

“ I was 15 and worried about pregnancy. A counsellor talked to me about relationships, birth control, and staying safe. The doctor gave me my first birth control pills – free. I’ll always remember the support I got from Teen Clinic! ”

# Teens

*Free, confidential walk-in health services for all genders ages 13 - 19.*

## Every donation makes a difference

You can positively impact a teen’s life. Each year, thousands of young people use our counselling and medical services to make informed choices about their health and wellness.

**Help us continue our work. Please donate today.**

### Donate online

[www.womenshealthclinic.org/donate](http://www.womenshealthclinic.org/donate)  
or [www.canadahelps.org](http://www.canadahelps.org)

### Donate by phone

Call 204-947-2422 ext. 129

### Donate in person or by mail

Women’s Health Clinic  
419 Graham Ave., Unit A  
Winnipeg, MB R3C 0M3

*Make all cheques payable to:  
Women’s Health Clinic*

**Charitable Registration #  
119302693RR0001**



women’s  
health clinic



204-947-1517  
1-866-947-1517



419 Graham Avenue  
Winnipeg, MB R3C 0M3



women’s  
health clinic

[www.womenshealthclinic.org](http://www.womenshealthclinic.org)

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We are an inclusive, feminist community health clinic. We offer client-centred support through services and education.

Teen Clinic is every Thursday (except holidays) from 3 - 8pm at 419 Graham Avenue in Winnipeg. No appointment necessary.

## Teen Clinic at 419 Graham Ave.

We provide free, confidential services for:

- abortion/post-abortion
- acne
- abuse/violence issues
- alcohol & drugs
- anxiety
- birth control
- depression
- eating disorders/disordered eating
- family issues
- gender identity
- general health care
- menstrual periods
- relationships
- self-harm
- sex & sexuality
- sexually transmitted infections/HIV
- unplanned pregnancy
- vaginal health
- weight & body image

## We offer

- free pregnancy tests
- free/donation-based birth control supplies
- confidential STI/HIV counselling & testing
- emergency contraception (morning after pill/IUD)

## Teen Clinic at Vincent Massey Collegiate (VMC)

We offer Teen Clinic services to students at Vincent Massey Collegiate in Winnipeg. During the school year, VMC students can drop in to the school clinic between 11am - 3pm on Monday or Friday. During July and August, they can come to Women's Health Clinic, 3rd Floor, 419 Graham Avenue.

## Birth Control & Unplanned Pregnancy Program

Trained volunteer counsellors provide pro-choice, non-judgmental, compassionate support, information and referrals for:

- birth control options
- unplanned pregnancy options (abortion, adoption & parenting)
- preventing sexually transmitted infections and HIV
- safer sex practices
- issues related to sexuality and relationships

## Counselling for Teens & Youth

- We offer free and confidential individual counselling by appointment for young women ages 13 - 19.

*For more information our programs, Teen Clinic, or resources, please visit:*  
[www.womenshealthclinic.org](http://www.womenshealthclinic.org)

Visit our website for more information:

[www.womenshealthclinic.org](http://www.womenshealthclinic.org)

204-947-1517  
Toll-free 1-866-947-1517



Contact us