

## Workshops for Youth

Our skilled Youth Health Educators develop and deliver interactive workshops to youth aged 14 - 19 (S1 - S4) in schools and communities. Winnipeg workshops are available Tuesday through Friday (Friday AM only). This service is free, however an honorarium is welcome. Northern and Rural workshops are also available (additional costs may apply).

## Peer Support Program

Peer Support is an exciting, youth-directed volunteer opportunity for youth aged 14 - 19. We provide a 32-hour training program to educate youth in the areas of healthy relationships, sexual and reproductive health, mental health, and how to act as a link to community resources for their friends and peers.

## Teen Talk North

We have embarked upon a Northern Resource Development Initiative. The goal is to strengthen capacity of Northern Service Providers through trainings and offering post-training support.

## Your Privacy

Klinic adheres to all privacy and personal health information legislation. All medical and counselling services, whether received in person or by phone, are documented. It is the right of any client of Klinic to access their personal health information.

## Klinic Services

### General Information .....(204) 784-4090

Dream Catchers .....	(204) 784-4042
Drop-In Counselling .....	(204) 784-4067
Family Violence Counselling (Evolve) .....	(204) 784-4070
Health Services Appointments .....	(204) 784-4090
Manitoba Farm & Rural Support Services (Brandon) .....	1-866-367-3276
Manitoba Trauma Information & Education Centre .....	(204) 784-4099
Project Choices .....	(204) 784-4072
Public Education & Training .....	(204) 784-4066
SPEAK (Suicide Prevention Education Awareness Knowledge) .....	(204) 784-4064
Sexual Assault Crisis Counselling Appointments .....	(204) 784-4049
Speakers / Education .....	(204) 784-4048
Teen Klinik .....	(204) 784-4090
Teen Talk .....	(204) 784-4010
Trauma Counselling .....	(204) 784-4059
Volunteer Information .....	(204) 784-4006

### 24-Hour Telephone Services:

Crisis Line .....	(204) 786-8686
Toll Free .....	1-888-322-3019
Manitoba Suicide Line .....	1-877-435-7170
Seniors Abuse Support Line .....	1-888-896-7183
Sexual Assault Crisis Line .....	(204) 786-8631
Toll Free .....	1-888-292-7565
TTY Deaf Access Counselling .....	(204) 784-4097

If you have comments or concerns please call  
and leave a message at (204) 784-4018



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Administrative Fax: (204) 772-7998 | Medical Fax: (204) 784-4013  
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*Teen Talk is a youth health education service of Klinic Community Health Centre. We believe that a realistic, youth-oriented, harm-reduction approach is essential for the promotion of one's well being.*

## Northern Service Provider Training Goals:

- Increase participant's knowledge in the areas of sexual health, mental health, and healthy relationships.
- Learn strategies for effectively working with youth that builds on their strengths.
- Develop an implementation plan that will work for participants and their community.

For each \$1.00 spent on child and youth prevention support we save \$7.00 on intervention services.  
~ Healthy Child Manitoba, 2001.

### For More Information:

Phone: (204) 784-4010

Fax: (204) 784-4204

E-mail us at: [teentalk@klinik.mb.ca](mailto:teentalk@klinik.mb.ca)

Website: [www.teentalk.ca](http://www.teentalk.ca)

## Workshops for Youth Topics:

**Youth Sexuality:** How do our values and society influence our sexuality? What are our rights?

**Communication Skills:** Passive, assertive, and aggressive styles are discussed as well as the benefits of effective communication.

**Teen Dating Violence:** Signs of abuse and healthy relationships are discussed.

**Birth Control:** The most common forms of birth control ranging from abstinence to condom use.

**Pregnancy Options:** A discussion of parenting, abortion, and adoption.

**STIs:** Symptoms, risky behaviours, and important preventative measures.

**HIV/AIDS:** How the virus is spread and how to prevent transmission.

**Body Image:** Explores the link between negative body image, risky behaviours, and how we can feel better about our bodies.

**Mental Health:** Symptoms of various mental health issues, coping, and supports.

**Substance Use Awareness:** An interactive workshop that provides youth with information on the effects of different substances and provides harm reduction information.

**Appreciating Diversity:** Looks at types of discrimination in society such as racism, sexism, and homophobia and how it affects all of us.

## Peer Support Training Program

Benefits of this program include:

- Direct training experience that can be added to a resume.
- Improved communication and public speaking skills.
- The ability to help peers deal with tough issues through support and referrals.
- Volunteer hours that can be put towards a high-school credit.
- An exciting and challenging volunteer opportunity.
- Supplemental training for existing peer helper groups.

Through this youth-directed program, Peer Supporters have accomplished:

- Developing and presenting educational skits.
- Creating & distributing a 'zine.
- Coordinating and answering Betty and Johnny Notes in schools.
- Organizing programs and initiative in their schools and communities.

The options are endless!

This document has been modified to plain language to benefit all readers.