



# Network News



## LUNCH HOUR PRESENTATION

### Baby F.A.S.T. - West Kildonan

**TUES, FEB. 13<sup>th</sup>**  
Noon - 1:00 p.m.

The Family Centre  
Portage Place Offices  
401 - 393 Portage Ave

(Parking available on sidestreets, surface lot & underground parkade)

**Presenters:** Rhonda Chegus, F.A.S.T. Coordinator/Trainer, The Family Centre, and Edie Wild, Assistant Superintendent, Seven Oaks School Division

The Baby F.A.S.T. (Families and Schools Together) program is a research-based, family support, prevention model for infants (0-3) and their teenaged parents. It brings together 10-15 three-generation families for eight weekly sessions of carefully crafted activities. This collaborative program supports young mothers in their role as parents; strengthens the circle of support that protects them and their babies; and increases the likelihood of healthy child development.

Come hear about the Baby F.A.S.T. program at West Kildonan Collegiate and the valuable lessons learned.

*Please bring your bag lunch – coffee & tea will be provided. (RSVP not required.)*

## LUNCH HOUR PRESENTATION

### Teen Mom's Survey

**TUES, MAR. 13<sup>th</sup>**  
Noon - 1:00 p.m.

Winnipeg Regional Health Authority  
490 Hargrave St.

(Free parking available on sidestreets)

**Presenters:** Fran Coulter, Pauline Tanner, Hesse Sookermany, Lynda Metcalfe, Winnipeg Regional Health Authority (WRHA)

Come to the March meeting to hear results from the WRHA's Teen Mom's Survey. Using a focus group format, participants were asked questions about their experience with public health services and specifically what they thought might keep pregnant and parenting teens from accessing services. This included recommendations they might have to increase the likelihood that public health practitioners could meet the needs of "hard to reach" young parents.

Learn what the teen participants had to suggest for reaching out to this population.

*Please bring your bag lunch – coffee & tea will be provided. (RSVP not required.)*

## APIN CONFERENCE

### Just a Phase? Exploring Mental Health & Wellness

**FRI, APR. 20<sup>th</sup>**

Victoria Inn, Winnipeg  
1808 Wellington Ave

Join us at this full day conference for **service providers** on a variety of mental health and wellness issues specific to adolescents.

Examples of topics to be covered include: self harm, adolescent brain development, post traumatic stress disorder, eating disorders and body image, addictions, and post partum depression.

Pick up helpful information and receive guidance on recognizing, intervening and referring.

*Mark your calendar now!*

#### TO REGISTER:

The registration brochure with full conference details will be distributed in early March with the next APIN newsletter.

# Winnipeg Teen Clinics Directory

## Winter 2006/07

1. **Children's Hospital (HSC)** - 840 Sherbrook Ave, Tel: 787-2401  
Open to all youth but appointments needed for those under 18 years of age.  
**Clinic Hours:** Tuesdays and Thursdays from 1-4 p.m.
2. **Elmwood High School** - 505 Chalmers Ave  
Drop-in clinic open to all youth  
**Clinic Hours:** September to June, Tuesdays from 4-8 pm (July/August, 1:30-5 pm)
3. **Klinik Community Health Centre** - 870 Portage Ave, Tel: 784-4090  
Drop-in open to all youth age 21 and under  
**Clinic Hours:** Mondays from 4:30-7:30 p.m. (closed on Monday stat holidays)
4. **Mount Carmel Clinic** - 886 Main St., Tel: 582-2311  
Drop-in open to all youth age 21 and under  
**Clinic Hours:** Saturdays from 12-4 pm (closed long weekends)
5. **Nor' West Clinic** - 103-61 Tyndall Ave, Tel: 940-2020  
Drop-in for youth age 21 and under living in the area  
**Clinic Hours:** Wednesdays from 3:30-6 p.m.
6. **R.B. Russell High School** - 364 Dufferin Ave  
Drop-in for R.B. Russell students and their children only  
**Clinic Hours:** Tuesdays from 12-4 p.m. (closed July & August)
7. **St. John's High School** - 401 Church Ave  
Drop-in for St. John's students, partners and their children only  
**Clinic Hours:** Wednesdays from 12:15-4:15 p.m. (closed July & August)
8. **Tec Voc High School** - 1555 Wall St. **\*\* NEW - opening in February 2007 \*\***  
Drop-in for Tec Voc students and youth living in the surrounding area  
**Clinic Hours:** Mondays 11 a.m.-3 p.m. / Thursdays 11 a.m.-1 p.m. (closed July & August)
9. **Women's Health Clinic** - 3rd Floor, 419 Graham Ave, Tel: 947-1517  
Drop-in open to all youth age 19 and under  
**Clinic Hours:** Thursdays from 3:30-8 p.m.
10. **Women's Outpatient Department (HSC)** - 735 Notre Dame Ave, Tel: 787-1781  
Open to all youth  
**Clinic Hours:** Adolescent Prenatal and Postpartum Clinics by appointment only.
11. **Youville Centre** - 6-845 Dakota Street, Tel: 255-4840  
By appointment or drop-in for youth ages 14-19 living in St.Vital and St. Boniface  
**Clinic Hours:** Tuesdays from 4-7 p.m.

\* Times of service may change; please call first to confirm.

*Last updated January 2007*