



Community Health Clinics

For low-cost/free birth control, pregnancy testing, pregnancy options counselling, STI/HIV testing, and Emergency Contraception Pill (also called the morning after pill).....phone ahead for ECP any day!!!!

- Klinik** - 870 Portage Ave.-**Teen Klinik (drop in) Mon. 4:00-8pm** (closed long weekends)_____784-4090
Women's Health Clinic - 3rd Floor 419 Graham Ave.-**Teen Clinic (drop in) Thurs.3:30-8pm**___947-1517
Mount Carmel Clinic - 886 Main St.-**Teen Clinic (drop in) Sat. 12-4** (closed long weekends)___582-2311
Youville St.Vital- 6-845 Dakota StVital -**Teen Clinic (drop-in) Tues. 4-7pm** _____255-4840
Nine Circles - 705 Broadway-**Wed. 1-7pm (drop in)** for HIV/AIDS & Hepatitis C testing ___940-6000
HSC Children's Hospital - 840 Sherbrook **Teen Clinic Tues./Thurs. 1-4** (prefer appointments)___787-2664
Nor'West Co-Op - 103-61 Tyndall-**Teen Clinic (drop in) Wed. 3:30-5:30pm** _____940-2020
-satellite sites also at 7-35 Gilbert Ave. & 1810 Alexander on alternate Wednesdays- 2:30-5pm. Call 940-2020 for more info.
Tec Voc Teen Klinik - 1555 Wall St.- **Mon. 11am-3pm & Thur. 1pm-3pm**_____in person
Elmwood Teen Clinic - 505 Chalmers Ave.- **Teen Clinic (drop-in) Tues. 4:00-8pm**_____in person
-Students at Vincent Massey, St.John's, Sisler, R.B. Russell, & the Adolescent Parent Centre can access Teen Clinics directly in their schools.

Drop in Services

- Street Connections** - Get free condoms, needles, and referrals. **Call for van hours**_____981-0742
MacDonald Youth Services - 161 Mayfair - Counselling, overnight shelter, free condoms _____477-1804
Ndinawe - 370 Flora Ave. - Safe shelter for youth on the street and runaways - 24 hrs_____586-2588
Ma Mawi - 94 McGregor St. - Community drop-in with lots of youth groups and programs_____925-0300

Pregnancy Options Resources

- Child & Family Services (CFS)** - 222 Provencher - Adoption Intake & Family support_____944-4288
Healthy Baby - Resources, programs & support for pregnant & parenting teens _____945-1301
Adolescent Parent Centre - 136 Cecil Ave. - School for pregnant or parenting teens _____775-5440
For abortion info and referrals go to any of the **Teen Clinics, the Women's Hospital at HSC, or**
contact **WHC Portage**_____477-1887

Dating Violence & Counselling Resources

- Klinik Drop-In Counselling Program** - 545 Broadway - Mon + Wed 12-7. Fri + Sat 12-4_____784 4067
Child & Family Services Intake Line - 835 Portage Ave. - Mon - Fri 8:30 - 4:30 _____944-4200
CFS After hours line _____944-4050

Other Resources

- VOICES, Manitoba Youth in Care** - 929 Main St. - Resources and peer support_____982-4956
Addictions Foundation of Manitoba - 200 Osborne N. - Counselling and support groups_____944-6235
Youth Mobile Crisis System - Counselling over the phone & they can go to your home (for youth within Wpg city limits) 949-4777
Adolescent Mental Health Centralized Intake - 848 William -Mental health program, no referral needed_958-9660
Youth Employment Service - 294 Portage Ave. Suite 614 - Assists with employment _____987-8661
Partners - 510 Selkirk Ave. - Provides employment & community supports_945-0447 or 1-800-883-0398

Klinik on Broadway - 545 Broadway Avenue Winnipeg, Manitoba R3C 0W3
Phone: 784-4010 Fax: 784-4204 www.teen-talk.ca e-mail: teentalk@klinik.mb.ca

YOUTH CRISIS AND INFORMATION LINES

- Klinic Crisis Line** 1-888-322-3019 or 786-8686 (24 hours)
-Provides counselling, support and information for people in crisis or distress.
- Provincial Suicide Line** 1-877-435-7170 (24 hours)
-Provides counselling, support and information for people who are suicidal, or people who have friends or family who are suicidal.
- Suicide Intervention Hotline** 1-866-213-2213 (24 hours)
-Provides counselling, support and information for people who are suicidal, or people who have friends or family who are suicidal.
- Klinic Sexual Assault Crisis Line** 1-888-292-7565 or 786-8631 (24 hours)
-For counselling, information, support and advocacy concerning sexual assault.
- Facts of Life Line** 1-800-432-1957 or 947-9222 (Tues. & Thurs. 12-4pm)
-Provides confidential, anonymous & non-judgmental information about sexuality, birth control, relationships, AIDS, STI, pregnancy options and anything else to do with sexuality.
- LGBTQQ Info Line (Rainbow Resource Line)** 1-888-399-0005 or 284-5208 (Mon-Fri 7:30-10 pm)
-Provides appropriate support, referrals and information to individuals around the issues of sexual orientation, gender identity, homosexuality and bisexuality. For counselling please call 284-5315.
- Health Links** 1-888-315-9257 or 788-8200 (24 hours)
-For information and referral services on health related matters, staffed by nurses.
- AIDS/STD Info Line** 1-800-782-2437 or 945-2437 (Mon.-Fri. 8:30am-8 pm)
-For information and/or free literature on HIV/AIDS and other sexually transmitted infections.
- STD Info Line** 940-2200 (Mon.-Fri. 9am-4:30 pm)
-For information and/or support on STIs including HIV/AIDS, staffed by nurses.
- Teen Touch** 1-800-563-8336 or 783-1116 (24 hours)
-Confidential, non-judgmental Help Line for Manitoba youth. They listen, provide information and/or refer you to other community services.
- Kids Help Phone** 1-800-668-6868 (24 hours)
-Canada wide service providing information and support to youth.
- Resource Assistance for Youth (RAY)** 1-800-668-4663 or 783-5617 (24 hours)
-Helps youth who have left home access services.
- Children's Advocate** 1-800-263-7146 or 945-1364 (Mon.-Fri. 8:30am-4:30pm/24 hr voice mail)
-Responding to complaints or concerns about youth who are involved in the child welfare system.
- Low Income Intermediary Project** 956-2677 (Mon.-Fri 9-5)
-Support and advocacy for people in poverty or on a low income (single parents, welfare assistance).

Almost every resource, clinic, drop-in centre or agency on both sides of this sheet will answer questions for you over the phone so don't hesitate to give them a call to get more information

RESOURCES ON THE INTERNET

- www.scarleteen.com - sexual health information for youth
- www.sexualityandu.ca - sexual health information for all ages
- www.sexetc.org - sexual health information for people of all ages
- www.reachout.com.au - mental health, body image, coming out issues and information
- www.freevibe.com - drug information for youth
- www.mindyourmind.ca - mental health info for youth by youth
- www.cyberbullying.ca - information, resources, awareness and education
- www.unitedagainstracism.ca - Winnipeg group's website devoted to fighting racism locally
- www.ruralstress.ca/youth - Manitoba-wide website devoted to farm and rural youth

****For lots of great info, our Peer Support Manual & answers to frequently asked questions, check out our website at www.teen-talk.ca****