

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**



Please welcome Ann Marie, our new AFM counselor!



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

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

Good Sleep Hygiene

Things to Avoid:

- Daytime napping, or long periods of inactivity
- Late night eating
- Alcohol, nicotine and caffeine e.g. tea, coffee, coca cola, chocolate, especially in the evening
- Strenuous exercise or mental activity directly before bedtime
- Extreme noise or temperature

Things to Promote Sleep:

- If possible, take some gentle exercise / activity during the day
- Go to bed at a regular time
- Do something relaxing before trying to sleep (eg. have a bath, listen to soft music or read)
- Try a hot, milky, decaffeinated drink at bedtime
- Make the bed as comfortable as possible
- Ideally, the bedroom should be dark, quiet and well ventilated
- Get up at the same time each morning, regardless of how long you slept.



Healthy Snack Ideas

Stay energized by planning nutritious snacks into your day. Look for snacks with both protein and fibre to help fuel you between meals. Here are 11 great ideas!

1. Carrots and peppers with hummus
2. Almond butter on banana slices
3. Greek yogurt topped with berries
4. Whole grain toast with peanut butter
5. Cheddar cheese and apple slices
6. Small handful of trail mix made with nuts, seeds and raisins
7. Roasted chickpeas and popcorn mix
8. Whole grain cereal with milk
9. Sliced vegetables with yogurt dip
10. Tuna on crackers
11. Whole grain toast with avocado and sesame seeds



Discrimination is when people treat others badly because they are different from them. The best way to stop discrimination is to join together by becoming an ally. We can all challenge ourselves to think and act in ways that are more accepting and inclusive. We can also take action! Listed below are just some of the ways we can encourage more diversity in our schools or community life.

- Don't laugh at offensive jokes.
- Think about the language you use and stop using oppressive language or phrases (like, "that's so gay"). We are all going to make mistakes occasionally and say something insensitive. When it happens apologize and keep trying.
- Step outside your comfort zone and get to know different types of people, their stories, their hopes and their dreams.
- Learn from people who are different from you.
- Learn the real history where you live. Who were the first Peoples of where you live today?
- Be politically aware. Educate yourself and understand what is happening in Canada and around the world.
- Volunteer with community service organizations like a drop-in centre.



To learn more visit:

<http://teentalk.ca/learn-about/appreciating-diversity-2/discrimination/>