

Teen Clinics offer youth confidential health/medical services and are only for youth.

- Klinik 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
- Youth Mobile Crisis Team** (24 hour crisis line).....1.888.383.2776 or 204.949.4777
Crisis response team that delivers services to children, adolescents, families & care-givers.
- Addictions Foundation of Manitoba Youth Services**1.877.710.3999
Counselling, treatment and support groups for youth and families dealing with addiction. afm.mb.ca
- Rainbow Resource Centre (LGBT2SQ+)**204.474.0212
170 Scott St. ~ Counselling on any issue, library, safer sex supplies, youth groups and drop-ins.
- Street Connections** (Winnipeg only)204.981.0742
496 Hargrave. & mobile outreach van (call/go online for route) streetconnections.ca
Safer drug use supplies and info, free condoms, STI/HIV & pregnancy testing.
- Ka Ni Kanichik**.....204.953.5820
455 McDermot Ave. ~ Culturally based Aboriginal identified programs and services for youth (and all ages). kanikanichik.ca
- Gender Dysphoria Assessment and Action for Youth Team**204.787.7435 ext 3
FE 30- 685 William Ave. ~ Manitoba & area program for transgender youth up to age up to age 17, youth or parents can call.
- Child and Adolescent Eating Disorders Service**204.787.7218
PZ 16- 771 Bannatyne Ave. ~ The Child and Adolescent Eating Disorders Service provides treatment in either a day treatment or out-patient setting.

NEED SUPPORT?

NEED TO TALK?

Klinik Crisis Line (24 hrs).....1.888.322.3019
Counselling and support for people in crisis. or 204.786.8686

MB Suicide Prevention & Support Line
(24 hrs).....1.877.435.7170
Support for people thinking about suicide, or affected by another's thoughts/ attempts of suicide.

Klinik Sexual Assault Crisis Line1.888.292.7565
(24 hrs) or 204.786.8631
Counselling, information, support and advocacy concerning sexual assault.

Kids Help Phone (24 hours).....1.800.668.6868
in MB you can you can txt **connect to 686868**
or online chat at kidshelpphone.ca
Canada wide support and info service for youth.

Teen Talk is a program of SERC and Klinik Community Health. We are not a crisis service. If you need to talk call the Klinik 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?

Klinik 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