

PCI TEEN CLINIC

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



To book an appointment at Teen Clinic:
TEXT or Call 204-870-0689 Or
Call 204-857-6843 ext. 11609

Open weekly through summer!
EXCEPT closed July 8 – 19, 2024
Clinic Summer Hours Tuesday – Friday
8:00am – 3:00pm

NEW! VIDEO APPOINTMENTS AVAILABLE THROUGH MEDO

Jackie Meulpolder	Dr. Shayne Reitmeier	Rebecca Krause	Tracy Ediger	Laine Hill	Sacha Grimeau	Carly Gabler	Betty Ryzner-Madsen
Receptionist	2SLGBTQ+ Care	Nurse Practitioner	Public Health Nurse	Mental Health & Addictions Nurse	Mental Health Counsellor	Registered Dietitian	Substance Use Counsellor

Mental Health Awareness

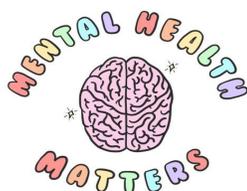
Our lifestyle can have a big impact on how we feel. When we don't take care of ourselves, we can experience a number of problems, including sleep difficulties, fatigue, low energy, trouble concentrating and increased tension and stress. These problems can leave us vulnerable to anxiety. To learn more about anxiety check out www.anxietycanada.com



Making healthy choices will help you feel better. Remember the goal of developing a healthy lifestyle is not to eliminate anxiety, but to help us function at our best. Having a healthy lifestyle puts us in a better position for managing anxiety. Here are some ideas for building a healthy lifestyle:

- ⇒ Set a Routine, Become Active, Eat Healthy, Get a Good Night's Sleep, Establish Social Supports, Learn to Relax, Manage your Time, Reduce Caffeine, Avoid Alcohol and Drugs, Get a Check Up, Solve the Problems, Reduce Stress.

Scan here for more info:



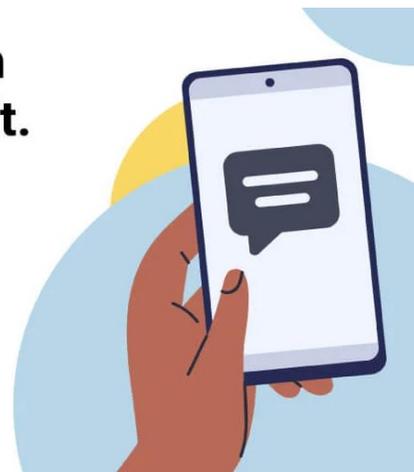
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Help when you need it.

9-8-8
toll free, 24/7

9-8-8 Suicide Crisis Helpline

9-8-8 Suicide Crisis Helpline is funded by the Government of Canada.



NEW Service at PCI Teen Clinic



You can now book your appointment with the Nurse Practitioner and Dr. Reitmeier using the online service MEDEO.

If you are new to Medeo follow the instructions to sign up here :



If you already have an account log in and choose PCI TEEN CLINIC to make your appointment.

For more information please speak to Jackie .