

WE NEED YOUR SUPPORT

Government funding was discontinued ten years ago and funding is presently derived from non-government sources such as memberships, donations, and an annual art auction.

By purchasing a yearly membership and/or becoming a donor, SHCS can continue to provide essential services and increased access to information regarding sexuality and reproductive health.

MEMBERSHIP & DONATION FORM

I would like a SHCS membership. Please find enclosed my membership fee of:

- Individual \$10.00
- Family \$15.00
- Student \$5.00
- Under employed \$5.00
- Organization \$25.00

I would like to make a donation to support the work of PPSC. Please find enclosed my donation of:

- \$300.00
- \$150.00
- \$20.00
- \$50.00
- Other _____

Please send my membership and/or tax receipt to:

Name _____
Address _____
City, Prov. _____
Postal Code _____

**Sexual Health Centre
Saskatoon**
is an
**affiliate of
Canadian Federation
for Sexual Health.**

**Financial Support
for this
pamphlet provided
by
donors
like you.**



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Phone: (306) 244-7989
Fax: (306) 652-4034
Email: plannedparenthood.s.c@shaw.ca
Web: www.saskatoon.ppfc.info



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Information and support
for your
Sexual & Reproductive
Health

WHO WE ARE

Sexual Health Centre Saskatoon (formerly Planned Parenthood) is a non-profit charitable organization that has been serving Saskatoon since 1971.

Our mission is to ensure that information, resources and support services regarding sexuality, contraception and reproduction are available and accessible to the general public.

Our aim is to encourage responsible and empowered decision making around sexuality and reproductive health.

Our goal is to lower the incidence of such crisis situations as unintended pregnancies, abortions, and sexually transmitted infections including HIV/AIDS through the provision of preventative health information and services.



OUR SUPPORT SERVICES

SHCS provides a non-judgmental, sex-positive, and supportive atmosphere to help you make decisions and take action that is **right for you**.

BIRTH CONTROL & SAFER SEX

SHCS provides factual, up-to-date and unbiased information regarding all methods of contraception which can help you in planning and avoiding pregnancy. We provide information and counseling about HIV/AIDS and other STI's.

Weekly we offer a drop-in youth focused birth control and sexual health clinic. Doctors and nurses are on hand to offer physical exams, birth control prescription and STI testing. SHCS offers most types of birth control in the office at discount prices as well as free condoms.

PREGNANCY OPTIONS

SHCS offers the opportunity for you to explore all of your options when faced with an unintended pregnancy. We believe that women have the right to non-judgmental support and factual information about all options—parenting, adoption, and abortion in order to make confident, well informed decisions.

REFERRALS

We provide referrals to the community agencies which offer you the right support for the actions you choose.

OUR EDUCATION SERVICES

SHCS is committed to providing comprehensive sexuality education that encompasses all aspects of sexuality. We promote a positive view of sexuality and work towards equality regardless of gender, race, sexual orientation, age, or ability.

WORKSHOPS, PRESENTATIONS & DISPLAYS

We have trained educators and facilitators available for all types of programs such as seminars, conferences, discussions, workshops, support groups, health fairs and classroom presentations. Our workshops and presentations focus on several aspects of sexuality and reproduction including relationships, dating violence, birth control, STI's and parenting issues. Programs can be geared towards any issue relating to sexuality, relationships, contraception, pregnancy or reproduction.

RESOURCE LIBRARY

Videos, reference and research material on sexuality related topics are available for use.