

Youth Services at SHNS Sexual Health Centres



What can young people expect at their local sexual health centre?

All services (*including clinic and support services*) are completely confidential – no information will be shared with parents, guardians, etc. Most services are free or are available free of cost through compassionate care programs to those who need them.



At **ALL** SHNS Sexual Health Centres:

- Individual support (*not clinical counselling/therapy*) – active listening, community connection, and resources
- Support for those looking for further sexual healthcare services (*such as STI testing outside of Halifax*)
- Free safer sex supplies, including: condoms (internal/external), dams, lubricant, pregnancy tests and menstrual supplies – current quantities may vary by centre
- Sexual health resources and education – may be available through your local school's health classes, youth health centre or GSA
- Original online content for youth is featured on our social media, such as videos, live presentations, resources and more
- Volunteer, summer student and youth leadership opportunities

At **Halifax Sexual Health Centre** (*services may be affected by Covid-19 guidelines and precautions*):

- STI/STBBI testing and treatment
- Birth control and emergency contraception (*including low-cost and free options depending on need*)
- Pap tests (*available to people ages 25+*)
- Services for transgender and gender diverse people (*available to people ages 18+*)



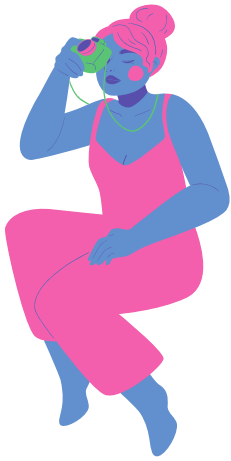
At **Sexual Health Centre for Cumberland County**:

- Youth programs on a variety of sexual health topics – March break camps upcoming (*currently offering virtual programming due to Covid-19 guidelines*)
- Youth clinics in partnership with public health and local doctors (*this is a temporary service due to Covid-19 – please contact the centre for more info*)

At **South Shore Sexual Health**:

- The Transformation Closet – Free gender affirming gear, such as gaffs, binders and packers for anyone located in Lunenburg and Queens Counties who is otherwise unable to access these items





At Pictou County Sexual Health Centre:

- Rainbow Recreation program for LGBTQ2S+ Youth - Free monthly organized recreational activities for LGBTQ2S+ youth

At Sheet Harbour Sexual Health Centre:

- Youth camps are offered throughout the year in partnership with other local organizations



At Cape Breton Centre for Sexual Health:

- Annual MORETHANSEX week happens at local high schools and covers a variety of sexual health topics



FIND YOUR LOCAL CENTRE ONLINE!

Halifax Sexual Health Centre

Website: hshc.ca

Facebook: Halifax Sexual Health Centre

Instagram: [@hshc_hfx](https://www.instagram.com/hshc_hfx)

Cape Breton Centre for Sexual Health

Facebook: Cape Breton Centre for Sexual Health

FIND YOUR LOCAL CENTRE ONLINE!

Sexual Health Centre for Cumberland County

Website: sexualhealthmatters.ca

Facebook: Sexual Health Centre
for Cumberland County

Instagram: [@sexualhealthmatters](https://www.instagram.com/sexualhealthmatters)

Tik Tok: [@sexualhealthmatters](https://www.tiktok.com/@sexualhealthmatters)

South Shore Sexual Health

Website: sexualhealthlunenburg.com

Facebook: South Shore Sexual Health

Instagram: [@southshoresexual](https://www.instagram.com/southshoresexual)

Tik Tok: [@southshoresexualhealth](https://www.tiktok.com/@southshoresexualhealth)

Pictou County Sexual Health Centre

Facebook: Pictou County Sexual Health Centre

Sheet Harbour Sexual Health Centre

Facebook: Sheet Harbour Sexual Health Centre

Instagram: [@sheetharbourshc](https://www.instagram.com/sheetharbourshc)

