



### 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** - 3<sup>rd</sup> 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](http://www.teen-talk.ca) e-mail: teentalk@klinik.mb.ca

## YOUTH CRISIS AND INFORMATION LINES

<b>Klinic Crisis Line</b>	<b>1-888-322-3019 or 786-8686</b>	<b>(24 hours)</b>
-Provides counselling, support and information for people in crisis or distress.		
<b>Provincial Suicide Line</b>	<b>1-877-435-7170</b>	<b>(24 hours)</b>
-Provides counselling, support and information for people who are suicidal, or people who have friends or family who are suicidal.		
<b>Suicide Intervention Hotline</b>	<b>1-866-213-2213</b>	<b>(24 hours)</b>
-Provides counselling, support and information for people who are suicidal, or people who have friends or family who are suicidal.		
<b>Klinic Sexual Assault Crisis Line</b>	<b>1-888-292-7565 or 786-8631</b>	<b>(24 hours)</b>
-For counselling, information, support and advocacy concerning sexual assault.		
<b>Facts of Life Line</b>	<b>1-800-432-1957 or 947-9222</b>	<b>(Tues. &amp; Thurs. 12-4pm)</b>
-Provides confidential, anonymous & non-judgmental information about sexuality, birth control, relationships, AIDS, STI, pregnancy options and anything else to do with sexuality.		
<b>LGBTQ Info Line (Rainbow Resource Line)</b>	<b>1-888-399-0005 or 284-5208</b>	<b>(Mon-Fri 7:30-10 pm)</b>
-Provides appropriate support, referrals and information to individuals around the issues of sexual orientation, gender identity, homosexuality and bisexuality. For counselling please call <b>284-5315</b> .		
<b>Health Links</b>	<b>1-888-315-9257 or 788-8200</b>	<b>(24 hours)</b>
-For information and referral services on health related matters, staffed by nurses.		
<b>AIDS/STD Info Line</b>	<b>1-800-782-2437 or 945-2437</b>	<b>(Mon.-Fri. 8:30am-8 pm)</b>
-For information and/or free literature on HIV/AIDS and other sexually transmitted infections.		
<b>STD Info Line</b>	<b>940-2200</b>	<b>(Mon.-Fri. 9am-4:30 pm)</b>
-For information and/or support on STIs including HIV/AIDS, staffed by nurses.		
<b>Teen Touch</b>	<b>1-800-563-8336 or 783-1116</b>	<b>(24 hours)</b>
-Confidential, non-judgmental Help Line for Manitoba youth. They listen, provide information and/or refer you to other community services.		
<b>Kids Help Phone</b>	<b>1-800-668-6868</b>	<b>(24 hours)</b>
-Canada wide service providing information and support to youth.		
<b>Resource Assistance for Youth (RAY)</b>	<b>1-800-668-4663 or 783-5617</b>	<b>(24 hours)</b>
-Helps youth who have left home access services.		
<b>Children's Advocate</b>	<b>1-800-263-7146 or 945-1364</b>	<b>(Mon.-Fri. 8:30am-4:30pm/24 hr voice mail)</b>
-Responding to complaints or concerns about youth who are involved in the child welfare system.		
<b>Low Income Intermediary Project</b>	<b>956-2677</b>	<b>(Mon.-Fri 9-5)</b>
-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](http://www.scarleteen.com) - sexual health information for youth
- [www.sexualityandu.ca](http://www.sexualityandu.ca) - sexual health information for all ages
- [www.sexetc.org](http://www.sexetc.org) - sexual health information for people of all ages
- [www.reachout.com.au](http://www.reachout.com.au) - mental health, body image, coming out issues and information
- [www.freevibe.com](http://www.freevibe.com) - drug information for youth
- [www.mindyourmind.ca](http://www.mindyourmind.ca) - mental health info for youth by youth
- [www.cyberbullying.ca](http://www.cyberbullying.ca) - information, resources, awareness and education
- [www.unitedagainstracism.ca](http://www.unitedagainstracism.ca) - Winnipeg group's website devoted to fighting racism locally
- [www.ruralstress.ca/youth](http://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](http://www.teen-talk.ca)\*\***