

The **Vancouver Area Network of Drug Users (VANDU)** was formed in 1998 *to bring groups of people who use drugs together.*

VANDU is committed *to increasing the capacity of people who use illicit drugs to live healthy and productive lives.* We do this by affirming and strengthening people who use illicit drugs to reduce harms both to themselves and their communities.

*We organize in our communities to save lives* by promoting local, regional, and national harm reduction education and interventions.



VANDU challenges traditional client/service provider relationships and empowers people who use drugs to design and implement harm reduction interventions.

VANDU believes in every person's right to health and well-being. We also believe that *all people are competent to protect themselves, their loved ones and their communities from drug related harm.*

VANDU is committed *to ensuring that drug users have a real voice in the creation of programs and policies designed to serve them.*



VANDU understands that *drug use ranges from total abstinence to severe abuse* – we recognize that some ways of using drugs are clearly safer than others.

VANDU recognizes that *the realities of poverty, racism, social isolation, past trauma, mental illnesses, and other social inequalities increases people's vulnerability to addiction* and reduces their capacity for effectively reducing drug related harm.

### **What is Harm Reduction?**

*Harm reduction is a set of practical strategies with the goal of meeting people who use illicit drugs "where they are at" to engage them in reducing harms associated with their drug use.*

Together with the citizens of Vancouver, VANDU works to minimize the harmful effects of illicit drug use by calling for effective, well-researched interventions such as: heroin and cocaine prescription programs, housing for users and accessible, effective detox, and drug treatment.

We can reduce illicit drug overdose deaths, illness, the corruption of our law enforcement, drug related crime, and the market for illicit drugs.

## **How Do I Become A VANDU Member?**

1. Come to VANDU sponsored group meetings regularly.
2. Review this pamphlet and see if you agree with VANDU's beliefs and definition of harm reduction.
3. Sign up in the VANDU office and get your name on the VANDU members list.
4. If you are a person who has not used illicit drugs, we welcome your support but request that you respect that **VANDU gives a voice to users.**

For more information:

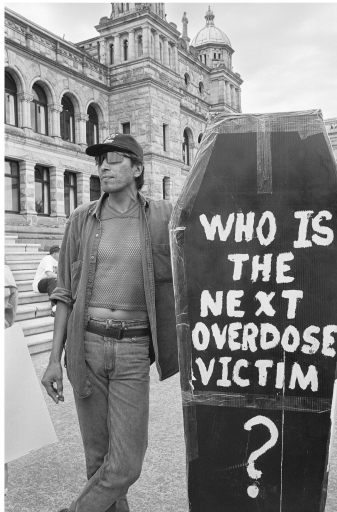
VANDU Office  
**380 East Hastings Street**  
Vancouver, BC V6A 1P4  
Monday – Friday: 10:00 a.m. to 4:00 p.m.

**Telephone:** 604-683-6061  
**Fax:** 604-683-6199  
**Website:** [www.vandu.org](http://www.vandu.org)  
**Email:** [vandu@vandu.org](mailto:vandu@vandu.org)

*VANDU respects that many people who are on welfare are unable to participate in volunteer groups without a small stipend for daily expenses.*

# *our mission*

**The Vancouver Area Network of Drug Users (VANDU) is a group of users and former users who work to improve the lives of people who use illicit drugs through user-based peer support and education.**



***Since 1998, VANDU's membership has increased to over 2000 members.***

## **What is going on at VANDU?**

*Regular Group Meetings*

### **Education Group**

Group of mostly crack cocaine smokers and supporters working to improve the lives of people who smoke crack cocaine. One of our main goals is to win a safe smoking room.

***Tuesdays, 2:00 p.m. at 380 E. Hastings***

### **The BC Association of People on Methadone (BCAPOM)**

BCAPOM is a support group of people who are currently using methadone. We educate people about methadone and do advocacy for people who use methadone.

***Wednesdays, 1:00 p.m. at 380 E. Hastings***

### **The Western Aboriginal Harm Reduction Society (WAHRS)**

As Urban First Nations, we celebrate our strengths as indigenous people that has empowered us to resist cultural extinction. We do this through peer support and the promotion of harm reduction.

***Fridays, 1:00 p.m. at Life Skills Centre, 412 E. Cordova***

***Call 604-251-9822 for more information***

### **VANDU Women's Group**

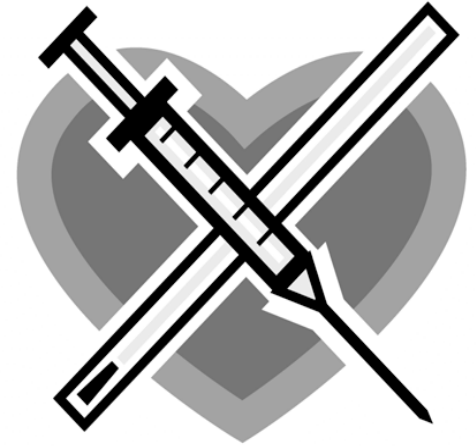
Come join the new VANDU women's group!

***Saturdays, 11:30 a.m. at 380 E. Hastings***



**VANDU is a health initiative funded by the Vancouver Coastal Health Authority.**

# VANDU



## **The Vancouver Area Network of Drug Users**

*VANDU is dedicated to improving the lives of drug users, their families, and our communities.*