

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?

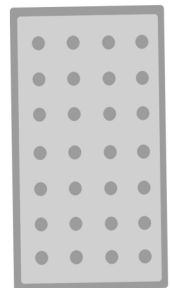
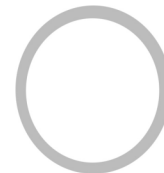
Services are free or low cost. Health services including counselling and condoms are free. Teen clinics have low-cost programs for birth control, which means you only pay what you can. If you can't pay, you can likely get it for free too.

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.



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