Hello! I'm Kendra, and I'm a Teen Clinic Counsellor.

My job:
- brief counselling (1-4 sessions)
- youth ages 12-21
- appointments & drop-in

I can offer:
- support, information, and referrals
  (community programs, resources, connections to doctors, etc.)

Confidential:
- nothing shared with family/friends/etc.
- limit*: serious safety risk to self or others
- we would still talk about it together first

What can we talk about?
- relationships (friends, dating, family)
- mental health (stress, anxiety, depression, body image, self-harm, suicide)
- sexuality (sex ed topics, sexual orientation, gender identity)
- health/safety concerns, and more!

Other things to know:
- I cannot diagnose, but we can work on coping skills
- pro-choice, diversity positive, & solution-focused
Come drop in to see me at these places during the week:

**Monday:**
Sisler Teen Clinic - 11:30 AM - 3:30 PM
1360 Redwood Ave. 204-938-5900
Note: Sisler High School students only.

**Tuesday:**
Access River East - 11:30 AM - 2:30 PM
975 Henderson Hwy. 204-938-5000
Elmwood Teen Clinic - 4:00 PM - 5:00 PM
505 Chalmers Ave. 204-938-5000

**Wednesday:**
St. John's Teen Clinic - 11:30 AM - 2:30 PM
401 Church Ave. 204-582-2311
Note: St. John's High School students only.
Access NorWest Teen Clinic - 3:00 PM - 6:00 PM
785 Keewatin St. 204-938-5900

**Thursday:**
Mount Carmel Teen Clinic - 3:00 PM - 5:00 PM
886 Main St. 204-582-2311

**Friday:**
Maples Collegiate - 10:30 AM - 3:30 PM
1330 Jefferson Ave. 204-938-5900
Note: Maples Collegiate students only.