

Sexual Health



Background

- The immigration process can interrupt a women's access to birth control. Until she (and her partner) complete the three month waiting period and find a regular doctor, she (they) may take unnecessary risks.
- The first few years of settlement are very stressful. Unplanned pregnancies in these years can weaken resilience and undermine the settlement process.
- Newcomers can put themselves at risk for STI and HIV without access to condoms, STI & HIV testing & treatment.

Typical Issues

- Newcomer needs more birth control & is unaware of how to access sexual health care.
- Woman has recently had a baby & wants family planning counselling.
- Newcomer is having difficulty affording birth control.
- New sexual partner and wants STI and HIV testing.
- Woman is pregnant and wants to discuss pregnancy options.
- Newcomer has symptoms of sexually transmitted infection & needs treatment.
- Newcomer wanting confidential sexual health care.

Advocacy Hints

- Assist newcomers in becoming aware of sexual health services:
Free anonymous telephone counselling available in different languages at AIDS & Sexual Health InfoLine 416-392-2437,
Website: toronto.ca/health,
- Assist the clients in understanding that sexual health clinics are available to:
People without a health card,
Newcomers with Interim Federal Health coverage or a health card, who are having difficulty accessing sexual health care. This includes;
Youth including women up to 25 and men up to 30
People of any age, who are in need of low cost birth control, free condoms, pregnancy testing, and/or STI and HIV testing.

TPH Services

Sexual health clinics provide free confidential services for men and women including:

- Birth control counselling,
- Low cost or free birth control,
- Free condoms,
- Low cost emergency contraceptive pill,
- STI testing and free treatment,
- HIV testing, counselling, & referral,
- Pregnancy testing/ counselling & referral,
- Sexuality/ relationship counselling.

These services are nonjudgemental, respectful, confidential, pro-choice and respectful of gender diversity.

Sexual Health Clinics

Free & confidential services for men & women

AIDS & Sexual Health InfoLine: 1-800-668-2437 or 416-392-2437

WEST

Etobicoke Civic Centre Clinic
399 The West Mall | 416-338-1517

The Jane Street Clinic
662 Jane St. | 416-338-7272

Rexdale Community Health Centre
8 Taber Rd. | 416-744-0066

Rexdale Youth Resource Centre
1530 Albion Rd. | 416-741-8714
(In Albion Mall)
Must be less than 28 years of age

EAST

NW Scarborough Satellite Clinic
3850 Finch Ave. E., Unit 410
416-338-7438
(In the Youth Centre)
Must be less than 25 years of age

Scarborough Sexual Health Clinic
160 Borough Dr. | 416-338-7438
Scarborough Civic Centre

The Gate
Flemington Health Centre
10 Gateway Blvd. | 416-429-4991

SOUTH

Crossways Clinic
2340 Dundas St. W.
416-392-0999

Hassle Free Clinic
66 Gerrard St. E., 2nd floor
Women: 416-922-0566
Men: 416-922-0603

Immigrant Women's Health Centre
489 College St., Room 200
416-323-9986

NORTH

The Talk Shop
5110 Yonge St., Lower level
416-338-7000

Birth Control & VD Information Centre
2828 Bathurst St., Suite 501
416-789-4541

416.338.7600 toronto.ca/health |  Toronto Public Health

Additional Clinics

Anishnawbe Health Toronto
225 Queen St. E.
(Queen & Sherbourne)
416-360-0486
Also offers general health care
Aboriginal

Anne Johnston Health Station
2398 Yonge St.
(Yonge & Eglinton)
416-351-3700
Also offers general health care
Physically disabled youth

The Bay Centre for Birth Control
790 Bay St., 8th Floor
(Bay & College)
416-351-3700

Centre Francophone de Toronto
22 College St., Main Floor
(College & Yonge)
416-922-2672
or
5 Fairview Mall Dr. # 280
(Near Fairview Mall, North York)
416-492-2672
Also offers general health care
French

Healthstyles Clinic
Toronto Western Hospital
399 Bathurst St., 2nd Floor, West Wing
(Bathurst & Dundas)
416-603-5995

The House
36B Prince Arthur Ave.
(Bloor & Avenue Rd.)
416-927-7171
Also offers general health care
Youth

Shout Clinic
467 Jarvis St.
(Jarvis & Wellesley)
416-927-8553
Street-Involved or Homeless Youth

LAMP Community Health Centre
Healthy Sex Clinic
185 5th St.
(South Etobicoke)
416-252-6475

Sherbourne Health Centre
333 Sherbourne St.
(Sherbourne & Carlton)
416-324-4180
Also offers general health care
LGBTQ focus

Women's Health in Women's Hands
2 Carlton St., Suite 500
(Carlton & Yonge)
416-593-7655
Also offers general health care
Black women and women of colour

416.338.7600 toronto.ca/health |  Toronto Public Health

AIDS & Sexual Health InfoLine

1-800-668-2437
416-392-2437

We Are

A province-wide, free anonymous service staffed by professional, multidisciplinary, and multicultural counsellors who offer information in different languages.

Hours

Monday - Friday: 9:00 a.m. - 11:30 p.m.
Saturday and Sunday: 11:00 a.m. - 4:00 p.m.
Closed on Statutory Holidays

Languages*

Armenian	Mandarin
Bengali	Russian
Cantonese	Sinhalese
Filipino	Spanish
French	Swahili
Hakka	Tamil
Hindi	Urdu
Italian	Vietnamese

(*currently offered - please call for more information)



We Offer

Anonymous and non-judgemental counselling

Current, accurate and detailed information and support about:

- HIV/AIDS
- Pre-test and post-test options
- Tuberculosis (TB) testing
- Safer sex activities
- Risk assessment
- STIs
- Birth control options
- Emergency contraception
- Sexuality
- Relationship concerns
- Pregnancy and options
- Sexual orientation
- Issues related to harm reduction, including injection drug use and needle exchange programs

Referral to appropriate clinics and community agencies

Crisis intervention

Assistance in problem solving and decision making

Individualized time to address each client's needs

Complementary service to existing public health and community programs

The Mainline

1-800-686-7544

Injection drug use information and counselling

 **TORONTO Public Health**

www.toronto.ca/health

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