

PCI TEEN CLINIC

Teen Clinic Hours:

Tuesday – Friday 8:00am – 3:30pm

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

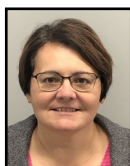


To book an appointment:

TEXT or Call 204-870-0689 (Provide full name in text)

Or Call 204-857-6843 ext. 11609

Jackie Meulpolder



Receptionist

Dr. Shayne Reitmeyer



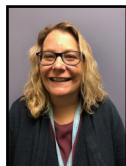
2SLGBTQ+ Care

Rebecca Krause



Nurse Practitioner

Tracy Ediger



Public Health Nurse

Laine Hill



Mental Health & Addictions Nurse

Sacha Grimeau



Mental Health Counsellor

Carly Gabler



Registered Dietitian

Betty Ryzner-Madsen



Substance Use Counsellor

Battling the Winter Blues?

The winter blues are a wave of low emotions that come with these cold, dark days. If you're experiencing the winter blues, you might feel the need to sleep a bit longer, indulge more often in comfort food, and spend more time with Netflix than with your friends and family.

Here are some ways you can improve or maintain your mood this winter:

1. Let the light in: Get outside during the day if you can, keep your curtains open, and when indoors, spend as much time as you can near the windows. Even if it's cloudy, getting some daylight can help boost your mood.

2. Get physical: Even though hitting the gym might be the last thing you feel like doing, physical activity is always a great tool to help you manage your mental health. Start small and try a lunchtime walk around the block.

3. Try to keep a normal sleep schedule: It might feel like your bed is the only one who understands this funk you're in but over-sleeping can actually worsen the symptoms of the winter blues.

4. Give yourself a pat on the back

Managing Test Anxiety

-Take short breaks regularly.

-Self Care: Make time for things that bring you joy and help you relax.

-Remember to breathe. It's easy to forget this when you're feeling stressed. Simply close your eyes and count your breaths, focusing on inhaling and exhaling slowly and deeply.

-Develop good habits. Staying on track can help reduce feeling overwhelmed

-Remember that your self-worth and value as a person is not determined by one test score or one exam.

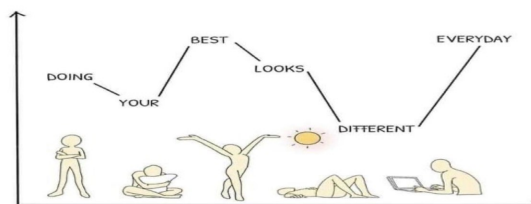


Mindful Moment:

Mindfulness is simply paying attention to the here and now. Practicing Mindfulness can give you greater control over thoughts, behaviors and emotions and can help with things like test anxiety and with managing mood.

1 Minute Mindfulness Practice:

- place your feet firmly on the ground. You can sit or stand/lean
- close your eyes or gaze just in front yourself
- pace your breath, ensuring your inhale is shorter than your exhale
- when you are ready, open your eyes/look up and resume as you were.



You are not alone. Reach out to your trusted adults if you need help.

Suicide Crisis Helpline: 9-8-8