

Sexual Health Resources in Okotoks and area

In-person support options:

Sexual and Reproductive Health Clinics - Calgary

For teens and adults 29 years of age and under

- **South:** South Calgary Health Centre, 31 Sunpark Plaza SE 403-943-9510
 - Monday 1:00pm - 5:15pm
 - Tuesday 4:00pm - 7:30pm
 - Friday 12:00pm - 3:30pm
- **Downtown:** Sheldon M Chumir Health Centre, 1213 4th St SW 403-955-6500
 - Monday - Thursday 1:00pm - 5:15pm
 - Friday/Saturday 12:00pm - 3:30pm
- **East:** East Calgary Health Centre, 4715 8th Ave. SE 403-955-1071
 - Tuesday and Thursday 12:30pm - 5pm
- **North:** Sunridge Professional Building, 2675 - 36 St. NE 403-944-7666
 - Monday - Thursday 1:00pm - 5:15pm
 - Friday/Saturday 12:00pm - 3:30pm

STI Clinic - Calgary

- Sheldon M Chumir Health Centre, 1213 4th St SW, Calgary. 403-955-6700
 - Monday - Wednesday 8:45am- 4:45pm
 - Thursday 10:30am - 4:45pm
 - Friday/Saturday 8:30am - 4:00pm

Family Doctor or Walk-in Clinic*

*need to call to book same-day walk-in appointment

- **Pinnacle Medical**
 - Westmount 403-917-0653
 - Southbank 403-917-0664
- **Premier Health 403-995-4055**
- **Village Lane Medical 403-938-4990**
 - evening and weekend appointments available

Other options for help:

- **Drugstores**
 - Many pharmacists can extend prescriptions for birth control and prescribe STI medication
 - Most carry Emergency Contraception. No doctor prescription required.
- **Okotoks Urgent Care; 11 Cimarron Common (8.00 a.m. to 10.00 p.m.)**
 - ***Sickest patients are seen first***
 - Emergency contraception
 - Sexual assault

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.

