

# Youth Wellness Centre Service Descriptors

**Youth Sexual Health Clinic:** (offered by Island Health Public Health Nurses): Linsay Skelding will give youth confidential access to: Birth control, pregnancy testing, emergency contraception, free STI testing, free condoms & sexual advice. Walk-In service.

**General Practice Doctor:** (offered by Dr. Janice McLaughlin). Youth or a supportive adult can schedule an appointment for youth by contacting the Comox Valley Community Health Centre at 250-331-8520.

## **John Howard Society:**

- **Youth Outreach.** The Youth Worker is a safe person who will listen to what's going on and give advice. She will help you try and make changes in your life if you want, and can connect you with community services if you need them.

- **Girls Group** for 12-13 yrs old girls & **Facilitator Training Program** for young women age 16-19 yrs old. Wendy Morin leads these programs and has provided more detail as well as testimonials for those interested by going to (<https://cvgirlsgroup.ca/>) or Facebook page (Comox Valley Girls Group - Sponsored by Comox Valley Transition Society)

- **Alcohol and Drug Prevention, Early Intervention, and Counselling.** Wednesday's from 10:30 am to 12:30 pm. We recognize youth and families may experience problems associated with alcohol and/or drugs. We are here to help a young person, and their family address the ways substance use is impacting their lives.

**Child and Youth Mental Health:** Paul and Christy provide counselling services at the Glacier View Wellness Centre. They will be available to provide coaching to youth. Further mental health service referral can be offered, if requested by youth. *In addition, teachers and support staff can access consultation services about student mental health issues they may be dealing with in the classroom.* See you there!

**Navigator:** Natalie LaChance provides support for families and youth with developmental disabilities (offered by Disability Services): The Navigator can help youth and young adults with developmental disabilities and their families set goals for the future and helps find and access supports, community, and government services. **Call 250-218-5056** or email [natalie.lachance@gov.bc.ca](mailto:natalie.lachance@gov.bc.ca) to set up an appointment.