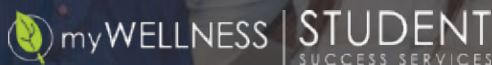




Sexual Health Resources



CONESTOGA COLLEGE SEXUAL HEALTH RESOURCES

1

1. STUDENT HEALTH AND WELLNESS CENTER

Nurse practitioners are available to discuss and support your sexual health concerns. Our clinic provides inclusive sexual health services such as STI testing, pap screening, birth control, IUD insertions, medical abortions, prenatal care and transgender care.

Website: <https://studentsuccess.conestogac.on.ca/myWellness/medicalcare>

Email: medicalcare@conestogac.on.ca

Phone: 519-748-5220 ext. 3679

2

2. SEXUAL AND GENDER-BASED VIOLENCE – PREVENTION AND RESPONSE

Have you experienced sexual harm? Have you been intimidated, been discriminated against or experienced abuse related to your gender? Did you witness or have someone disclose this type of incident to you?

We are available if you need support, are not sure what to do or just need to speak to someone.

Website:

<https://studentsuccess.conestogac.on.ca/myWellness/sexualandgenderbasedviolence/index>

Email: sgbv@conestogac.on.ca

3

3. COUNSELLING SERVICES

Professional counsellors in the Student Health and Wellness Center are available to support you with concerns affecting your sexual well-being, your relationships and connections with others, intimacy, or friendships.

Website: <https://studentsuccess.conestogac.on.ca/myWellness/counselling>

Email: counselling@conestogac.on.ca

Phone: 519-748-5220 ext. 3679



CONESTOGA: CONSENT CULTURE

COMMUNITY SEXUAL HEALTH RESOURCES

1. ACCKWA

The HIV/AIDS Committee
of Cambridge, Kitchener,
Waterloo & Area
www.acckwa.com

2. SASC

(Sexual Assault Support
Centre of Waterloo Region)
24 Hour Support Line
519-741-8633
www.sascwr.org

3. SHORE Centre

Visit the Sexual Health Options,
Resources & Education
(SHORE) Centre for exceptional
and inclusive sexual and
reproductive health services in
our community that uphold the
dignity of everyone.
www.shorecentre.ca

ONLINE SEXUAL HEALTH RESOURCES

For more information
about sexual health
topics, please check out
these evidence-based
websites.

1. SEX AND U

Sex and U is developed by the Society
of Obstetricians and Gynaecologists of
Canada, Canada's leading authority of
sexual and reproductive health. This
website takes a real-life approach to
the questions and issues around sex
and sexuality.

<https://www.sexandu.ca/>

2. SEXUAL HEALTH ONTARIO

Visit [sexualhealthontario](http://sexualhealthontario.ca) for online
resources and to find a sexual health
clinic in Ontario.

<https://sexualhealthontario.ca/en/home>

3. OK2BME

OK2BME is a set of support services
for lesbian, gay, bisexual, transgender
or questioning (LGBTQ) kids, teens,
and young adults in the Waterloo
Region.

<https://ok2bme.ca/>

4. SPECTRUM

Waterloo Region's rainbow community
space for transhealth support and
resources.

<https://ourspectrum.com/>

5. RAINBOW ONTARIO HEALTH

Rainbow Ontario Health provides a
service provider directory and
resources for LBGT2SQ communities.

<https://www.rainbowhealthontario.ca/>