

# Community Health Groups

Community health groups can provide accurate and up-to-date information on sexual and reproductive services. They may even be allies in promoting sexual and reproductive rights. Become aware of the sexual health providers in your community. Here are a few:

## Guelph

### *Public Health Unit - Sexual Health Clinic*

600 Southgate St., Guelph ON N1G 4P6  
[www.wdghu.org](http://www.wdghu.org)  
(519) 846-2715

Provides services including anonymous HIV testing, and sexually-transmitted infection (STI) testing and treatment, emergency contraception and birth control, pregnancy testing and counselling.

## Hamilton

### *Women's Centre of Hamilton*

75 McNab St. S, Hamilton ON L8P 3C1  
(905) 522-0127

An affirming space facilitating the empowerment and enrichment of women seeking support, resources, development and growth.

### *Health Initiatives for Youth Hamilton*

151 York Blvd., Suite 101 Hamilton, ON L8R 3M2  
[www.hifyhamilton.com](http://www.hifyhamilton.com)  
(905) 528-3009

Promotes healthy sexuality and reproductive wellness by providing services, advocacy, education and community partnerships.

## Kingston

### *Sexual Health STD Clinic*

221 Portsmouth Ave., Kingston ON K7M 1V5  
(613) 549-1234

Offers a range of sexual and reproductive resources and services.

## London

### *Women's Health Services*

800 Commissioners Rd. E, London ON N6A 4G5  
(519) 685-8204

Provides a range of services including support groups and is wheelchair accessible. Interpreters are available.

### *Middlesex-London Health Unit*

50 King St., London ON N6A 5L7  
[www.healthunit.com](http://www.healthunit.com)  
(519) 663-5317

Provides a range of sexual health services such as birth control, STI testing and information about healthy relationships.

## Mississauga

### *Peel Public Health – Healthy Sexuality Clinics*

For information on clinic locations and hours, call (905) 799-7700 or visit [www.peelregion.ca/health/sexuality/clinics](http://www.peelregion.ca/health/sexuality/clinics).

Provides no-hassle counselling and confidential services including birth control, STI testing and treatment, pregnancy testing, emergency contraception, anonymous HIV/AIDS testing, referrals for adoption, abortion and prenatal resources.

## North Bay

### *North Bay Health Unit, Sexual Health Services*

681 Commercial St., North Bay ON P1B 4E7  
[www.healthunit.biz](http://www.healthunit.biz)  
(705) 474-1400

Promotes healthy sexuality and the reduction of STIs, including HIV, and the complications that result from them.

## North York

### *North York Women's Centre*

201 Caribou Rd., Toronto ON M5N 2B5  
[www.nywc.org](http://www.nywc.org)  
(416) 781-0479

Provides a safe, supportive place where women can voice their concerns, share experiences, gain information, learn skills and build friendships with other women.

## Orillia

### *Simcoe-Muskoka Health Unit: Orillia Branch*

575 West St. S, Unit 12, Orillia ON L3V 7N6  
[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)  
(705) 721-7520

Provides counselling in areas of sexuality, birth control, sexually transmitted infections, including anonymous

testing for HIV/AIDS. Wheelchair accessible.

## Ottawa

### *Planned Parenthood Ottawa*

201-251 Bank St. Ottawa ON K2P 1X3

[www.ppottawa.ca](http://www.ppottawa.ca)

(613) 226-3234

Offers education, counselling and referral services to assist and support informed sexual and reproductive health choices. Services are in English and French.

## Peterborough

### *Women's Health Care Centre*

1 Hospital Dr., Peterborough ON K9J 3G2

[www.kawartha.net/whcc/wom.htm](http://www.kawartha.net/whcc/wom.htm)

705-876-5117

Offers free and confidential, information, support, counselling, treatment and referral services to women.

## Scarborough

### *Scarborough Sexual Health Clinic*

160 Borough Dr., Scarborough ON M1P 4N7

(416) 338-7438

Offers birth control counselling, free condoms, pregnancy testing, STI and HIV testing, referrals, and sexuality/relationship counselling.

## St. Catharines

### *St. Catharines Sexual Health Centre*

277 Welland Ave., Suite 4, St. Catharines ON L2R 2P7

(905) 688-3817

Offers a range of sexual and reproductive services.

## Sudbury

### *Sudbury Women's Centre*

324-F Elm St. W, Sudbury ON P3C 1V8

[www.simaltech.com/women](http://www.simaltech.com/women)

(705) 673-1916

Provides women with the skills and knowledge necessary to find personalized solutions to their particular problems. The Centre aims to provide support through a trusting, non-threatening environment that respects each woman's needs.

### *Women's Health Centre*

30 The Queensway, Sudbury ON M6R 1B5

(416) 530-6850

Provides non-medical services that help address personal/mental health needs including psycho-social support, counselling and education to disadvantaged

women facing multiple barriers.

## Thunder Bay

### *Thunder Bay District Health Unit*

510 Hogarth Ave. P.O. Box 1360 Geraldton ON P0T 1M0

[www.tbdhu.on.ca](http://www.tbdhu.on.ca)

(807) 854-0454

Services include immunisation, sexual health clinics, anonymous HIV testing, community health nursing, and substance abuse prevention.

## Toronto

### *Hassle Free Clinic*

66 Gerrard St. E, Toronto ON M5B 1G3

[www.hasslefreeclinic.org](http://www.hasslefreeclinic.org)

(416) 922-0566 Women/trans

Counselling and medical services for reproductive health and STIs. Call ahead to arrange services in a variety of languages.

### *Immigrant Women's Health Centre*

489 College Street, Suite 200 Toronto ON M6G 1A5

[www.immigranthealth.info](http://www.immigranthealth.info)

(416) 323-9986

A community-based non-profit agency serving immigrant women, refugee women and women of colour. A broad range of sexual and reproductive health services provided in several languages.

### *Planned Parenthood Toronto*

36-B Prince Arthur Ave., Toronto ON M5R 1A9

[www.ppt.on.ca](http://www.ppt.on.ca)

(416) 961-0113

An agency committed to the principles of equity and providing accessible and inclusive services that promote healthy sexuality and informed decisions.

## Waterloo

### *Planned Parenthood Waterloo Region*

151 Frederick St., Suite 500, Kitchener ON N2H 2M2

[www.ppwv.on.ca](http://www.ppwv.on.ca)

(519) 743-9360

Provides sexuality counselling and educational services based on a belief in self-determination, and that accurate information is needed to make choices appropriate for all stages of life.

## Windsor

### *Windsor Essex County Health Unit Sexual Health Clinic*

1005 Ouellette Ave., Windsor ON N9A 4J8

[www.wechealthunit.org/sexual-health](http://www.wechealthunit.org/sexual-health)

(519) 258-2146 ext. 1200 or 1201

Provides STI testing, pregnancy testing and birth