

Need Support?

- Klinic Drop-In Counselling Program** (Mon / Fri/Sat 12-4pm, Tues / Thurs 12-7pm).....204.784.4067
870 Portage Ave. Free counselling on any issue for anyone over the age of 13.
klinik.mb.ca
- Addictions Foundation of Manitoba Youth Services**1.877.710.3999
atm.mb.ca
Counselling, treatment and support groups for youth and families dealing with addiction.
- Rainbow Resource Centre (2STLBG+)**204.474.0212
170 Scott St. Counselling on any issue, library, safer sex supplies,
youth groups and drop-ins.
rainbowresourcecentre.org
- Street Connections**204.981.0742
496 Hargrave, & mobile outreach van (call/go online for route)
Safer drug use supplies and info, free condoms, STI/HIV & pregnancy testing.
streetconnections.ca
- Ka Ni Kanichik**.....204.953.5820
455 McDermot Ave. Culturally based Indigenous programs and services.
kanikanichik.ca
- Child and Adolescent Eating Disorders Service**204.787.7218
P2 16- 771 Bannatyne Ave. The Child and Adolescent Eating Disorders Service provides treatment in either a
day treatment or out-patient setting.
- Find your local Teen Clinic**.....www.teenclinic.ca
Teen Clinics offer youth confidential health/medical services and are only for youth.

Flip open for some Teen Talk Activities

Need to Talk?

- Klinic Crisis Line** (24 hrs).....1.888.322.3019
Counselling and support or 204.786.8686
for people in crisis.
- MB Suicide Prevention**.....1.877.435.7170
& **Support Line** (24 hrs)
Support for people thinking about suicide or
affected by another's thoughts/attempts of suicide.
- Klinic Sexual Assault**1.888.292.7565
Crisis Line (24 hrs) or 204.786.8631
Counselling, information, support and
advocacy concerning sexual assault.
- Hope for Wellness Help Line**...1-855-242-3310
(24 hrs) Counselling and support for Indigenous
peoples. Online chat at hopeforwellness.ca
- Kids Help Phone** (24 hrs).....1.800.668.6868
Canada wide support and info service for youth.
In MB you can you can txt **connect to 686868**
or online chat at kidshelpphone.ca

Teen Talk is a program of SERC and Klinic Community Health. We are not a crisis service. If you need to talk call the Klinic Crisis Line at 204.786.8686 or 1.888.322.3019

200-226 Osborne St. N, Wpg MB R3C 1V4 | 204.784.4010

teen talk

For more info on sexual health, mental health, substance use and healthy relationships, check out teentalk.ca

Follow us on:



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@TeenTalkMB

Need help now?

Klinic Crisis Line 1.888.322.3019

Pathways to Health

Three people I can talk to:

(check out the phone #'s on other side!)

- 1.
- 2.
- 3.

Three things I like about myself:

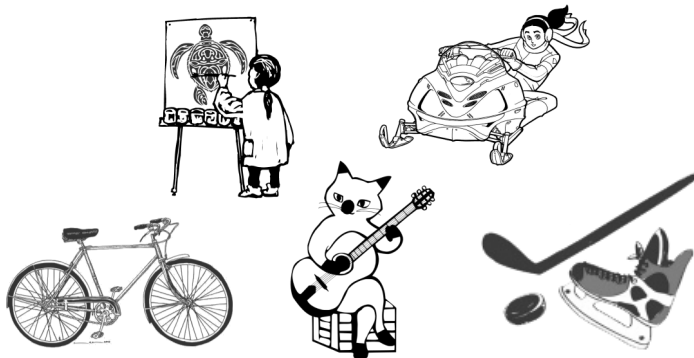
(e.g. My jokes, my sports talent, my taste in music, my smile, and so on!!!)

- 1.
- 2.
- 3.

Three activities I like to do:

(e.g. Cooking, video games, hanging out with family/friends)

- 1.
- 2.
- 3.



Fill this out when you feel good, keep it somewhere special and then take a look at it if you are having a hard time. It might brighten your day.

Body Image Booster

Sometimes its tough to be happy with ourselves with all of the messages saying that we need to change. Here's a space to remind yourself how fantastic you are.

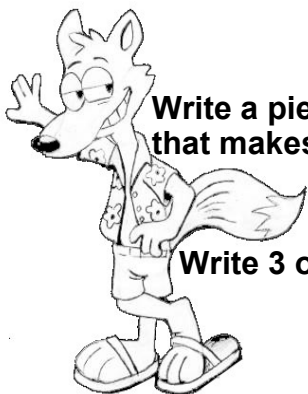


Write 3 things about your body that you enjoy.

Write down a compliment you received that made you feel good.

Write a piece of clothing or an accessory that makes you feel good.

Write 3 of your best personality traits.



Qualities of a Healthy Relationship

K B B F J H T M X S N A G O I
 F S W O O M J U M T N F Q J E
 J C D U U E T C G S P F J K Y
 C O M M O N I N T E R E S T S
 B S K A Z P D X L F Q C A C Q
 S U P P O R T A O B S T F E Z
 Y T I L A U Q E R P G I E P E
 H K B Q N U F E A I A O T S R
 Z B Z E I T V C B R E N Y E R
 L J U V X P E L E G O S U R L
 Equality Fun Boundaries
 Affection Support Space
 Respect Safety Common Interests