

PCI TEEN CLINIC

Take charge of your health...it's your choice!



PCI Teen Clinic Closed Spring Break Mar 28– Apr 1 2022

To book an appointment :

Walk-In if PCI Teen Clinic door is open

Tuesday – Friday 8:00am – 3:30pm

TEXT or Call 204-870-0689 (Provide full name in text)

Or Call 204-857-6843 ext. 11609

AFM– Now located in the Prince Charles Building Library

Stop by or call main office to be transferred to an AFM counsellor

Rachel Wiebe
Skouta



Nurse
Practitioner

Tracy Ediger



Public Health
Nurse

Sacha Grimeau



Mental Health
Counsellor

Carly Gabler



Dietitian

Kerby Sylvester



Dietitian

Betty
Ryzner-Madsen



AFM Counsellor

Laine Hill



Mental Health &
Addictions Nurse

Jackie Meulpolder



Receptionist

Tips for Healthy Boundaries

Personal boundaries are the limits and rules we set for ourselves within relationships. Being able to say 'no' to others when they want to, as well as being comfortable to open up to others and form healthy relationships.

Know your limits. Understand what is acceptable to you and what isn't. It's best to be as specific as possible or you might be pulled into the trap of giving 'just a little more', over and over, until you've given far too much.

Know your values. Every person's limits are different, and often determined by their personal values. For example, if you value family above all else, this might mean balancing time with friends, leisure activities, and how you otherwise spend your time. Know what is important to you and protect it.

Listen to your emotions. If you notice feelings of discomfort or resentment, don't bury them. Try to understand what your feelings are telling you. Resentment may be traced to feelings of being taken advantage of.

Have self-respect. If you always give in to others, ask if you are showing as much respect to yourself as you show others. Boundaries that are too open might be due to misguided attempts to be liked by elevating other people's needs above one's own.

Have respect for others. Be sure that your actions are not selfish, at the expense of others. It's not about winning or taking as much as possible. Consider what's fair to everyone in the situation and at the time. You might 'win' but at the cost of a relationship's long-term health.

Be assertive. When you know it's time to set a boundary, don't be shy. Say 'no' respectfully and assertively. If you can compromise while respecting your own boundaries, try it. That is a good way to soften the 'no' while showing respect to everyone involved.

Consider the long view. Some days you will give more than you take, and other times you will take more than you give. Be open to the big picture of relationships as appropriate. If you are always the one who is giving or taking, there might be a problem.