



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.