

Program FAQs (for participants)

Mi Talk

Looking for better sex? Want healthier relationships?

Come chat with us about the sex you want, and make it happen!

Mi Talk - A project supporting gay, bisexual, trans and other men who have sex with men to have better sex lives, sexual relationships and sexual health!

What is in Mi Talk ?

Mi Talk is a ***4-week one-on-one program***. Through discussions and exercises with one of our specifically trained staff/volunteers, you will have a chance to meaningfully and freely talk about and reflect on your sex life, your sexual relationships, and your sexual health - whatever they mean to you! By the end of the 4th session, you will be able to identify some actions to achieve the sex you want!

Mi Talk is part of an initiative across the province to support stronger minds, bodies and communities among guys into other guys. Check www.ouragenda.ca and www.thesexyouwant.ca for more details.

How is Mi Talk different from other services you received?

The program is designed with reference to a well-recognized personal development approach, called

Motivational Interviewing (MI). You do not need to know what MI is about before using the program. All you need to know it is an approach that respects people's own need, pace and strength for identifying change that can support their growth.

This approach is being used in a number of other AIDS Service Organizations in Ontario. Participants in these programs have reported positive experiences in learning more about themselves, and what they could do to improve their (sex) lives.

How did Mi Talk start?

The shame, judgment and stereotypes surrounding gay, bisexual, trans and other men into men often shuts down any ***open and honest dialogue*** about their sex lives, sexual relationships and sexual health. Mi Talk believes that ***everyone should have equal rights and opportunities to enjoy SEX***, and it strives to:

- Provide you with a ***safe and non-judgmental space*** to discuss your concerns (and wishes/fantasies) about how you can better enjoy sex and relationships.
- Offer ***encouragement, alternatives, tools, and inspiration*** for making a positive change to the sex and relationships you want, while caring about the sexual health of yourself and the others you love or play with.

Who joins Mi Talk?

This program is for you if you are a gay, bisexual, trans or other man who likes (or wants) to have sex with men.

Who delivers the program?

Mi Talk is offered by our agency staff/volunteers who have been trained in Motivational Interviewing. Some of them are GBTMSM-identified guys who have years of lived experience in GBTMSM communities.

As a pilot program, MI Supervisors are in place to support the staff/volunteers for quality program delivery. The MI Supervisors are gay, HIV-positive men.

How long is the program?

You will be expected to meet with our staff/volunteers for all four weekly sessions. Each session lasts around 45 - 50 minutes. An additional one to two sessions may be required, depending on the pace of the sessions.

What happens at Mi Talk?

It will have interactive discussions and exercises to help you identify goals for a positive (sex) life change. You will set your goals that can be directly or indirectly related to your sex life, sexual relationships and sexual health. For example, if you expand your circle of friends socially, or take better care of yourself physically, all areas of your life – including sex and relationships - will benefit. We will work with you to make sure your goals are practical and achievable.

I'm still feeling a little shy about sharing some of my stuff related to sex!

Talking about sex can be nerve-racking or intense for some people. Meanwhile, others may be looking for a safe space to openly talk about it. Mi Talk operates from a sex-positive, anti-oppressive framework. Mi Talk is completely confidential. No real name is required and discussions in the program are kept among the facilitators and supervisors.

Anything else I should know?

There is no charge to take part. Bus tickets or other transportation subsidies can be made available to participants, as required.

Feeling interested in joining Mi Talk?

When you are interested to join, you will first attend a one-on-one casual, but confidential information session to make sure that Mi Talk is a good fit for you (just like a usual first date to get a sense if we are a match!!).

So, contact us for more information, or to book an information session!

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