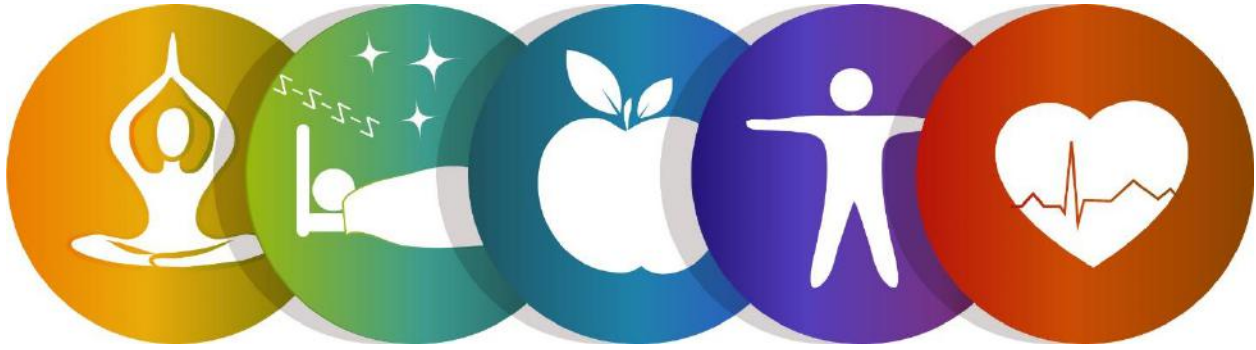
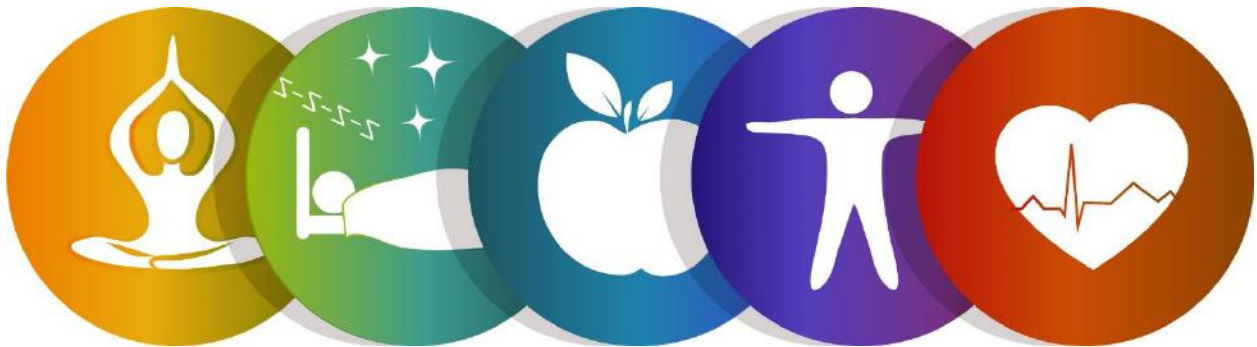


Sexual Health Resources





Sexual health is an important part of overall health and well-being.



Sexual Health Resources in Waterloo Region

Birth Control:

- Hormonal methods of birth control and the IUD require a prescription from a Health Care Provider such as a Family Physician, a Nurse Practitioner, or a Physician at a walk-in-clinic
- Contraceptive foam and film can be bought at drug and grocery stores
- Health Services at Universities and Colleges can prescribe birth control
- Public Health will *only* see people 24 years of age and younger to prescribe birth control. They distribute birth control at a reduced cost.

Region of Waterloo Public Health

Waterloo location: 99 Regina Street South, second floor

Cambridge location: 150 Main Street, back entrance

519.883.2267

www.regionofwaterloo.ca/ph

- Not all physicians will insert an IUD or an IUS, call the **Sexual Health Options, Resources and Education (SHORE) Centre** if you are having difficulties finding a provider for this procedure
- **SHORE Centre** does not prescribe or distribute birth control

Emergency Contraception (ECP):

You DO NOT need a prescription to purchase Emergency Contraception (ECP, Plan B, the morning after pill, NextChoice). It can be bought at most pharmacies for approximately \$40. It is also sold at Walmart for approximately \$28 and Costco for approximately \$21.

- Public Health distributes Emergency Contraception for \$15, unfortunately they are not open on weekends or on holidays and require an appointment
- Health Services at Universities and Colleges can distribute ECP

Region of Waterloo Public Health

Waterloo location: 99 Regina Street South, second floor

Cambridge location: 150 Main Street, back entrance

519.883.2267

www.regionofwaterloo.ca/ph

FREE Condoms and Lube:

SHORE Centre – Sexual Health Options, Resources & Education

235 King Street East, Suite 130

Kitchener, ON N2G 4N5

519.743.9360

education@shorecentre.ca

www.shorecentre.ca

The AIDS Committee of Cambridge, Kitchener, Waterloo and Area (ACCKWA)

639 King Street West, Unit 203

Kitchener, ON

519.570.3687

www.acckwa.com

Region of Waterloo Public Health

Waterloo location: 99 Regina Street South, second floor

Cambridge location: 150 Main Street, back entrance

519.883.2267

www.regionofwaterloo.ca/ph

Free condoms can always be found at the places above, and are often found at:

- Phys. Ed. and Family Studies Departments in High Schools
- Health Services at most Universities and Colleges
- GLOW Centre for Sexual and Gender Diversity at the University of Waterloo
- The Women's Centre at the University of Waterloo
- Wilfrid Laurier University Rainbow Centre
- Wilfrid Laurier University Centre for Women and Trans People

Pregnancy Testing:

- Health Care Providers such as Family Physicians and Physicians at walk-in clinics can provide pregnancy tests
- Pregnancy tests can be purchased at drug and grocery stores, these tests are extremely accurate
- **SHORE Centre** and **Public Health** provide pregnancy testing free of charge

SHORE Centre – Sexual Health Options, Resources & Education

235 King Street East, Suite 130
Kitchener, ON N2G 4N5
519.743.9360
options@shorecentre.ca
www.shorecentre.ca

Region of Waterloo Public Health

Waterloo location: 99 Regina Street South, second floor
Cambridge location: 150 Main Street, back entrance
519.883.2267
www.regionofwaterloo.ca/ph

Abortion Care Services:

Please call the **SHORE Centre** for information on abortion services in Waterloo Region and the surrounding area.

SHORE Centre – Sexual Health Options, Resources & Education

235 King Street East, Suite 130

Kitchener, ON N2G 4N5

519.743.9360

options@shorecentre.ca

www.shorecentre.ca

Pregnancy Support:

- **SHORE Centre** and **Public Health** will discuss *all* pregnancy options (parenting, adoption and abortion) and provide you with information and resources

SHORE Centre – Sexual Health Options, Resources & Education

235 King Street East, Suite 130

Kitchener, ON N2G 4N5

519.743.9360

options@shorecentre.ca

www.shorecentre.ca

Region of Waterloo Public Health

Waterloo location: 99 Regina Street South, second floor

Cambridge location: 150 Main Street, back entrance

519.883.2267

www.regionofwaterloo.ca/ph

- Residential program for pregnant young women and new mothers between the ages of 12 – 24

Monica Place Waterloo, for pregnant and parenting youth

231 Herbert Street
Waterloo, ON
519.743.0291

Monica Place Cambridge, for pregnant and parenting youth

150 Ainslie Street, North
Cambridge, ON
519.624.0481
www.monicaplace.ca

STI Testing

- Sexually Transmitted Infection (STI) testing can be performed by your Family Physician
- A Pap test does not necessarily include STI testing, if you are unsure if you have received STI testing ask your Health Care Provider
- Public Health provides STI testing for anyone in Waterloo Region, either by appointment or at their drop-in times

Region of Waterloo Public Health

99 Regina Street South Waterloo, Second floor
Cambridge location: 150 Main Street, back entrance
519.883.2267
www.regionofwaterloo.ca/ph

There are also drop-in hours for STI testing in both Waterloo and Cambridge, call the above number for days and times

- **SHORE Centre** does not provide STI or HIV testing

HIV Testing:

- Free and confidential HIV testing (rapid testing and anonymous testing available) can be found at:

The AIDS Committee of Cambridge, Kitchener, Waterloo and Area (ACCKWA)

639 King Street West, Unit 203
Kitchener, ON
519.570.3687
www.acckwa.com

Drop-in hours: Thursdays 4 - 7

Region of Waterloo Public Health

Waterloo location: 99 Regina Street South, second floor
Cambridge location: 150 Main Street, back entrance
519.883.2267
www.regionofwaterloo.ca/ph

Hepatitis C Specific Services:

Sanguen Health Centre

29 Young Street East
Waterloo, ON
519.603.0223
info@sanguen.com
www.sanguen.com

Sexual Assault Support Services:

Sexual Assault Support Centre of Waterloo Region (SASC)

151 Frederick Street, Suite 300

Kitchener, ON

519.571.0121

www.sascwr.org

24 Hour Support Line: 519.741.8633

Waterloo Region Sexual Assault Domestic Violence Treatment Centre

St. Mary's General Hospital

911 Queen's Boulevard

Kitchener, ON

Cambridge Memorial Hospital

700 Coronation Boulevard

Cambridge, ON

519.749.6994

www.keepingSAFE.ca

Waterloo Regional Police Services

519.653.7700

Sexual Health Information

- Cervical screening (Pap test) is recommended every three years beginning at age 21 for anyone with a cervix who are, or have been, sexually active. Sexual activity includes anal, oral and vaginal intercourse, as well as digital intercourse (fingering) and sharing of sex toys, with a partner of any gender.

- People with a cervix who have not been sexually active by the age of 21 can delay cervical screening. For more information visit the Ontario Cervical Screening Program website www.cancercare.on.ca/cervical/home.html
- Breast self-exams should be conducted monthly. For more information about breast awareness and breast screening visit www.cbcf.org/ontario/breasthealth
- The Waterloo Wellington Breast Centre at Freeport Health Centre has a regional breast assessment service, as well as the Ontario Breast Screening Program

Waterloo Wellington Breast Centre

Freeport Health Centre
 3570 King Street East
 Kitchener, ON
 519.749.4270

- Testicular self-exams should be conducted monthly starting at puberty. Testicular cancer is the most common form of cancer in men between the ages of 15 and 29. For more information visit the Canadian Cancer Society at www.cancer.ca
- Only condoms help prevent pregnancy AND the spread of STIs, other forms of birth control only help prevent pregnancy
- Breast feeding is not a reliable form of birth control, you can get pregnant while breast feeding. Talk to your Health Care Provider about birth control options while breast feeding.
- The legal age of sexual consent in Canada is 16.

Sexual Health Internet Resources

Administered by, The Society of Obstetricians and Gynaecologists of Canada

sexandu.ca

menopauseandu.ca

endometriosisinfo.ca

hpvinfo.ca

iwhp.ca – International Women’s Health Program

Taking Charge of Your Fertility

tcoyf.com

Ontario Midwives

aom.on.ca

Menstruation

divacup.com

lunapads.com

HIV Support and Education

acckwa.com

Sexual Assault Support Centre of Waterloo Region

sascwr.org

Waterloo Region Sexual Assault Domestic Violence Treatment Centre

www.keepingSAFE.ca

Sexual Health

shorecentre.ca

regionofwaterloo.ca/sexualhealth

the-clitoris.com

beautifulcervix.com

womenshealthmatters.ca

plannedparenthood.org

For more information contact:

Stacey Jacobs, MSc

Community Sexual Health Education Manager

SHORE Centre

Sexual Health Options, Resources & Education

235 King Street East, Suite 130
Kitchener, ON N2G 4N5

Email: education@shorecentre.ca

Website: shorecentre.ca

Phone: 519 743 9360



SHORE CENTRE

SEXUAL HEALTH • OPTIONS • RESOURCES • EDUCATION