

**Curious?
Questions? Worried?
Need Help?**

Local Sexual Health Clinics

- **CONFIDENTIAL, FREE , Drop-in (no appointment needed)**
- **Birth control information & prescriptions, pregnancy tests & options counselling, STI testing & treatment, HPV vaccine information & prescription**

Okotoks Sexual Health Clinic - *Thursdays noon-6pm*

Okotoks Health & Wellness Centre, 11 Cimarron Common, Okotoks 403-995-2600

High River Teen & Young Adult Clinic - *Tuesdays 2-6pm*

Charles Clark Medical Centre, #103 - 303 9th Ave SW, High River 403-652-1654

Black Diamond Teen Clinic - *Thursdays 2-6pm*

Foothills Family Medical Centre, 114 1 St SW, Black Diamond 403-933-4368

Sexual and Reproductive Health Clinics - Calgary

(For teens and adults 29 years of age and under):

Visit website for service hours for each location:

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1671>

- South: South Calgary Health Centre, 31 Sunpark Plaza SE 403-943-9510
- Downtown: Sheldon M Chumir Health Centre, 1213 4th St SW 403-955-6500
- East: East Calgary Health Centre, 4715 8th Ave. SE 403-955-1071
- North: Sunridge Professional Building, 2675 - 36 St. NE 403-944-7666

STI Clinic - Calgary

- Sheldon M Chumir Health Centre, 1213 4th St SW, Calgary. 403-955-6700

Other options for help:

- **Okotoks Urgent Care; 11 Cimarron Common (8.00 a.m. to 10.00 p.m.)**
 - *Sickest patients are seen first*
 - Emergency contraception
 - Sexual assault
- **Family Doctor or Walk-in Clinic**
- **Drugstores**
 - Most carry Emergency Contraception. No doctor prescription required.

Sexual Health Websites

Sex & U: www.sexandu.ca

Canadian website with information on sexual health for teens, adults and educators.

Centre for Sexuality:

www.centreforsexuality.ca/

General sexual health information for teens, adults and educators.

Calgary Outlink - Centre for Gender and Sexual Diversity:

www.calgaryoutlink.ca/

A community-based, not-for-profit charity dedicated to providing support, education, outreach, and referrals for the LGBTQ2IA+ and allied community in Calgary, Alberta.

Sex germs: www.sexgerms.com

Information for teens and young adults about Sexually Transmitted Infections in Alberta.

Alberta Health Services Sexual & Reproductive Health Services:

www.ahs.ca/srh

Sexual Health services and clinics in Calgary and surrounding areas. Call 811 to speak to a Registered Nurse 24 hours a day.

Need Help Now: www.needhelpnow.ca

Helps teens stop the spread of sexual pictures or videos and provides support along the way.

Connect Network:

<http://connectnetwork.ca/>

A service for people who have big and small questions about relationships and experiences. Our goal is to help people recognize unhealthy relationships and abusive relationships in all its forms.

Sexual Health Websites Continued

Calgary Communities Against Sexual Abuse (CCASA):

www.calgarycasa.com

CCASA is the primary sexual abuse and sexual assault crisis and education service provider for Calgary and surrounding areas.

General Health Website

My Health Alberta:

www.myhealth.alberta.ca

Offers information on all health topics, local health services and phone numbers to contact a nurse 24 hours 7 days a week to ask your questions.

