

## What is PPNLSHC?

Planned Parenthood NLSHC is a non-profit charitable organization that promotes positive sexual health for all and the social determinants of health for 2SLGBTQIA+ individuals through education, community partnership, information, and services within an environment that supports and respects individual choice

Our services are available to anyone regardless of age, race, ethnicity, gender, gender identity, gender expression, socioeconomic status, physical or mental ability, sexual orientation, religion, religious creed, national or social origin, marital status, family status and political opinion.

## Sexual & Reproductive Health Clinics

We generally have medical clinics are offered Monday - Friday by appointment only. Anyone can call and book an appointment without a referral. Waitlists can be lengthy, but we will do our best to work with your needs, expect a minimum wait of 1-2 weeks. All doctors are up to date on procedures and informed care practices. All appointments are confidential, and non-judgmental.

### Clinic Services

Services of these clinics include, but are not limited to:

- Pap Tests
- STI Testing & Treatment
- Emergency Contraception
- Birth Control Prescriptions
- Post TA Exams
- Referrals
- IUD and Nexplanon Inserts
- Breast and Vaginal exams
- Penile and testicular exams

## Drop-In Services

### Pregnancy Testing & Support:

Anyone can drop in during our regular hours and complete or pick up a urine pregnancy test. These are the same tests used in hospitals, and we provide them for no cost (but donations are welcome).

Our staff and volunteers provide accurate, supportive options counselling for any individual who finds out they are pregnant. We are a pro-choice clinic and provide information and referrals based on an individual's choice.

### Peer Support:

Anyone can drop in or call anytime during our business hours for peer support for any sexual or reproductive healthcare issue, 2SLGBTQIA+ issues, or harm reduction based information

## Harm Reduction Saturdays

We are open on Saturdays for our drop-in services, including:

- picking up supplies
- picking up requisitions and/ or giving a urine sample
- booking appointments
- pregnancy testing
- purchasing emergency contraception

## Educational Presentations

We offer various workshops in person and virtually through schools, community centres, workplaces, etc., including a 12-week Teen and Adult Healthy Relationships and service provider training like Queering the Compass.

You can request a presentation from us on our website: [plannedparenthoodnlsbc.com/education](https://plannedparenthoodnlsbc.com/education) or contact our Education Coordinator at [edu@ppnlsbc.com](mailto:edu@ppnlsbc.com)

## Advocacy & Activism

We believe in creating a world where people have equitable access to healthcare and healthcare information. We actively fight for reproductive justice and bodily autonomy. We work for equitable human rights for all. We work towards these things through education, activism, and advocacy.

## Community Partnership

Planned Parenthood works closely with other organizations within our community. Some of our partnerships include:

- SWAP, which provides us with safer drug supplies.
- hosting Trans Support NL's Mending Monday's counselling at our centre.
- Teen Healthy Relationships, which the Canadian Women's Foundation funds
- Queering the Compass, which is funded through the CBRC.
- TransLink Expansion Project
- HIV Self-Testing with REACH Nexus and CBRC.

## Monthly Newsletter

We have a monthly newsletter we send out by email to let people know what we have been working on and what we have coming up in the near future. To subscribe visit our website.

## 2SLGBTQIA+ Warmline

Our peer support warmline is run by and for 2SLGBTQIA+ people in Newfoundland and Labrador. Reach out for support, resources, or just to chat. Check our website for our hours! Call/text: 1-866-230-8041

## Informational Resources

We have many pamphlets covering a wide variety of sexual and reproductive health topics and 2SLGBTQIA+ issues that we have created as well as external resources that are available either in person or on our website. We also post educational info on our social media and you can always call or message us with questions!

# Our Services

Location:  
47 St. Clare Avenue

Hours:  
Monday 9:00 - 4:00  
Tuesday 12:00 - 7:00  
Wednesday 9:00 - 4:00  
Thursday 9:00 - 4:00  
Friday 9:00 - 4:00  
Saturday 12:00 - 5:30

Contact us!  
709-579-1009  
Toll free 1-877-NO MYTHS  
(1-877-666-9847)  
csc@ppnlshc.com  
Warmline

facebook.com/plannedparenthoodnl  
Instagram- @plannedparenthoodnlshc  
TikTok - @plannedparenthoodnl  
www.plannedparenthoodnlshc.com

*Through the work of staff, volunteers and board members, Planned Parenthood – NL Sexual Health Centre is pleased to offer the following services and resources*