



Hamilton

**Health Initiatives for Youth
HIFY
(Planned Parenthood)**

Health Initiatives for Youth



- 151 York Boulevard Unit F
- Across from Sir John A. McDonald high school
- 4 other clinics
- Info: 905-528-5894
- All ages



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Visiting the Clinic



- Your visit is confidential
- A receptionist will ask you to sign in
- You may not need a health card
- No cell phone use



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Services Available

- Birth control at low cost (up to age 20)
- Free condoms
- Counselling about safer sex and abstinence
- Emergency contraception (ECP or “morning after pill”)
- Pregnancy options counselling and support
- Tests: PAP, pregnancy, STIs
- STI treatment (free)
- Immunizations



No Appointment Needed



- Birth control pick up
- Emergency contraceptive
- Pregnancy testing
- STI & HIV testing



Registered nurse Chris

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- You *may* need an appointment for birth control prescriptions, Pap test, or if you want the nurse practitioner to check you

Waiting Area



- Pamphlets
- Free condoms



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Birth Control



- Clinic offers birth control pills, patch, ring, and injections
- Emergency contraceptive
- If you are under 20 years old, birth control pills are available at lower cost
- You can pay with cash or debit



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Starting Birth Control

- You will receive information from a nurse in order to start birth control



STI Testing



- Males are tested for chlamydia and gonorrhea by urine sample
- Females may have swabs taken from the vagina or a urine sample
- Your results should be ready in 2 weeks.



STI Testing



You can ask for blood tests for:

- HIV
- Syphilis
- Hepatitis



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Questions?



If you have any questions,
call the clinic at
905-528-3009 or the
Sexual Health Information
line to speak to a public
health nurse

905-528-5894



Check our website:

[Hamilton](http://www.hiflyhamilton.com)

www.hifyhamilton.com