



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:



BRANDON TEEN CLINIC

Please attend the Public Health Office: A5-800 Rosser Ave. 204.578.2513 • Drop-in for youth under 21 • Appointments are preferred but walk-ins are welcome. • **Closed summer break:** Crocus Plains, Elton Collegiate, Neelin High School, and Vincent Massey Collegiate are closed summer break.

CRANBERRY PORTAGE TEEN CLINIC

Cranberry Wellness Centre • 204.472.3431 • Drop-in for students only • Tuesdays & Wednesdays 9:30am - 3:30pm
Closed summer break

FLIN FLON TEEN CLINIC

1 North Ave • Primary Health Care Centre • 204.687.1340
Drop-in for youth ages 10-24 • Thursday 8:30am - 4:30pm

WANIPIGOW

Wanipigow School • 1.855.295.8296 • Open the second Tuesday of every month 10:30am - 2:30pm • **Closed summer break:** teens can see the Nurse Practitioner at the Mobile Clinic every Tuesday in Seymourville during summer months.

THE PAS TEEN CLINIC

111 Cook Ave • Primary Health Care Centre • 204.623.9650
Drop-in for youth 24+ under
July-August Mondays 8:30am - 4:30pm (closed holiday Mondays)

PCI TEEN CLINIC

65-3rd St SW, Portage la Prairie • 204.857.6843 ext 11609 or cell #: 204.870.0689 • Drop-in for youth ages 12-21
Tuesday to Friday 8am - 3pm, closed for lunch 12:30pm - 1:20pm
Closed July 29 - August 12, 2019

ADOLESCENT HEALTH EDUCATION CENTRE

R.D. Parker Collegiate: 272 Thompson Dr N, Thompson
Monday - Thursday 8:30pm - 4pm, NP Wednesday afternoon
Closed summer break: Teens can be seen at Thompson Clinic during summer months.

MINNEDOSA TEEN CLINIC

551 2 St. NW, Minnedosa • Open 2nd Wednesday each month
Closed summer break

HAMIOTA TEEN CLINIC

91 1 St, Hamiota • Open 4th Wednesday each month
Closed summer break

GRANDVIEW TEEN CLINIC

117 Rose Ave, Grandview • Open every 4 weeks on Thursday
Closed summer break: Teens can see a RN/NP at Grandview Medical Clinic - 204.546.2774, or at the Roblin Public Health Office - 204.546.05150

OAKBANK TEEN CLINIC

Kin Place PHCC, 689 Main St • 204.444.6131 (wednesdays)
204.444.6140 (rest of week) • Drop-in for youth 12-25
Wednesday 11am - 4pm • Nurse Practitioner 11:30am - 3:30pm
Check our Facebook for updates: Interlake Eastern Teen Clinics

SELKIRK TEEN CLINIC

Main Floor 237 Manitoba Ave - Selkirk Community Health Office
204.785.7500 • Drop-in for youth 12-25
Thursday 12pm - 6pm • Nurse Practitioner 2pm - 6pm

RORKETON TEEN CLINIC

Contact 204.628.3329 ext. 2205 to connect with Community Health Nurse in the area.

DAUPHIN TEEN CLINIC

330 Mountain Rd, Dauphin • Open 3rd Thursday each month
Closed summer break: Summer appointments: 204.447.4080 at Ste Rose Primary Health Care Centre in Ste Rose-du-Lac
Dauphin Community Health Office for birth control in summer.

STRATHCLAIR SCHOOL

16 Main St, Strathclair • Open 1st Thursday of each month
Closed summer break: Teens can book appointments at the Shoal Lake Clinic during summer break - 1.204.759.2755

MORDEN COLLEGIATE HEALTH CLINIC

345 5th St. • Drop-in for youth 12-21 • Tuesday 12pm - 4pm
Closed summer break: Youth can go to Agassiz Medical Centre: Boundary Trails Place (N side) - 204.822.4474
www.agassizmedicalcentre.com • Follow us on Instagram

NORWAY HOUSE TEEN CLINIC

Helen Betty Osborne School, 204.359.4100 • View school posters & morning announcements • **Closed summer break:** Youth can go to Norway House Community Clinic: 204.359.8225

ERICKSON TEEN CLINIC

39 Queen Elizabeth Ave, Erickson • Open 3rd Tuesday of each month • **Closed summer break** - 204.764.2412

SWAN RIVER TEEN CLINIC

Swan Valley Regional Secondary School: 1483 3 St. N
Public Health Nurse: Wednesday 9am - 12pm
Mental Health Worker: Wednesday 9am - 3pm
Nurse Practitioner: Every 2nd Wednesday 9am - 12pm
Students can access youth health service at the public health office or call: 204.281.2815

ROBLIN TEEN CLINIC

Goose Lake High School: 225 Hospital St. • 204.937.6261
Weekly Wednesday or Thursday, check school for posters
Drop-in for students or call for appointment • **Closed summer break:** Teens can be seen by appointment at the Roblin Community Health Office: 204.937.6261

ROSSBURN COLLEGIATE

214 Main St, Rosburn • Open 2nd Tuesday of each month
Closed summer break: Teens can book appointments at Rosburn Medical Clinic during summer - 204.859.2566

STONEWALL COLLEGIATE TEEN CLINIC

297 5 St W, Stonewall, R0C 2Z0 • 204.467.5539
Wednesday 1pm - 3:45pm • **Closed summer break**

MAJOR PRATT SCHOOL

404 Russell St. East, Russell • Open 4th Thursday each month
Closed summer break: Teens can be seen by appointment at the Russell Clinic during summer - 1.204.773.2146

BIRTLE COLLEGIATE

73 11 St. Birtle • Open 3rd Thursday of each month
Closed summer break: Teens can be seen by appointment at the Birtle Clinic during summer - 1.204.842.3990

STEINBACH REGIONAL SECONDARY SCHOOL HEALTH CLINIC

190 McKenzie Ave. • 204.326.6426 ext. 5338 Drop-in and appointments for all students in the Hanover School Division 7:45am - 3:30pm • Closed holidays & PD days • **Closed summer break:** In summer youth can be seen at Steinbach Family Medical, 100-381 Stone Bridge Crossing. Call Kimberly Booth, Nurse Practitioner, for appointments: 204.326.3401

WINKLER TEEN CLINIC

C.W. Wiebe Medical, 385 Main St • 204.325.4312
Email: teenclinic@cwwiebemedical.ca • Drop-in for youth 12-21
Thursday 11:30am - 5pm

BEAUSEJOUR TEEN CLINIC

HEW Building 31-1st St • Thursday: 204.268.2288 and the rest of the week: 204.268.7468 • Drop-in for youth 12-25
Tuesday 11am - 4:30pm
Facebook: Interlake Eastern Teen Clinics

POWERVIEW - PINE FALLS TEEN CLINIC

Ecole Powerview School • Every 2nd Thursday 12pm - 4pm
Closed summer break

RIVERTON TEEN CLINIC

Riverton Collegiate • Thursday 11am - 12:30pm • Walk-in only
Closed summer break

LUNDAR TEEN CLINIC

Lundar Primary Care Centre, 97-1st Street South
Wednesday 11am - 1pm • 204.762.6076
Closed summer break

WARREN TEEN CLINIC

Warren Collegiate Institute, 119 MacDonald Avenue
Wednesday 1pm - 3:30pm • WCI Receptionist 204.322.5586
Closed summer break

RIVERS TEEN CLINIC

350 Dominion St. Rivers • Open 2nd Monday of each month
Closed summer break: Teens can see a RN/GNP or PHN at Rivers Medical Centre - 204.328.6204 or Rivers Public Health Office - 204.328.6204

Funding provided by Healthy Child Manitoba



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?

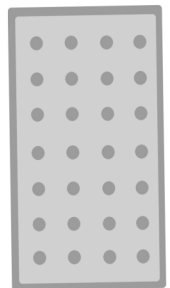
Services are free or low cost. Health services including counselling and condoms are free. Teen clinics have low-cost programs for birth control, which means you only pay what you can. If you can't pay, you can likely get it for free too.

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.



teen talk

167 Sherbrook Street, Winnipeg, MB R3C 2B7 | 204.982-7800
www.teentalk.ca | serc.mb.ca | info@serc.mb.ca

Find us @TeenTalkMB on Instagram or Facebook

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