

## Youth Health Clinics in West Shore

### Confidential Services

#### West Shore Health Unit

250-519-3490

345 Wale Road

Wednesdays 1-2:30pm

#### Wellness Centre @ Belmont

250-519-3580

3041 Langford Lake Road

Mondays, Tuesdays, Thursdays, Fridays

#### Wellness Centre @ Royal Bay

250-519-3580

3500 Ryder Hesjedal Way

Tuesdays 9:30am-1:00pm

Alternating Thursdays (starting Sept. 16) 9:00am-3:00pm

## Youth Health Clinics in Sooke

Drop in or call the Sooke Health Unit at 519-3487

#### Wellness Centre@ Edward Milne Community School

Room 1106 - 6218 Sooke Road

Wednesdays: See the Nurse: 9:30-12pm

Wednesdays: See the Doctor: 12-3:30pm

#### Sooke Health Unit

#104 – 6672 Wadams Way

Thursdays 10-11:30am

### **Clients up to age 25:**

Includes education, counselling, resources and/or referrals for:

- ✓ Birth Control
- ✓ Pregnancy testing and options
- ✓ Sexual decision making and relationships
- ✓ Mental health & wellness
- ✓ Illness/Sports Injury
- ✓ Healthy lifestyle

### **Clients of any age:**

- ✓ Naloxone and Harm Reduction supplies (available anytime during office hours at Health Unit & Wellness Centre Hours)
- ✓ Emergency contraception (available anytime during office hours)
- ✓ STI testing and treatment
- ✓ Pap Testing

