

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

# Health Services:

## PCI TEEN CLINIC

The PCI Teen Clinic is located in the basement of the PCS building on the Portage Collegiate campus. There are a variety of health services available for teens age 12-21 from the Portage la Prairie area.

PCI Teen Clinic Virtual Tour: <https://www.youtube.com/watch?v=rrAQOf4iluw>

To access information on health concerns or questions you may see:

- **NURSE PRACTITIONER**
- **PUBLIC HEALTH NURSE**
- **DIETITIAN**
- **MENTAL HEALTH**
- **AFM COUNSELOR**



Our Teen Clinic receptionist, Jackie, is the first face you will see when you enter Teen Clinic! To make an appointment or ask a question, call or stop by to ask Jackie.



Pictured left to right:  
Back row: Sacha (Mental Health), Rachel (Nurse Practitioner), Kerby (Dietitian)  
Front Row: Tracy (Public Health Nurse), Brenda (AFM counselor)

### We Offer...

- Complete physicals
- Treatment of minor acute injuries/illness
- Birth control, condoms
- Advice on eating habits
- STI questions/concerns and testing/treatment
- Help with depression or anxiety
- Information about alcohol or drug use
- Confidential health services

### Available Hours:

Open Tuesday – Friday

8:00am – 12:20pm, 1:20pm – 3:30pm

Ph: 204-857-6843 ext. 11609

Cell: 204-870-0689

Addictions Foundation of Manitoba (in Teen Clinic) – Call 204-857-6843 ext. 11607 to access AFM counselor



# Teen Clinic

Need transportation for work, school or just running errands?  
Look no more! Portage Active Transportation Committee brings you

## "Re-Cycle Bikes".

When: March 2019  
(date TBA)

Where: PCI

To Register:  
Contact Maureen Owens  
204-871-3787



Workshops will be held one Friday evening and two Saturdays and will teach basic, bike mechanic skills. Participant will build a bike, which they will then be able to keep. Upon completion, participants will also come away with safety and carrying accessories such as helmets, locks, lights and racks.



## Tips to Reduce Exam Stress

### Exercise Regularly

Doing at least 20 minutes of physical activity a day can help to improve focus and keep you relaxed. Light cardio, yoga, or Pilates will help to reduce stress right before your exam.



### Think Positively

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



### Eat Right

Eat three healthy meals a day and limit your consumption of caffeine, sugars and alcohol. Power foods for your brain include blueberries, salmon, and nuts.



### Get Organised

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



### Get Enough Sleep

A good sleep of eight hours the previous night helps you have a relaxed and well-rested mind and body.



## Brain Maze

Your brain has a very important job. It sends messages all through your body, which let you move, learn, and do amazing things! That's why it's really important to protect your brain.

**Instructions:** Make your way from start to finish in the maze below to help your brain send a message to the rest of your body.

