.

The initial testing HIV+ experience was associated with a sense of trauma, stigma, loss of hope, and fear of death. Some of the most urgent concerns were related to the fear of disclosing one's sexual identity and HIV status, rejection by loved ones, and the ability to access treatment and health care.

Over time, the concerns of HIV+ participants shifted more towards the management and treatment of HIV medication side effects; financial security; access to social and emotional support; dealing with HIV/AIDS related stigma and discrimination; and the criminalization of HIV non-disclosure.

This section has been divided into **Testing HIV+** and **Living with HIV** to further illustrate the challenges facing HIV+ participants and their resilience responses.



# i. TESTING HIV+

Testing HIV+ often produced significant impacts on the emotional health and interpersonal relationships of our participants.

## CHALLENGES AND BARRIERS

- lacking knowledge on HIV and where to get assistance or treatments
- facing HIV stigma on the external and internal levels
- experiencing social isolation due to dominant conservative values on sex in Asian communities
- experiencing multiple and intersecting traumas such as compounding the loss and challenges of testing HIV+ with
  - death of partners
  - immigration issues faced by HIV+ refugee applicants

## FACILITATING FACTORS

- knowing that one is not alone
- being in a supportive environment
- having HIV+ positive friends
- knowing where to access available resources
- having knowledgeable and trustworthy service providers who can help address immediate needs

## RESILIENCE STRATEGIES

- accessing practical and emotional support by:
  - accessing sensitive and supportive professional health services
  - connecting to culturally safe service agencies and peer support services like ACAS
  - accessing income support assistance such as the Ontario Disability Support Program (ODSP) and ensuring access to medication coverage
- reframing HIV positively by:
  - reframing testing HIV+ as an opportunity for rebirth or new beginnings
  - learning to prioritize self-care



# e. COMMON RESILIENCE STRATEGIES ACROSS LIFE TRANSITIONS/EVENTS

While the study participants were asked to speak on their experiences in overcoming each of the four major life transitions/events, several cross-cutting themes in their challenges and barriers, facilitators, and resilience strategies emerged from their narratives.

## COMMON CHALLENGES AND BARRIERS INCLUDE:

- stigma and discrimination
- sense of shame and failure to family expectations
- exclusion from traditional support systems
- multiple losses
- barriers in accessing services
- increase in risky health behaviours/practices as a result of the above factors

## COMMON FACILITATING FACTORS INCLUDE:

- culturally specific safe spaces, peer, family and professional service providers
- gay positive social environments
- financial security
- capacity building opportunities such as participating in community mentorship program and attending queer youth group workshops

## COMMON RESILIENCE STRATEGIES INCLUDE:

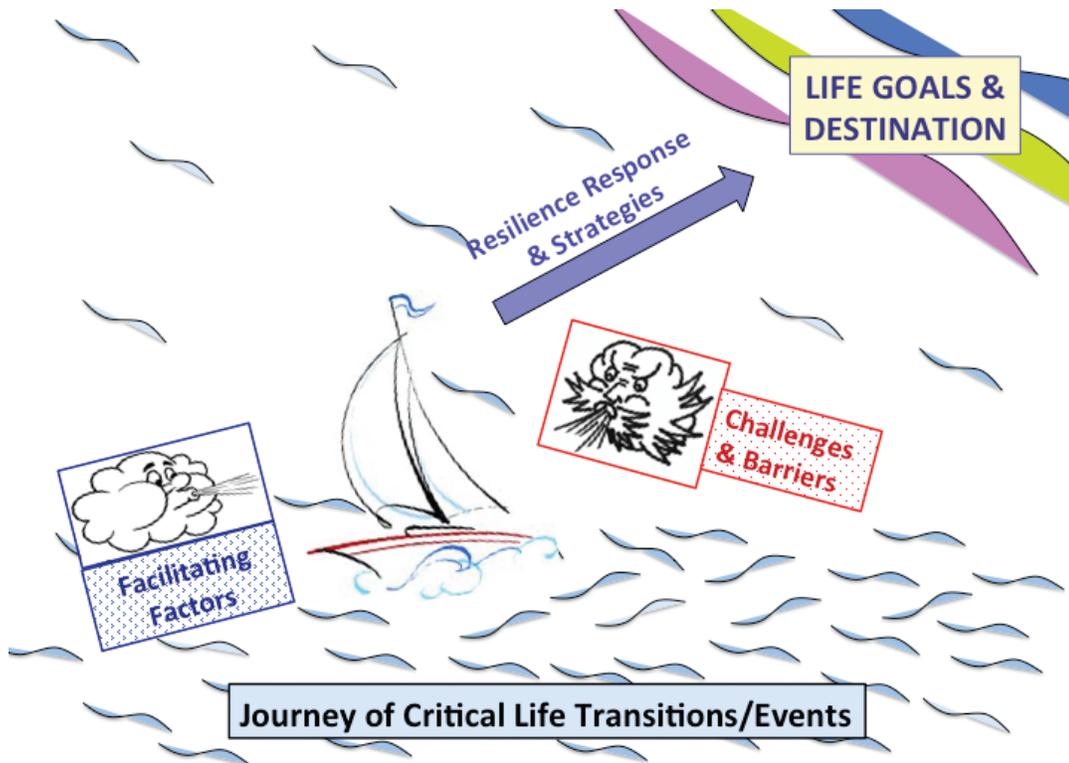
- planning migration away from oppressive environments to facilitate the exploration of one's identity
- reconciling the supportive and oppressive aspects of one's culture and accessing cultural strengths that reaffirm one's identity
- creating and accessing supportive community networks with family, friends, peers, and/or chosen family
- accessing culturally specific safe spaces and culturally competent community-based and professional services
- learning to prioritize self-care
- learning from past challenges and transferring resilience strategies across life challenges



# TRANSLATING KNOWLEDGE INTO ACTION

To maximize the meaningful engagement of the target communities directly affected by our research, we held three community Knowledge Translation and Exchange (KTE) sessions with our Asian gay and bi participants. In these sessions we shared with them the preliminary results of the study. In addition, we developed a facilitation tool, the *Sailboat Journey Through Critical Life Transitions/Events* (see Figure 1), and used it to engage the participants in reflective dialogue to collectively gain deeper insight into their shared stories of resilience and to co-develop action recommendations.

Figure 1. Sailboat Journey Through Critical Life Transitions/Events



The insights generated from the reflective dialogues have informed the final data analysis of this study and the recommendations for future actions. The *Sailboat Journey Through Critical Life Transitions/Events* exercise has also been adapted for use as a KTE tool to engage wider community stakeholders in interactive workshops and presentations at various conferences and community forums. In doing so, we hope to promote dialogue and collaborative learning on resilience strategies.



# IX.

## COMMUNITY RESOURCES

### COMING OUT RESOURCES

- Asian Community AIDS Services (ACAS)  
[www.acas.org](http://www.acas.org)
- Queer Asian Youth (QAY)  
[www.qay.ca](http://www.qay.ca)
- Central Toronto Youth Services Pride & Prejudice Program  
[www.ctys.org/category/programs/#pride-amp-prejudice](http://www.ctys.org/category/programs/#pride-amp-prejudice)
- Griffin Centre's Reach Out Program  
[www.griffin-centre.org/reachout.php](http://www.griffin-centre.org/reachout.php)
- Lesbian Gay Bi Trans Youth Line  
[www.youthline.ca](http://www.youthline.ca)

### MIGRATION/ SETTLEMENT RESOURCES

- Access Alliance's LGBTQ Program  
[www.accessalliance.ca/amongfriends/resources](http://www.accessalliance.ca/amongfriends/resources)
- LEGIT – Canadian Immigration for Same Sex Partners  
[www.legit.ca](http://www.legit.ca)
- OCASI Positive Spaces Initiative  
[www.positivespaces.ca](http://www.positivespaces.ca)
- Settlement.org  
[www.settlement.org](http://www.settlement.org)
- The 519 Newcomer Settlement Services  
[www.the519.org/programsservices/newcomersettlementservices](http://www.the519.org/programsservices/newcomersettlementservices)

- Asian Community AIDS Services (ACAS)  
[www.acas.org](http://www.acas.org)
- David Kelley Services  
[www.familyserVICEToronto.org/programs/davidkelley.html](http://www.familyserVICEToronto.org/programs/davidkelley.html)
- Gay Men’s Sexual Health Alliance’s Our Agenda.ca  
[www.ouragenda.ca/AboutUs.aspx](http://www.ouragenda.ca/AboutUs.aspx)
- Hassle Free Clinic  
[www.hasslefreeclinic.org](http://www.hasslefreeclinic.org)
- The 519 Counselling Services  
[www.the519.org/programsservices/the519anti-violenceprogram/counsellingservices](http://www.the519.org/programsservices/the519anti-violenceprogram/counsellingservices)

- Asian Community AIDS Services (ACAS)  
[www.acas.org](http://www.acas.org)
- Committee for Accessible AIDS Treatment  
[www.hivimmigraiton.ca](http://www.hivimmigraiton.ca)
- AIDS Committee of Toronto Support Groups for Newly Diagnosed & Long-term Survivors  
[www.actoronto.org/home.nsf/pages/act.docs.2596](http://www.actoronto.org/home.nsf/pages/act.docs.2596)
- CATIE  
[www.catie.ca/en/practical-guides/just-diagnosed-hiv](http://www.catie.ca/en/practical-guides/just-diagnosed-hiv)
- David Kelly Services HIV/AIDS Community Counselling Program  
[www.familyserVICEToronto.org/programs/dksHIV.html](http://www.familyserVICEToronto.org/programs/dksHIV.html)
- HIV AIDS Legal Clinic of Ontario  
[www.halco.org](http://www.halco.org)
- Toronto HIV/AIDS Network (THN)  
[www.torontohivaidsnetwork.org](http://www.torontohivaidsnetwork.org)
- Toronto People Living with AIDS Foundation (PWA)  
[www.pwatoronto.org](http://www.pwatoronto.org)

## SEXUAL HEALTH & HEALTHY RELATIONSHIP RESOURCES

## RESOURCES FOR PEOPLE TESTING POSITIVE AND LIVING WITH HIV/AIDS

# RESILIENCE

*Our ability to cope with  
life transitions/events and  
recover from adversity.*

**ASIAN MSM PATHWAYS TO RESILIENCY (AMP2R)**