

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:

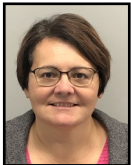
TEXT or Call 204-870-0689

Call 204-857-6843 ext. 11609

Book online through Medeohealth.com (QR code above)



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

STOPP technique for calming big emotions

S
T
O
P
P

Stop, don't act immediately. WAIT!

Take a Breath. Slowly breathe in and out a couple times.

Observe. What am I thinking? What am I feeling?

Pull Back. What is the bigger picture? Is this fact or opinion?

Practice what works. Consider the consequences. What is the BEST thing to do?
Do what helps the most and sticks with your values.



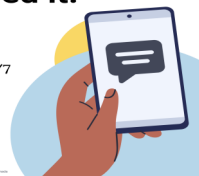
Mental Health Awareness



Help when
you need it.

9-8-8
toll free, 24/7

9-8-8
Suicide Crisis
Helpline



1 800 668 6868
Kids Help Phone
kidshelpphone.ca