



The Manitoba Pharmaceutical Association

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Emergency Contraception Care Resources

For questions or concerns regarding the provision of Emergency Contraception Care, please contact the MPhA office by phone or e-mail.

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1. Emergency Contraception Workshop

The Canadian Pharmacists Association (CPhA) has developed a workshop program and on-line training program both of which contain practice guidelines and tools to prepare pharmacists to assess and counsel women seeking emergency contraception care. The Professional Development Committee has held the workshop program in Winnipeg and via videoconference in rural Manitoba facilitated by Dr. Tom Brown on October 31st and November 1st, 2004, respectively. Videotapes of this CCCEP-accredited program with accompanying CD of practice resources are available by contacting the MPhA office at 233-1411. For those pharmacists who prefer the CPhA Emergency Contraception On-Line Training Program, see www.pharmacists.ca/ecp.

2. Emergency Contraception Resources

A) On the MPhA Web Page:

Resources and updates on the MPhA Emergency Contraception Care Guidelines, can be found on the MPhA web page of the NAPRA website at <http://www.napra.org/docs/0/203/204/218.asp> or by contacting the MPhA office. Included in the information are the following items:

- MPhA Practice Guideline on Emergency Contraception Care
- April 2005ECP MPhA Notice
- CPhA/MPhA Forms
 - CPhA/MPhA 1/2 Counseling Form
 - CPhA/MPhA 1/2 Screening Form
 - CPhA/MPhA Full Screening Form
 - CPhA/MPhA Full Counseling Form
- CPhA Forms
 - ECP Patient Screening Form
 - Patient Information on the Use of ECP
 - Patient Counselling Notes
- CPhA - Action Plan Checklist for Preparing a Pharmacy to Provide ECP
- Link to CPhA ECP
- PrISM: Emergency Contraception: An Introduction
- MPhA - The Duty of Pharmacists to Report Issues in the Course of Counseling and Providing Emergency Contraception Care for Minors

B) Additional resources can also be found on the following websites:

- Sexuality Education Resource Centre at www.serc.mb.ca

- Plan B® Website at www.planb.ca
- The Society of Obstetricians and Gynaecologists of Canada at www.sogc.medical.org (includes information on emergency contraception and SOGC clinical practice guidelines on reproductive health)
- Sexuality and u .ca from the SOGC at www.sexualityandu.ca (sexual education for teens, adults, parents, and health professionals)
- Prescription Information Services of Manitoba (PrISM) at www.prisminfo.org
- Go2EC.org at www.go2ec.org
- RxFiles at www.rxfiles.ca (provides a chart comparing hormonal birth control options)
- Klinik at www.klinik.mb.ca
- International Consortium for Emergency Contraception - Emergency Contraceptive Pills: Medical and Service Delivery Guidelines at [www.cecinfo.org/files/Guidelines%20ndnewt%20\(2\).pdf](http://www.cecinfo.org/files/Guidelines%20ndnewt%20(2).pdf)

3. Women's Health Issues Contacts and Referral Information

A) Winnipeg Public Health Centres:

For low cost/free birth control, pregnancy testing, pregnancy counseling, sexually transmitted infections and HIV/AIDS testing, and emergency contraception Please phone ahead.

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|---|---------------------------------------|----------|
| • ACCESS RIVER EAST | 975 Henderson Highway | 938-5000 |
| • AIKENS STREET - COMMUNITY HEALTH CENTRE | 601 Aikins St. | 940-2025 |
| • HEALTH ACTION CENTRE | 425 Elgin Avenue | 940-1626 |
| • HOPE CENTRE HEALTH CARE INC. | 240 Powers St. | 589-8354 |
| • MOUNT CARMEL CLINIC | 886 Main St. | 582-2311 |
| • NINE CIRCLES COMMUNITY HEALTH CENTRE | 705 Broadway Ave. | 940-6000 |
| • NOR'WEST CO-OP COMMUNITY HEALTH CENTRE | 103-61 Tyndall Ave | 633-5955 |
| • RIVER AVENUE COMMUNITY HEALTH CENTRE | 385 River Avenue | 940-2000 |
| • WOMEN'S HEALTH CLINIC | 3 RD floor, 419 Graham Ave | 947-1517 |
| • ABORIGINAL HEALTH AND WELLNESS CENTRE | 215-181 Higgins Ave | 925-3700 |
| • OSBOURNE HOUSE INC. | | 942-3052 |
| • KLINIC COMMUNITY HEALTH CENTRE (see page 4) | 870 Portage Ave | 784-4090 |
| • CENTRE DE SANTE SAINT-BONIFACE | 131 Provencher | 235-3910 |
| • WINNIPEG REGIONAL HEALTH AUTHORITY | | |
| | 601 Aikins Street | 940-2025 |
| | 385 River Avenue | 940-2398 |

B) Rural Public Health Centres

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|--|---------------------|---------------|
| • BALDUR HEALTH DISTRICT | Box 128 ROK 0B0 | Baldur MB |
| Phone: (204) 535-2373 | Fax: (204) 535-2116 | |
| • BIRTLE HEALTH SERVICES DISTRICT | Box 10 ROM 0C0 | Birtle MB |
| Phone: (204) 842-3317 | Fax: (204) 842-3375 | |
| • BOISSEVAIN HEALTH CENTRE DISTRICT | Box 899 ROK OEO | Boissevain MB |
| Phone: (204) 534-2451 | Fax: (204) 534-6487 | |
| • CARBERRY PLAINS DISTRICT HEALTH CENTRE | ROK OHO | Carberry MB |
| Phone: (204) 834-2144 | Fax: (204) 834-3333 | |
| • CARTWRIGHT & DISTRICT HOSPITAL | Box 118 ROK OLO | Cartwright MB |
| Phone: (204) 529-2483 | Fax: (204) 529-2562 | |
| • DELORAINE HEALTH CENTRE | Box 447 ROM OMO | Deloraine MB |
| Phone: (204) 747-2745 | Fax: (204) 747-2160 | |
| • ERICKSON DISTRICT HEALTH CENTRE | Box 25 ROJ OP0 | Erickson MB |
| Phone: (204) 636-7777 | Fax: (204) 636-2471 | |

- GLENBORO HEALTH DISTRICT Phone: (204) 827-2438 Box 310 ROK OXO Fax: (204) 827-2199 Glenboro MB
- HAMIOTA DISTRICT HEALTH CENTRE Phone: (204) 764-2412 177 Birch Avenue Fax: (204) 764-2049 Hamiota MB
- HARTNEY MEDICAL NURSING UNIT Phone: (204) 858-2054 Box 28 ROM OXO Fax: (204) 858-2303 Hartney MB
- HEALTH DISTRICT NO 10. Phone: (204) 748-1230 Box 400 ROM 2CO Fax: (204) 748-2053 Virden MB
- MELITA HEALTH CENTRE Phone: (204) 522-8197 Box 459 ROM 1LO Fax: (204) 522-3161 Melita MB
- MINNEDOSA HEALTH DISTRICT Phone: (204) 867-2701 Box 960 ROJ 1E0 Fax: (204) 867-2239 Minnedosa MB
- NEEPAWA HOSPITAL DISTRICT NO. 9 Phone: (204) 476-2394 Box 1240 ROJ 1HO Fax: (204) 476-5007 Neepawa MB
- RESTON DISTRICT HEALTH CENTRE Phone: (204) 877-3925 Box 250 ROM 1XO Fax: (204) 877-3998 Reston MB
- RIVERDALE HEALTH SERVICES DISTRICT Phone: (204) 328-5321 Box 428 ROK 1XO Fax: (204) 328-7130 Rivers MB
- ROSSBURN DISTRICT HEALTH CENTRE Phone: (204) 859-2413 Box 40 ROJ 1VO Fax: (204) 859-2526 Rossburn MB
- RUSSELL DISTRICT HEALTH CENTRE Phone: (204) 773-2125 ROJ 1WO Fax: (204) 773-2142 Russell MB
- SHOAL LAKE-STRATHCLAIR HEALTH CENTRE Phone: (204) 759-2336 Box 490 ROJ 1ZO Fax: (204) 759-2480 Shoal Lake MB
- TRI-LAKE HEALTH DISTRICT Phone: (204) 523-4661 Box 5000 ROK 1GO Fax: (204) 523-8948 Killarney MB
- SOURIS HEALTH DISTRICT Phone: (204) 483-2121 Box 10 ROK 2CO Fax: (204) 483-2310 Souris MB
- TIGER HILLS HEALTH DISTRICT Phone: (204) 723-2133 Box 130 ROG 2VO Fax: (204) 723-2869 Treherne MB
- WAWANESA & DISTRICT MEMORIAL HEALTH CENTRE Phone: (204) 824-2335 Box 309 Fax: (204) 824-2148 Wawanesa MB

C) Winnipeg Teen Centres and Availabilities

- MONDAY
 - ☐ 4:30 TO 8PM KLINIC 870 PORTAGE AVE. 784-4090
Drop in teen clinic, STD, HIV and pregnancy testing, birth control, emergency contraception, referrals
- TUESDAY
 - ☐ 1 TO 4PM ADOLESCENT CLINIC 840 SHERBROOK AVE. 787-2401
General teen health, reproductive health, STI testing, birth control, call for appointment
 - ☐ 4 TO 7PM YOUVILLE CENTRE 6-845 DAKOTA ST. 255-4840
Drop in teen clinic (for St. Vital and St. Boniface youth)
 - ☐ 4 TO 8PM ELMWOOD TEEN CLINIC (ELMWOOD HIGH) 505 CHALMERS
Drop in or appointment (for youth living in area)
 - ☐ 12 TO 4PM R.B.RUSSELL HIGH SCHOOL 364 DUFFERIN AVE
Drop in teen clinic (for R.B. Russell students)
- WEDNESDAY
 - ☐ 4 TO 6 PM NOR'WEST CO-OP 103-61 TYNDALL AVE. 633-5955
Drop-in Teen Clinic, STI, HIV & pregnancy testing, birth control, emergency contraception, referrals
 - ☐ 6 TO 9 PM FOUR RIVERS MEDICAL CLINIC 878 MAIN ST. 586-5592
Teen Clinic - Drop-ins or appointments.
- THURSDAY
 - ☐ 3:30 TO 8:30 PM WOMEN'S HEALTH CLINIC 3RD FL 419 GRAHAM AVE. 947-1517
Drop-in Teen Clinic, focus on girls, but boys welcome! STI, HIV & pregnancy testing, birth control, emergency contraception, referrals.
- FRIDAY
 - ☐ 1 TO 4 PM ADOLESCENT CLINIC CHILDREN'S HOSPITAL 840 SHERBROOK ST. 787-2401
General teen health, reproductive health, STI testing, birth control. Call for appointment.

- **SATURDAY**
 - **NOON TO 4 PM MOUNT CARMEL CLINIC** 886 MAIN ST. 582-2311
Drop-in Health Care, Birth Control, STI, HIV & pregnancy testing, emergency contraception, referrals, closed long weekends.

D) Telephone Help Lines

- AIDS/STD INFORMATION LINE Winnipeg 945-2437 Toll Free 1-800-782-2437
- FACTS OF LIFE LINE Winnipeg 947-9222 Toll Free 1-800-432-1957
- GAY, LESBIAN, BISEXUAL LINE Winnipeg 284-5208 Toll Free 1-888-399-0005
- HEALTH LINKS Winnipeg 788-8200 Toll Free 1-888-315-2957
- TEEN TOUCH Winnipeg 783-1116 Toll Free 1-800-563-TEEN
- KIDS HELP PHONE Toll Free 1-800-668-6868
- **KLINIC COMMUNITY HEALTH CENTRE** 870 Portage Ave 784-4090
Crisis Line - 24 Hour Crisis/Suicide line 786-8686
Toll free 1-888-322-3019 TTY 784-4097
Counseling appointments 784-4059
Drop in counseling 784-4216
Sexual Assault Crisis Line - 24-Hour line 786-8631
Toll free 1-888-292-7565 TTY 784-4097
Sexual Assault Counseling Appointments 784-4049

E) Child and Family Services

- 835 Portage Avenue, Winnipeg, MB R3G 0N6 Phone: 944-4200
Toll-free: 1-888-834-9767 After-hours (emergency only) :944-4050

F) Manitoba Association of Women's Shelters

- **Brandon** YWCA Women's Shelter 148 11th Street Brandon, MB R7A 4J4
Phone 204 727-3644 Email: ywcawww@westman.wave.ca
- **Dauphin** Parkland Crisis Centre Box 651 Dauphin, MB R7N 3B3
Phone 204 622-4621 Email: pknd@mb.sympatico.ca
- **Portage** Portage Women's Shelter Box 1541 Portage la Prairie, MB R1N 3P1
Phone 204 239-5234 Email: pwsheltr@mts.net
- **Selkirk** Nova House Box 337 Selkirk, MB R1A 2B3
Phone 204 482-7882 Email: novahous@mts.net
- **Steinbach** Agape House Box 3130 Steinbach, MB R0A 2A0
Phone 204 326-6062 Email: agapehse@mts.net
- **The Pas** Aurora House Box 3779 The Pas, MB R9A 1S4
Phone 204 623-7427 Email: dpritcha@mb.sympatico.ca
- **Thompson** Thompson Crisis Centre Box 1266 Thompson, MB R8N 1P1
Phone 204 677-9668 Email: tcc9668@mb.sympatico.ca
- **Winkler** Genesis House Box 389 Winkler, MB R6W 4A6
Phone 204 325-9957 Email: sccfv@mb.sympatico.ca
- **Winnipeg** Ikwe-Widdjitiwin Box 1056 Winnipeg, MB R3C 2X4
Phone 204 987-2780 Email: diane.ikwe@shawcable.com
Osborne House Box 397 Winnipeg, MB R3C 2H6
Phone 204 942-7373 Email: osbornehouse@pcs.mb.ca

G) Winnipeg Police

- Sex Crimes Unit
http://www.winnipeg.ca/police/div_41/sex_crimes.htm 204-986-6091
or 204-986-6245
- Child Abuse Unit
http://www.winnipeg.ca/police/div_41/child_abuse.htm 204-986-6378