

NO HEALTH CARD NEEDED

NO APPOINTMENT NEEDED

FREE CONFIDENTIAL
SEXUAL
HEALTH
CLINICS FOR **YOUTH**



Birth control



Condoms



Pregnancy testing



Healthy relationships



STI testing



Counselling

Kitchener

Downtown Community Centre
35-B Weber Street West

On GRT bus route 4 or take any bus to the Charles Street Terminal and walk to the Centre via Ontario St. N.

Cambridge

The YMCA Teen Drop-In Zone
(formerly the Z Beside the Y)
256 Hespeler Road

On GRT bus routes 51 or 60 & iExpress200
(iExpress stop at the Cambridge Mall)

Every Wednesday 3:30–6:30 p.m.

Can't get to the clinic and have questions?

Text 519-569-9521 or visit doinit.ca & click "Ask your question" for anonymous sexual health advice



519-883-2267 (TTY 519-576-4608)

www.regionofwaterloo.ca/ph

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This resource was developed as part of the Waterloo Region Sexual Health Youth Strategy.



1-800-387-0808