

• Hello •  
**Youth**

Questions  
About  
Your  
Health?

**Call Your Local Public Health Nurse for  
Confidential, Non-Judgmental Care**

**Reproductive  
Health**

Birth Control Options (Pills, Depo Shot)  
Condoms  
Sexually Transmitted Infection Testing  
Sexually Transmitted Infection Treatment  
Pregnancy Testing and Counselling

**Healthy Living  
Wellness**

**Mental Health**

Immunizations  
Gender/Sexuality Support  
Anxiety/Depression Support/Referrals  
Alcohol/Drug Use Support/Referrals  
Positive Body Image Support/Referrals