

potions
for
moths



Letters to Meth

Breaking the Ice Project
Toronto, October 2019
Edition of 500

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SPACE FOR CHANGE

Breaking the Ice is a research project orchestrated by The 519. The aim was to better understand the needs and barriers of two-spirit, queer, and trans crystal meth users connected to Toronto's Church-Wellesley Village in relation to accessing health and social services.

Letters to Meth is the arts-based oral history element of Breaking the Ice. Its production included participation by more than 100 community members with lived experience of crystal meth. The result is an immersive multimedia work made up of this zine, an original audiovisual arrangement, and a touring 3D installation.



The basic idea behind making a community zine is fairly simple: we get together and we cut, write, draw, paste, talk, type, and often take smoke breaks.

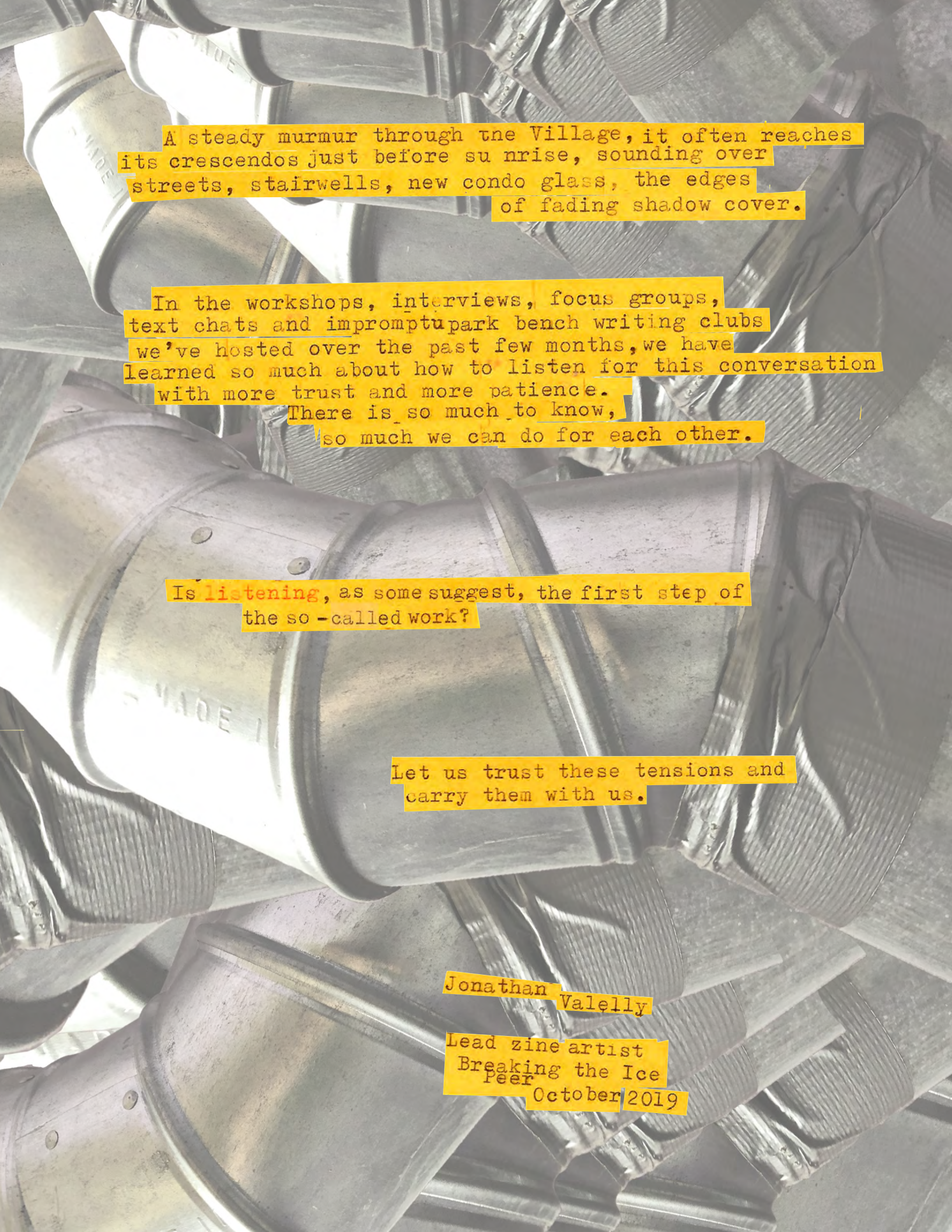
A stack begins to grow out of the pages we've made, each one a container for a hope, a desire, a joke, a memory.

Bound into one. I find that the same condition that made these pages possible — **together ness** — transforms. Side by side, contributions to a zine collaboration certainly bring out powerful similarities and intersections. But the pieces are often just as full of discord, **paradox**, and things we still don't know.

I feel such tensions more keenly in **Letters to Meth** than I have in any of the zine projects I've done over the past decade. Crystal meth is a tornado of experiences and emotions: ecstatic, tragic, confusing and lucid all at once. Tie each person's knots together, and you have to start untying in a new way.

I often hear people say that meth isn't being talked about, that it's time to start the conversation.

The conversation has begun already.



A steady murmur through the Village, it often reaches
its crescendos just before sunrise, sounding over
streets, stairwells, new condo glass, the edges
of fading shadow cover.

In the workshops, interviews, focus groups,
text chats and impromptu park bench writing clubs
we've hosted over the past few months, we have
learned so much about how to listen for this conversation
with more trust and more patience.
There is so much to know,
so much we can do for each other.

Is **listening**, as some suggest, the first step of
the so-called work?

Let us trust these tensions and
carry them with us.

Jonathan Valelly

Lead zine artist
Breaking the Ice
Peer
October 2019

I have always been a firm believer that my art *is* my statement.

However, given this space, I can't overstate what an incredible honour it is to have been entrusted with contributing an artistic component to this project. My audio and visual interpretations pay humble respect to the huge variety of experiences shared during Letters to Meth, and the individuals who shared them.

I am, admittedly, apprehensive about sharing my extensive experiences on this particularly dark subject for the first time in my life. But I am left with a heightened understanding of how deeply our communities are suffering because of the lack of supports and resources.

This is, of course, compounded by the stigma toward crystal meth that remains unfortunately widespread. I sincerely hope that anyone who listens and engages with the project can not only find new information about the impact of crystal meth, but be encouraged to join a louder, pressing dialogue about how to respond.

Expressing myself musically and artistically has always been a highly personal and therapeutic means to channel my dark experiences and emotions. I aim to transform them into something not only vivid and beautiful, but also constructive. It was a whole new challenge to interpret the contributions of others the same way. I made it my mission to ensure that every voice would be heard (sometimes literally).

Through my involvement with Breaking the Ice, I have never become more aware of my particular privileges and unique path. This deeper insight is thanks to the brave and fabulous people who contributed. For that I am profoundly grateful.

Don Vaillancourt
Audio Visual Lead Artist
Breaking the Ice Peer
October 2019

Dear Crystal Meth,

We first met ...

I thought

WOW

Im

HIGH

in an

ALTERED STATE

I FEEL WORSE THAN BEFORE...

You were ...

~ Problem

and

I was

a failure.

FUCK FRIENDS...
WHO NEEDS THEM
ANYWAY?

Then ...

~~but~~ I thought

ONE HOUR WITH THIS LOSER AND
YOU'LL BE THANKING THE GODDESS
YOU'RE NOT HER! IT WILL SNAP YOU
RIGHT OUT OF YOUR DEPRESSION!

How I Got To Sleep

Now ...

OUT OF THEIR
HANDS

**YOU'RE
WEIRD!**

I hope that ...

You Lose

Signed,

I hate you



WITH PASSION.

Dear Crystal Meth,

We first met ...

In the village

You were ...

always keeping my
ass kept.

Then ...

How tease me for as long
as I am up.

You and ...

seem to be all around my
building looking for me.

Now ...

you have found me.

I think you are ...

cheap and have no feelings.

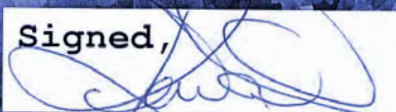
Let me ask you a question ...

Are you ever going to leave
me alone

Anyway, I hope that ...

you get tired of bugging me

Signed,



Dear Crystal Meth,

How are you? I am thinking of you. I hope you are surviving as well as I am.

I think the best time we had together was when we agreed not to abandon ^{my humanity & ego} ~~me~~. Oh, ^{of self}

but on the other hand, remember when the night turned into a day ^{guilt belled down}? I can't believe the lagoon outlook belled with gay guilt!

These days when I think about you, I think that nothing, especially pleasure and euphoria comes without a price. I hope that

you and I can reach a balance, really enjoying each other. Still the years accrue, leaving planning, conversion and so much else in the dust, to be sorted through by those who have yet to catch up. Perhaps I should have listened ~~it~~ more closely, to those early, faint

Signed,

Phet

Dear Crystal Meth,

Here are 5 things I like about you.

1.

the rush it
give's

2.

Cleaning
up my ~~spotless~~
home ~~spot~~

3.

Make sure my make
is on properly

4.

Walkin around
every where. DT.

5.

Great sex

Here are 5 things I don't like about you.

1.

Odor pore's
comin out of
my body.

4.

Parrianiid
(Paranoid)

2.

Gettin scabs

5.

Wakin

3.

I have to take more
bath's or shower's

Dear Crystal Meth,

We first met ... At a Starbucks
Allie, inside a black garbage bag,

You were ...

10-20 times the potency
of a stick of cinnamon sugar,

Then ... I lost my mind,
and ripped my heart out

You and ... "Brandy" had a
party,

Now ... I see things
clearly,

I think you are ... very icy or
cold as "ice" like the
eighties song,

Let me ask you a question ...

Why do you exist?

Anyway, I hope that ...

I can make amends
and take some inventory.

Signed, Liberty.



~~1-11/14/14~~

IF Crystal Meth were ^K people
would not exist they would ^K become
aliens and leave this world to live
in a heavenly realm a utopia honor.
God to become human again to ~~destroy~~
evil



Dear Crystal Meth,

We first met ...

~~UNDER~~ THE ~~UNDER~~ CARPETS
OF THE BRIDGE. Damp, ~~SHITTY~~
AND THE ~~DRIPPING~~ STENCH OF
DEATH.

You were ...

COLD TO THE TASTE IN WHICH
I ~~TEST~~ THE ~~THICK~~ OF ~~DESIDER~~
Then ... THAT DEMON BROUGHT
IN THE VOID OF THE
SPIRIT.

I TOOK ~~NOT~~ JUST ONE PUFF
BUT SEVERAL TO THE ~~ON~~ THE
Now ... DEATH OF SINFUL PLEASURES

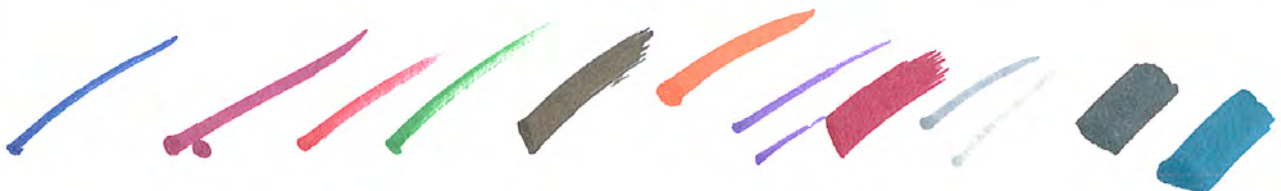
I ~~HAVE~~ TO LEARN TO STOP
SO I CAN SURVIVE ANOTHER DAY

I hope that ...

BOWL I NEVER PICKED UP THAT
OF THAT Demon WITH THE

Signed,

[Signature]



"I have a light bulb" he said,

they look at you like you

a well meaning but ultimately

they read the textbook
what the

I tell everyone that I
use drugs

I love you

so that people in the neigh
dонт look

I said, "You must be from Edmonton,"

just killed someone

and then BOOM!
terrible friend

say, they know
hell I'm talkin' about, no you
don't

so
they can ask
me for help

because I am a machine

bourhood

on me
down

Dear Crystal Meth,

Fuck you,

U

never

BLAZE

Love

MONSTER

I LOVE YOU

Dear Tina,

Dear Crystal,

you

SOCIAL

CONTRIBUTOR

Grow up, Don! You're

angry

BROKEN

W

the

PARTY

SCENE

Night. BILLY and DON in the shack. DON is putting meth in his pipe.

Foot Foot
danc o danc o.

Foot Foot
danc o danc o.

Foot Foot
danc o danc o.

Foot Foot
danc o danc o.

Foot Foot
danc o Foot danc o.

Foot Foot danc o danc o.
danc o danc o.

Foot Foot Foot Foot
danc o danc o.

Foot Foot
danc o danc o Foot

Foot Foot Foot Foot
Foot Foot Foot

Foot Foot
danc o danc o. danc o d

Dear Crystal Meth,

Here are 5 things I like about you.

1.

You're cheap!

2.

You make me feel like a superhero

3.

You help me concentrate on things I'd otherwise avoid!

4.

Some of the people you've
introduced me too are great

5.

You make me horny

Here are 5 things I don't like about you.

1.

You give me a softie

4.

Everytime we part ways my body and brain
ache and scream

2.

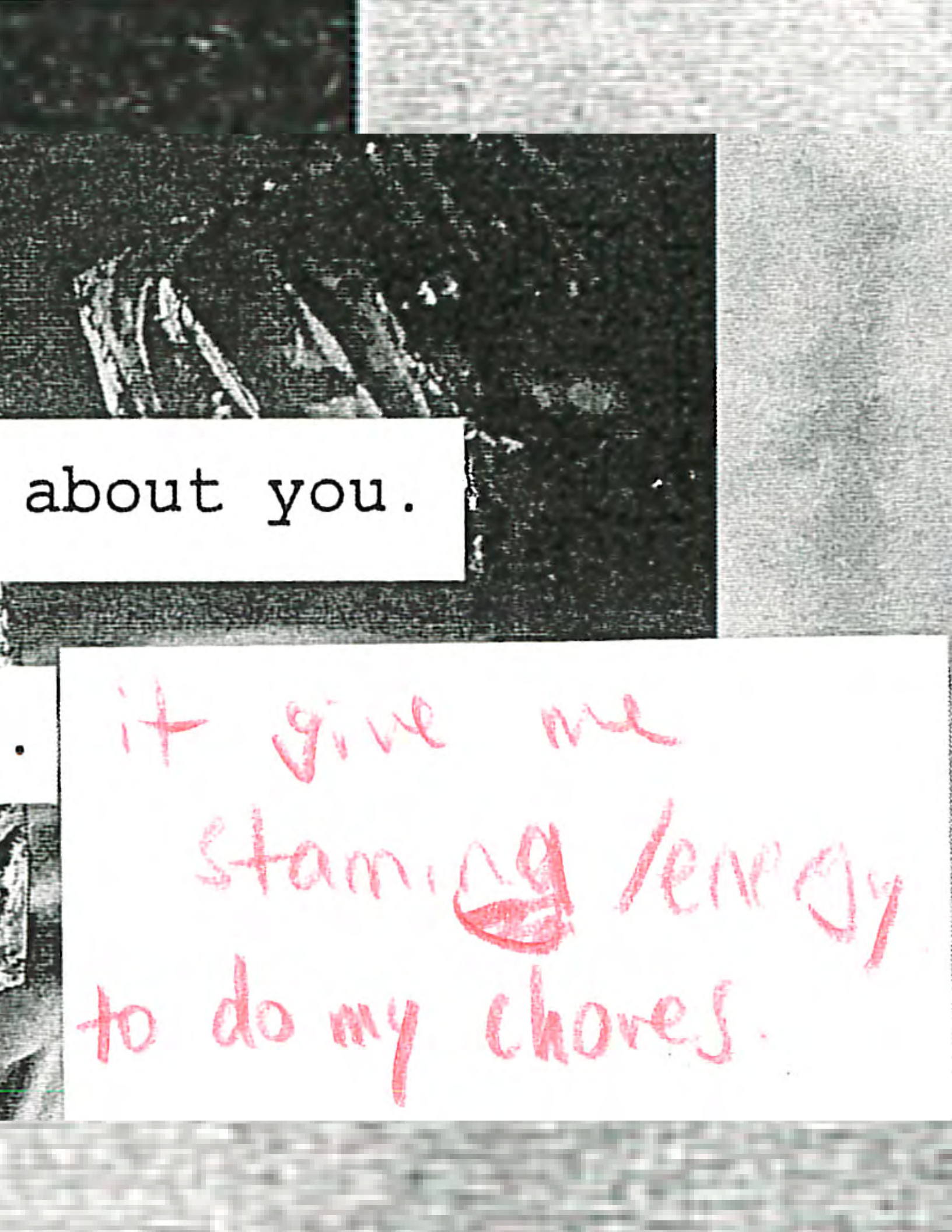
You have a bad reputation
with good people

5.

Sometimes you hurt
more than you help

3.

I have to hide you
everywhere I go



about you.

it give me
stamina/energy
to do my chores.

Dear Crystal Meth,

How are you? I am thinking of you. I hope you
are

Not Sucking with me
my one-h-only TINA!

I think the best time we had together was

The first day I met you!!!
-N- I will never forget all the power
you gave me Oh,

but on the other hand, remember when

You took
My love
Away from
me ? I can't believe

These days when I think about you, I think

I hope that you and I can

get along in line
Strongly believe

Signed,

Crystal

DEAR TINA

You are a lying bitch! You
promised Great Sex, amazing
friends, clarity, creativity, and
a wonderful future. Instead
you have made me feel more sad
and lonely than I EVER thought
possible.

However when you brought me to
the basement under Rock Bottom it
has shown me what is most important
in life: Daughter, Love, friendship,
caring, and purpose.

We may visit occasionally but
please do not overstay your welcome.

P.S. Leave my friends and family
alone or I will destroy you!

Be the medicine you were meant
to be and Not the selfish addictive
prick you show too much
HUGS & KISSES THAT

Dear Crystal Meth,

Here are 5 things I like about you.

1.

energy

2.

SexDrive

3.

No Pain

4.

~~Boost~~ Boost of
confidence Tandom
thoughts

5.

Here are 5 things I don't like about you.

1.

lack of
Sleep

4.

no
appetite

2.

Sweat
Smells

5.

the way
the world
opresses you

3.

hangnails

Dear Crystal Meth,

Here are 5 things I like about you.

1. You Resemble Diamonds
2. Your Reach is Neverending
3. You Make Sex Better.
4. You Aren't Picky.
5. You're never going away.

Here are 5 things I don't like about you.

1. You killed All my Friends
2. You Pushed away My Family
3. You Resemble Diamonds
4. You Buddied up to Fetanyl!
5. You Bitch!

Signed,

A McFlister.

DEAR

I HOPE YOU ARE...

DOING OKAY WITHOUT
me.



METH

I KNOW THAT... WE MAY

SEE EACH OTHER AGAIN SOON.



YOU ARE... Always around
when I need you but

I'm looking for something else.

ANYWAY,... I know I will see you soon

but...

MAYBE... Not the time
after that.



Sincerely,

Victoria
~



volatile inside

optional outside

i vomit my feelings and cry

then smoke another bowl OH MY!

rapidly falling down the hole but i try

my lowkey habit will not die

smoke another bowl and sigh

try to keep it to myself but i cant,

try to keep it to myself

can,
can't lie

the rush of fragility and terror and dread

the thoughts and feelings trapped in my head

treat everyone like a therapist

they gotta take my shit
they gotta take my shit

i'm a fucking mess but at least i'm lit

if I knew
no deception would exist,

It could be simplified a good deal further.

Because she

Why not?

They need money—lots of it.

say that it's as crude and shameless as
that?"

Oh—no

wanted to get away

for reasons
sufficient to them,

Dear Crystal Meth,

Here are 5 things I like about you.

1.

Give me Energy

2.

Got me off
Crack.

3.

met my husband.

4.

It's a people drug.
meaning?
(you make me outgoing & talk to
random strangers).

5.

you make me
happy.

Here are 5 things I don't like about you.

1.

Your illegal

4.

You give
me bad
acne.

2.

Bad for the
teeth

5.

do too much
then I'm stuck
on a frazzle!

3.

could go to jail
if caught trading
or buying.

You are a bitch and the cause of my existence.

However I feel lost without ~~you~~



Dear Crystal Meth,

We first met ... **WHEN I WAS DOWN
AND OUT, MY LIFE WAS IN
DESPAIR**

You were ... **THE ANSWER TO ALL
MY PAIN**

Then ... **YOU TOOK MY SADNESS
AWAY**

You and ... **I AM IN LOVE
UNCONDITIONAL**

Now ... **I HAVE ALL THE
ANSWERS AND I'M NO
LONGER AFRAID**

I think you are ... **MY BEST
FRIEND**

Let me ask you a question ... **PLEASE
DON'T EVER LEAVE M**

Anyway, I hope that ... **YOU'LL
ALWAYS KEEP ME STRONG**

Signed,
APRIL MADINE

Dear Crystal Meth,

Here are 5 things I like about you.

1.

you make me
Concristrate

2.

you add life
to the party

3.

you Help me come
out of my shell

4.

you get me High

5.

you Help
me forget

Here are 5 things I don't like about you.

1.

you cost me
money

4.

you cost
me my
Housing

2.

and you
make me
paranoid

5.

you make
me see
the Deamons
Im scared

3.

you put me in
Jail

[illegible]

cheese BO
AN ADULT COLORING BOOK

DEAR CRYSTAL METH

UPSIDE DOWN KINSHIP
LOOKING FOR PARTIALITY
ESTATE OF DESPAIR
AS TAG IN A TRAGEDY
TO SLOWLY CHOKED ME
CRYSTAL METH
DEAR CRYSTAL METH
I LOVE ME TODAY AND I KNOW
THAT'S FOR CALLS
NO DO
BYE BYE YOU
A BREATH OF HOPE
YOU SHIT OUT OF YOUR FACE
NO MORE
THAT'S THE WAY OF
REDETERMINED
YOU BECOME
FEARS
AND
S
ST



LETTERS TO METH...

C IS FOR CRYSTAL AND M IS FOR METH, A CRY FOR MERCY.
YOU FUELED MY SO-THOUGHT BORING LIFE AND TURNED
IT UPSIDE DOWN.

LOOKING FOR KINSHIP, PARTAKING IN THE FELLOWSHIP OF
DESPAIR AND INSANITY.

ECSTASY TURNED TO TRAGEDY AS TENTACLES SLOWLY CHOKED ME.
AS IMAGINARY SNIPERS AIM FROM ROOFTOPS AND SWAT
TEAMS DROP TO MY WINDOWS,
A GLIMMER OF LIGHT FINALLY MAKES ITS WAY THROUGH THE DESPAIR
AND AGONY.

A BREATH OF HOPE REACHES MY LUNGS AS THE STRENGTH TO BEAT
THE SHIT OUT OF YOU
BECOMES MY NEW GOAL.

I NEEDED YOU TO FACE MY FEARS AND KNOW MY WORTH.
I LOVE ME TODAY AND I KNOW YOU DON'T.
THANKS FOR CALLING.
BYE BYE NOW.

OF YOU, I'M FREE.

I HOPE YOU LIKE THIS...

Dear Crystal Meth,

We first met ... at an undisclosed location
in the West Lodge.

You were ... about to smoke it on foil.
"Egads, I have a light bulb" he said.
Then ... I said "You must be from Edmonton."

You and ... the meth man rode the rails
hot. Blue Öysta Cult play "Hot rails to Hell"

Now ... you can find some amazing bong hits
beating copious amounts of vapor on Instagram

I think you are ... the bong

Let me ask you a question ... do I need more
meth homework to work on

Anyway, I hope that ... this is not just another
blue meth we're in again

Signed,

Smokin' Ice, Ice
Baby

Dear Crystal Meth,

We first met ... 1992.

You were ... around with the
ole gang. in Thunder Bay.

Then ...

You and ... trying to graduate
high school.

Now ... I'm a support worker
for OHAS.

I think you are ... shit

Let me ask you a question ... what have
you ever done Positive for Pop

Anyway, I hope that ...

You Die. meth.

Signed, RJ.

4.25

4.25

4.25

Dear Crystal Meth,

How are you? I am thinking of you. I hope you
are

I think the best time we had together was

Oh,

but on the other hand, remember when

? I can't believe

These days when I think about you, I think

I hope that you and I can

Signed,

DEAR TINA

miss thing u
are fabulous,
never change!

well, maybe
loosen up a
bit

take a chill
pill if u know
what I mean

Stay Cute



À L'AISE DANS LE
MALAISE
LE CŒUR ENROBÉ
DE DIAMANTS
ABRUTI

MEME SI POUR SEULEMENT UN
LORSQUE LES ÉLÉMENTS S'AFFAIBLISSENT
IL NE RESTE QUE L'INCELLE DE
SAVOIR-FAIRE ET C'EST LA
OU SE TROUVE VERSE
POUR AUX RICHESSES
L'ESPÉRANCE D'EMBRASSER LE SOLEIL

LA PROMESSE
D'UNE VIE TORPUE
DE MALHEUR

CRYSTAL METH

CRISSE DE MERDE

S.O.S
À L'AIDE !

TU AS ENDIABLÉ ET
CHAMBARDE

MA SOI-
DISANT

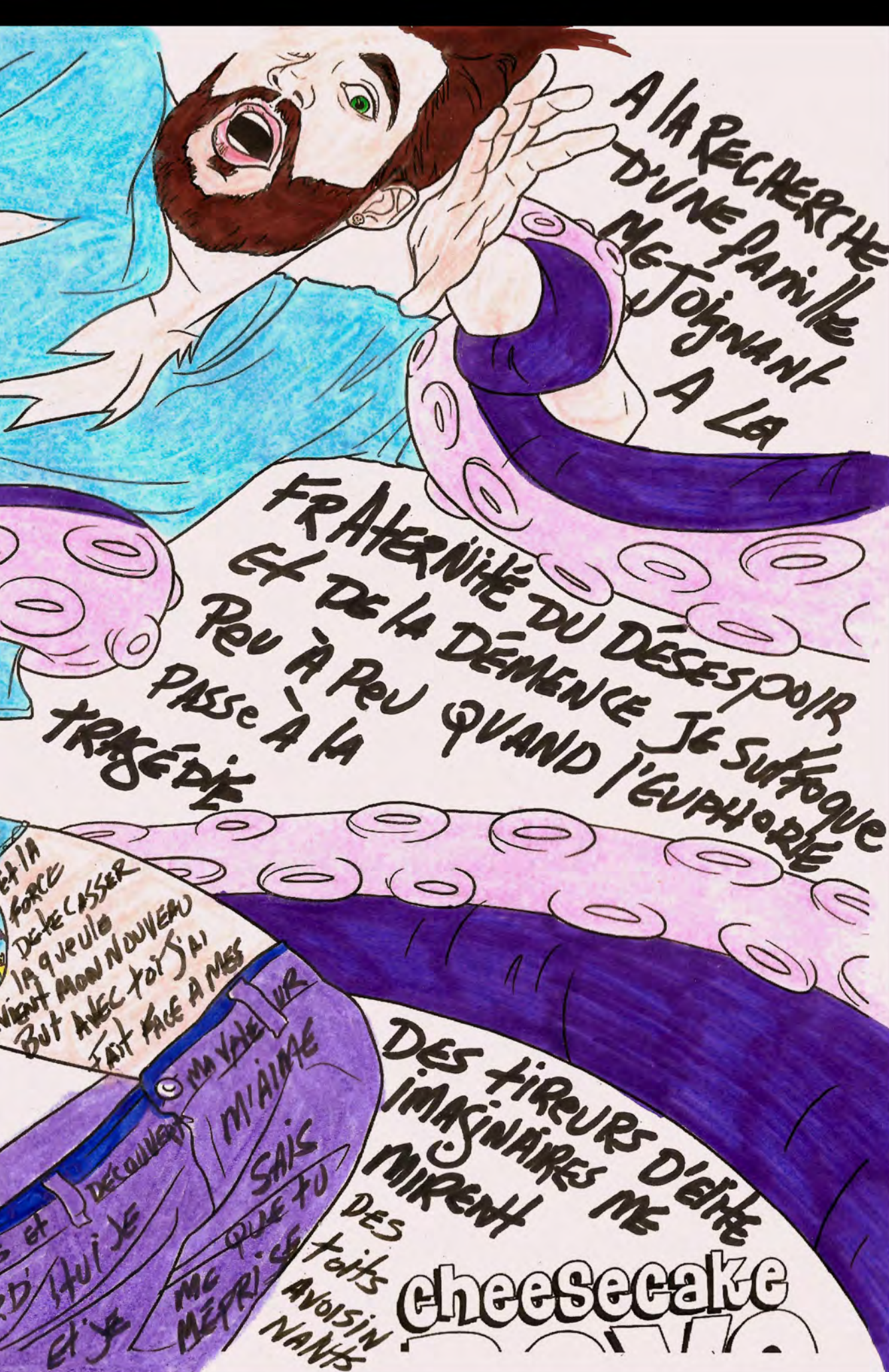
VIE MONOTONE

MERCI POUR TON
APPEL AU SECOURS
JE SUIS ENFIN LIBRE !

DE ÉQUIPES SPÉCIALES
DESCENDENT À MA
FENÊTRE EN RAPPEL

L'angoisse et la
détresse s'écartent
au loin faisant
place une lueur
une bouffée
d'espoir
Remplit
mes
poumons

POUR
AUJOUR



A LA RECHERCHE
D'UNE FAMILLE
ME JOIGNANT
A LA

FRATERNITÉ DU DÉSESPOIR
ET DE LA DÉMENCE JE SUFFOQUE
PEU À PEU QUAND L'EUPHORIE
PASSE À LA
TRAGÉDIE

et la
force
de le casser
la queue
vient mon nouveau
but avec toi j'ai
fait face à mes

et
d'aujourd'hui je
et je
ma valeur
m'aime
SAIS
QUE TU
ME
MEPRISE
DES
toits
AVOISIN
NANTS

DES TIREURS D'ÉTAT
IMAGINAIRES ME
MIRENT
cheesecake

dear

i love you

ugh yeeeeeeaaah

i love you b ecause

i am a machine

does his work now

the best time we had together was

bhhhhh bash my keys baby

keep trying okay

gay11111

ANTINO GARAVANI Boot. \$3640.

Dear Crystal Meth,

How are you? I am thinking of you. I hope you are doing well & helping me to discover the beliefs in life, answers I seek. I will enjoy the time I'm having with you.

I think the best time we had together was when I first met my wife Anya. I felt relief & happiness & nirvana and answers to seek. Thank you!

Oh,

but on the other hand, remember when why sometimes it took longer to find the answers because I can't believe was harder to tell & find.

These days when I think about you, I think we smoke with good health & good honest intellects.

I hope that you and I can meet someday and I can buy a present for helping me finding the answers & not leaving me alone answerless.

Signed, Timothy Faerber

Dear Crystal Meth

DEAR CRYSTAL MESS

D E A R M E T H I C A B I E L

HoT mEtH Xpress - Attention

Top Ten Tina Turner Hairstyles
123456789 10

Miss ~~Ms~~ Mz Mx Mth Mrs. , Misses Mix Me Mrs. Mom METH

C is for Mi meth
see ya l8r

R is for Are you hi RN do uever get nervous
Yis for no andyes and why oh why

S is for ex-loverestuary

T is for ... I mean CUM ON NOWyoure no dummy

A is for a time/a place/a decision

L is for Hell ooo Mr. ... LoL --- 1:4 CKW o

CCrystal Waters Pride living very loud

Crystal heeling + achilles heal right here right now

Dear in the headlights in Dearborn Michigan where
doors dears to dream from here to here,
and everywhere

Dear goodbye TTTTTTYL

DEAR CRYSTAL,

I GUESS I HAVE TO WRITE A LETTER
TO YOU SO HERE IT IS...

I FUCKING HATE YOU. I NISH

YOU NEVER WASTED 7 YEARS WANTING
YOU (OF MY LIFE). MY EX INTRODUCED
US AND THAT'S WHY HE'S MY EX.

GET THE FUCK OUT OF MY LIFE
SOON! I'M BETTER

WITHOUT YOU! Sincerely
none of your fuckin
business
P.S. DIE BITCH

Dear Crystal Meth,

Here are 5 things I like about you.

1. Keeps me awake
2. you help me concentrate
3. you help me sing
4. makes anal sex a breeze
5. numbs the pain of abuse

Here are 5 things I don't like about you.

1. the visions you give me; it could be real
2. you make people die
3. HIV
4. you make my family not like me
5. you make me bitchy.

So there you have it.

Signed,

Rolaga Belognese
Pharchoka

AT CRISTAL, IT'S TIME AT TARGET MINE. I'VE FOUND Y'ALL PLACES ~~THAT~~ I'M least expecting.

IVE HAD SOME EXPERIENCES WITH U AS A FINE AND BEARS AN EXPERIMENT.

SOME OF MY FRIENDS WOULD BE VICIOUS TO YOUR VALUING FILLS, I'VE

BECOME ENCOMPASSED AND LIVES DESTROYED BY THE HIGH

Viciously erupted directly into the bloodstream
through delicate veins. Sniffed like nose candy

Followed by ^{their} a strenuous, relieved "ahh"
or smoked bicarlessly and presnickety.

Each have their own way, few follow the
simple, basic rules of science. Combustion is
only a few degrees and a heating chambre
away from utilizing vapor.

Some seek the "rush" or "high" achieving
a "tweaking" stature.

personally, just a small amount does the
sexless trick to calm my nerves and maintains
my relaxed demeanor. I find it very mild
when not abused, almost like a common coffee.
Now marijuana; that's a helluva drug, I'll
catch the next bus.

—Anonymous

Dear Crystal Meth,

Here are 5 things I like about you.

1.

It gives me long lasting energy. Longer then the energizer bunny

2.

I love to clean.
So I go crazy and don't stop.

3.

Doesn't cost that much for a long lasting buzz.

4.

The sexual energy!

The drive. but I never get any.

5.

It's very positive for me.

Here are 5 things I don't like about you.

1.

Coming down is horrible. It makes me feel so nasty.

4.

Starting to experience having the picking thing.

2.

The burning when you snort it.

5.

Hard to find when you don't have a regular dealer.

3.

It makes me hallucinate when I'm it for a few days. like people coming through my place and going to the balcony.

But it could be a sign from God.

Dear Crystal Meth,

We first met ...

2014 AT McDONALD'S
QUEEN + SPADINA
JANUARY

You were ...

DIFFERENT, WEIRD AND
YOU TASTED BAD. :D

Then ... I GOT ACQUAINTED TO THE
TASTE AND YOU BECAME MY D.O.C.

You and ...

WERE PERFECT TOGETHER. I
LOVED THE ENERGY + FOCUS YOU BRINGING
AND WE TRAVELED THE CITY TOGETHER.

Now ...

WE ARE NO LONGER TOGETHER
BUT I THINK OF YOU ALOT AND
KNOW WE WILL MAYBE MEET AGAIN!..

I think you are ...

STEREOTYPED BY ALOT
BUT ALSO LOVED BY ALOT AND WHAT
PEOPLE ABOVE YOU, ITS NOT A GOOD SIGN.

Let me ask you a question ...

HOW MANY OF MY FRIENDS DO YOU
HAVE UNDER YOUR SPELL

Anyway, I hope that ...

ALL IS WELL AND
I KNOW YOU DONT THINK OF ME
AS MUCH AS I THINK OF YOU!!!

Signed,

MONKEY

Breaking the Ice is unbelievably grateful to the incredible people and partners who brought this work from an idea into fruition.

This project would have not been possible without the steadfast leadership and insightful guidance of an invaluable group of community leaders, health and social service providers, harm reduction workers, community organizers and academics.

We want to particularly acknowledge the unwaivering support of:

Fred Victor
Ontario Harm Reduction Network
Parkdale Queen West Community Health Centre
Pieces to Pathways
South Riverdale Community Health Centre
St. Stephen's Community House
Toronto Drop-In Network
Toronto North Support Services – MDOT

Thank you to these community organizations who offered time, space, and resources towards community conversations and key informant interviews.

ACT
BlackCAP
Fife House
Maggies
PASAN



PASAN



PARKDALE
QUEEN WEST
Community
Health Centre



St. Stephen's
Community House

Urban Health &
Homelessness Services



Pieces to Pathways

TORONTO Public Health



TORONTO
DROP-IN
NETWORK



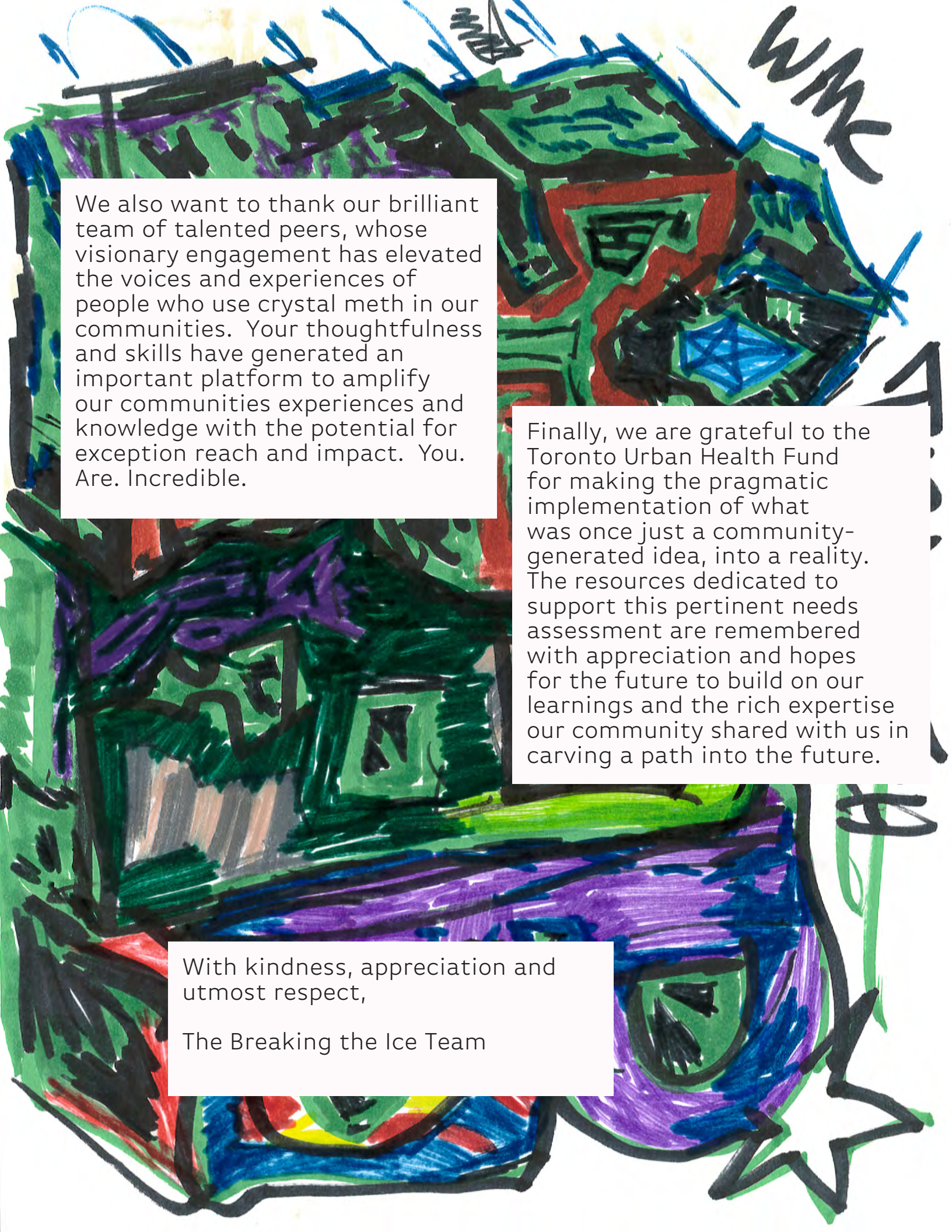
ONTARIO
HARM REDUCTION
NETWORK



fred victor
Helping people find place & purpose



ST. FELIX CENTRE
Lark Communities



We also want to thank our brilliant team of talented peers, whose visionary engagement has elevated the voices and experiences of people who use crystal meth in our communities. Your thoughtfulness and skills have generated an important platform to amplify our communities experiences and knowledge with the potential for exception reach and impact. You. Are. Incredible.

Finally, we are grateful to the Toronto Urban Health Fund for making the pragmatic implementation of what was once just a community-generated idea, into a reality. The resources dedicated to support this pertinent needs assessment are remembered with appreciation and hopes for the future to build on our learnings and the rich expertise our community shared with us in carving a path into the future.

With kindness, appreciation and utmost respect,

The Breaking the Ice Team

D E A R T I N A

