

Teen Clinic

FALL & WINTER 2019

www.teenclinic.ca

sexual assault crisis line 204.786.8631
 24 hour crisis line 204.786.8686
 toll free 1.800.782.2437
 health links 204.788.8200
 sexual health info line 204.945.2437

follow mbteenclinics:



- CHILDREN'S HOSPITAL (HSC)** 01
840 Sherbrook Ave • 204.787.2664 • Youth under 18
Appointment only • Drop-in for Plan B, pregnancy or STI testing
Tuesday & Thursday 1pm - 4pm

- WOMAN'S OUTPATIENT DEPARTMENT (HEALTH SCIENCES CENTRE)** 02
735 Notre Dame Ave • 204.787.1781 • Adolescent prenatal & postpartum • Open to all youth by appointment only

- AIKINS STREET CLINIC** 03
601 Aikins St • 204.940.2025 • Drop-in for youth 21 +under
Monday 3:30pm - 6:30pm (closed holiday Mondays)

- MOUNT CARMEL CLINIC** 04
886 Main St • 204.582.2311 • Drop-in for youth 21 +under
Thursday 4pm - 8pm

- RESOURCE ASSISTANCE FOR YOUTH (RaY)** 05
125 Sherbrook St • 204.783.5617 • Drop-in for youth up to 29
Tuesday 9:30pm - 4:45pm & Wednesday 1pm - 4:45pm

- WOMAN'S HEALTH TEEN CLINIC** 06
3rd Floor 419 Graham Ave • 204.947.1517 • Drop-in for youth
ages 12-21 • Thursday 3pm - 8pm

- KLINIC COMMUNITY HEALTH CENTRE** 07
870 Portage Ave • 204.784.4090 • Drop-in for youth 12-22
Monday 4pm - 8pm (closed holiday Mondays)

- ACCESS FORT GARRY TEEN CLINIC** 08
135 Plaza Dr • 204.940.7100 • Youth 21 +under welcome
Wednesday 3:30pm - 7:30pm • Teens can also drop-in during
Monday - Friday 3:30pm - 7:30pm & Saturday 8:30pm - 4pm

- ELMWOOD TEEN CLINIC** 09
505 Chalmers Ave • Drop-in for all youth
Tuesday 4pm - 7:30pm
During summer break: Tuesday 1pm - 4:30pm

- AUTUMNWOOD MEDICAL CENTRE TEEN CLINIC** 10
10-414 Westmount Dr • 204.255.7430 • Drop-in for youth 13-21
Thursday 3pm - 5pm (check in before 4:30)

- YOUVILLE TEEN CLINIC** 11
6-845 Dakota St • 204.255.4840 • Drop-in for youth ages 14-20
Tuesday 4pm - 7:30pm

- YOUVILLE ASK-A-NURSE**
Walk-in for all ages
Monday & Friday 9pm - 9pm • Tuesday-Thursday 1pm - 9pm
(closed holiday Mondays)

- ST. JOHN'S TEEN CLINIC** 12
401 Church • Drop-in for St. John's students & their children
Wednesdays 12:15pm - 4pm • Closed summer break, please
redirect to Mount Carmel Clinic on Thursdays from 4pm - 8pm.

- ST. BONIFACE HOSPITAL ADOLESCENT PRENATAL & POSTPARTUM CLINIC** 13
409 Tache • 204.237.2285 extension 1 • Open to all youth by
appointment on Wednesday 1pm - 4pm

- ST. BONIFACE HOSPITAL - ACF WOMAN'S HEALTH**
409 Tache • 204.235.3710 extension 1 • Youth under 18 by
appointment. Gyne Clinic on Tuesday 9am - 11:30am
Adolescent Prenatal Clinic Wednesday 1pm - 3pm

- NORWEST CO-OP COMMUNITY HEALTH CENTRE TEEN CLINIC** 14
785 Keewatin St • 204.938.5900 • Drop-in for youth 21 +under
Wednesday 3:30pm - 5:30pm

- VINCENT MASSEY TEEN CLINIC** 15
975 Dowker • 204.453.8023 • Drop-in for Vincent Massey
students • Monday & Friday 11am - 2:30pm
Closed summer break, go to <http://teenclinic.ca/> to find a
convenient teen clinic location.

- NORWEST YOUTH HUB** 16
103-61 Tyndall Ave • Drop-in for youth 14-24
Nurses available Tuesday 3:30pm - 5pm & Friday 3:30pm - 6pm

- ADOLESCENT PARENT CENTRE** 17
136 Cecil • 204.775.5440 • Drop-in for APC students & their
children • Thursday 10am - 1:30pm • Closed summer break,
go to <http://teenclinic.ca/> to find a convenient teen clinic location.

- SISLER TEEN CLINIC** 18
1360 Redwood • 204.589.8321 • Drop-in for Sisler students &
their children • Monday 10am - 3:30pm • Closed summer break,
go to <http://teenclinic.ca/> to find a convenient teen clinic location.

- TEC VOC TEEN CLINIC** 19
1555 Wall St • Drop-in for Tec Voc students & their children
Wednesday 9:15am - 3pm • Closed summer break, go to
<http://teenclinic.ca/> to find a convenient teen clinic location.

- SEVEN OAKS TEEN CLINIC** 20
3-1050 Lalla Ave • 204.938.5600 • Drop-in for youth 21 +under
Thursday 3:30pm - 6:30pm

- RB RUSSELL TEEN CLINIC** 21
364 Dufferin • 204.589.5301 • Drop-in for RB Russell students &
their children • Tuesday 12:15pm - 4pm • Closed summer break,
redirect to Mount Carmel Clinic on Thursdays from 4pm - 8pm.



What can I get at the Teen Clinic?

You can go there for free condoms, birth control, STI/HIV testing, pregnancy testing, emergency contraception (Plan B), counseling, info and more!

If you are pregnant, Teen Clinics offer counselling on your pregnancy options (abortion, adoption and parenting). They can connect you to appointments and support for whatever option you choose.

What if it is an emergency?

If it's a medical emergency, go to your nearest hospital, the nursing station, or call 911. If you are in crises or need to talk call the Kids Help Phone at 1-800-668-6868 or txt 'Connect' to 686868.

How much does it cost?

Services are free or low cost. Health services including counselling and condoms are free. Teen clinics have low-cost programs for birth control, which means you only pay what you can. If you can't pay, you can likely get it for free too.

Does anyone have to know I went?

No, you don't need anyone's permission to go to a Teen Clinic. All services are confidential, which means that they can't share anything about your visit. The only time they may let someone else know is if they are worried that you are being hurt.

Do I need to make an appointment?

No, most Teen Clinics work by drop-in. We suggest going early as some nights it can be busy so there may be a short wait.



Can someone come with me?

It's up to you. You can go alone, with a partner, with a friend or whoever ever else you choose. You can support each other, ask questions together, and just have fun while you're waiting!



Plan B and Teen Clinics (Emergency Contraceptive Pills or ECP)

ECP is the only birth control that can be used after penis-vagina sex has happened. It's not an abortion pill, just a pregnancy prevention pill.

It can be used for up to 5 days after penis-vagina sex, but has the best chance of working the sooner you take it.

You can buy it at any pharmacy, but it can cost up to \$50. At a Teen Clinic it will be cheaper or free. If you need ECP and it's not your Teen Clinic day, you can often call the clinic and make arrangements.



200-226 Osborne St. N, Winnipeg, MB. R3C 1V4 | 204.784.4010
www.teentalk.ca | teentalk@teentalk.ca

Find us on Instagram, Facebook and Twitter! @TeenTalkMB

Teen Talk is not a crisis service. If you need to talk, please call the Klinik Crisis Line at 204.786.8686 or toll-free at 1.888.322.3019