



NEWS RELEASE

For immediate release

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PRHA prepares to launch Teen & Young Adult Clinic

Dauphin, MB– The Parkland Regional Health Authority (PRHA) has selected spring break week to unveil its latest healthy living initiative. The Region's first *Teen and Young Adult Clinic* will open within the Dauphin Community Health Services Office the week of March 29, 2010. In another milestone, the Region's first licensed Nurse Practitioner will operate the confidential clinics that are geared towards people between the ages of 14 and 26.

PRHA Nurse Practitioner Janelle Yakimishen will hold clinics twice a week, Tuesdays and Thursdays, from 1p.m.- 6 p.m. The clinics will offer a range of program options where clients can receive assistance with:

- Body Image;
- Nutrition;
- Depression and or anxiety;
- Sexuality and relationships;
- Alcohol, smoking and drug use;
- Minor illness; and
- General health care

For more information,
contact the office of the
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HEALTH AUTHORITY**

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A big part of the new Teen and Young Adult Clinic will be providing clinical care and additional education on topics of concern to young individuals. If required, referrals to other health programs and services can be facilitated.

The Dauphin-based clinic is the initial step relating to this area of health and well-being. Other options or models of delivery will be considered as the program evolves and is evaluated.

For more information on the Teen and Young Adult Clinic contact the Dauphin Community Health Services Office at 638-2118. The service is confidential. Options include both walk-in services and appointments.