

PCI TEEN CLINIC

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



- serving clients aged 12—21 years old -

Teen Clinic Hours:
Monday – Friday 8:00am – 3:30pm

To book an appointment:
TEXT or Call 204-870-0689
Or Call 204-857-6843 ext. 11609
Book online through [Medeohealth.com](https://www.medeohealth.com)

Jackie Meulpolder



Receptionist

Dr. Shayne Reitmeier



2SLGBTQ+ Care

Rebecca Krause



Nurse Practitioner

Tracy Ediger



Public Health Nurse

Laine Hill



Mental Health & Addictions Nurse

Sacha Grimeau



Mental Health Counsellor

Carly Gabler



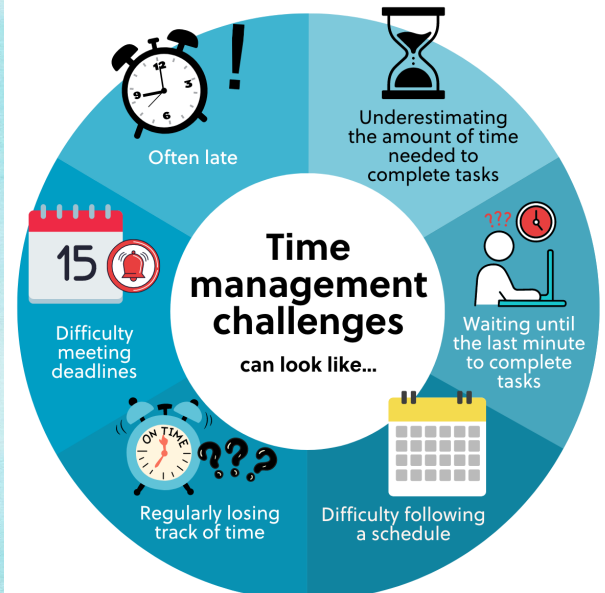
Registered Dietitian

Homework, deadlines, work, sports, exams, friends, family... OH MY!

How do we manage it all? Feeling disorganized and not in control of our schedule or responsibilities can contribute to stress, anxiety, burnout (poor mental health).

So . . . what can we do?

- Develop better time management **SKILLS**
- **RECOGNIZE** when we are struggling
- **ASK** for help



Text with a volunteer crisis responder

Text CONNECT to 688888 to access confidential support

10 WAYS TO DEVELOP TIME MANAGEMENT SKILLS

1. use a visual timer
2. Set multiple alarms as reminders
3. Beware of time sink holes (set a timer)
4. Give yourself a deadline that is earlier than the actual deadline.
5. Schedule free time to look forward to
6. Break tasks down into chunks with mini-deadlines
7. Practice estimating how long tasks will take (then compare to the actual time)
8. Conduct a time audit: Track how you spend your time throughout a day
9. use a focus app to block websites or apps during certain times of the day
10. Create a routine of regularly reviewing the calendar for upcoming events

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