

# Wellness Centre Summer Hours



**After June 21<sup>st</sup> the Wellness Centre @ Belmont will be open on Friday mornings from 0830-1200 throughout July and August. At this time you may drop-in to speak to a public health nurse about your sexual health needs and/or to pick up birth control. Please see additional resources below.**

## **Sexual Health Resources**

### Clinics

- Island Sexual Health (101- 3960 Quadra Street 250-592-3479 – this location is open over the summer)
- Victoria Youth Clinic (located in downtown Victoria, phone ahead for current address as the youth clinic is moving this summer; 250-383-3552)
- Family physicians
- Drop-in clinics

### Websites

- Island Sexual Health: <https://www.islandsexualhealth.org/>
- Sexuality and U website: <http://www.sexandu.ca/>
- Options for Sexual Health website: <https://www.optionsforsexualhealth.org/about-opt>

### Public Health

- Public Health Nurse @ the West Shore Health Unit 250-519-3490
- Public Health Nurse @ the Sooke Health Unit 250-519-3487
- BC Health Line – call to speak with a registered nurse 811

**Youth and Family Counselling Services** – Jordie will be available (individual and family counselling) every Tuesday during July and August from 9:00am-4:30pm and every second Friday morning (starting June 30<sup>th</sup>.) To book an appointment with Jordie: (1) Call the Wellness Centre @ Belmont 250-519-3580 or (2) call Discovery Intake at 250-519-5313, ext. 0

