

We offer sexual health clinics for:

- Physical clinics for family planning
- PAP testing
- Breast exams
- Screening and treatment for sexually transmitted infections (STIs)
- Trans health
- Birth control options counselling including IUD consults and insertions
- Testicular exams

We continue to fill the gaps that occur at family doctor's offices, offering a safe space, minimal wait times, and a space for individuals that do not currently have a family doctor.

Drop ins are available during our business hours for peer support, pregnancy tests and options counselling, condom pickup and any sexual health related questions you may have. We also sell birth control to patients who received their prescription through our clinics.

HOURS OF OPERATION

Monday, Tuesday, Wednesday,
Friday

9:00AM - 4:30PM

Thursday

NOON - 6:00PM

Please note: Our sexual health clinics operate on an appointment-only basis. We do not hold walk-in clinics. **However, pregnancy tests and peer support sessions are walk-in based.**

**Have a question?
Call us – we can help!**

**709-579-1009
1-877-NO-MYTHS**

CAN'T TALK ON THE PHONE?

**www.plannedparenthoodnlshc.com
PlannedParenthoodNL**

PLANNED PARENTHOOD

**Newfoundland and Labrador
Sexual Health Centre**

47 St. Clare Avenue, St. John's
A1C 2J9

PPNLSHC is a non-profit charitable organization that promotes positive sexual health 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.**

Education Workshops

Planned Parenthood-NLHSC takes a **strength based, harm-reduction, and solution focused** approach to the issues faced by **lesbian, bisexual, gay, transgender, and queer (LBGTQ+) youth**.

The Education Coordinator offers **people annually**. We love attending **health fairs** and **collaborating with other groups** on their educational events.

We offer **“train-the-trainer” workshops** for teachers, nurses, and community organization staff and volunteers.



Youth Group is a social group for lesbian, bisexual, gay, transgender, queer, questioning, curious youth and friends/ straight allies or supporters.

We offer **ongoing support** and monthly gathering for anyone between **ages 16 to 25** in a **safe non-judgemental environment**. **educational workshops** across the province and **reaches over 4,000**

Contact our Education Coordinator today

ppnlshc.edu@gmail.com

Camp Eclipse is a four day leadership retreat for **LGBTQ+ youth** and their allies, held each **August** at the **Brother Brennan Environmental Centre**.

Campers, youth leaders, and mentors participate in a **variety of workshops and activities**, developing and enhancing their leadership skills and their knowledge of LGBTQ+ history, activism, sexual health, healthy coping strategies, and so on. The nature of the workshops, facilitated by the mentors and youth leaders, varies from year to year, while maintaining a focus on leadership, personal growth, activism, and advocacy.

We welcome applications from **campers (ages 16 - 24)**, **youth leaders (ages 18 - 24)**, and **mentors (ages 25+)** of all sexual orientations, gender expressions, and gender identities from across Newfoundland and Labrador.

For more information:

www.campeclipse.com
campeclipsenl@gmail.com