

# 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](http://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](http://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](http://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](http://www.toronto.ca/health)

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