GET IN TOUCH WITH US

You can contact us directly or be referred to us from another service provider.

Once in contact with us we will check to make sure that we are the right service for you.

If another service may be better able to meet your needs we will link you directly to them.

Otherwise you will be contacted by a Youth Health Worker, Nurse or Aboriginal Clinical Health Worker for an initial assessment. This will identify what further care or appointments are needed.

HAVE YOUR SAY

We want our service to be a safe and supportive space for young people and your feedback and participation is important. So get involved and have your say.

You can:
> talk with us about developing a program to suit your specific needs
> provide feedback on services through surveys or a feedback form
> join a youth advisory group
> contact the Consumer Feedback Coordinator on 8161 6710 or email WCHNCoveredFeedback@health.sa.gov.au

OUR SERVICE LOCATIONS

Elizabeth (with Salisbury outreach)
6 Gillingham Road, phone 8255 3477

Christies Beach
50A Beach Road, phone 8326 6053

Angle Park
Parks Community Centre
Trafford Street, phone 8243 5637

Contact your local Metropolitan Youth Health for information on opening hours and services, or to make an appointment.

We also provide health care services in the Adelaide Youth Training Centre, and outreach services at various locations.

TALKING REALITIES YOUNG PARENTING PROGRAM

Monday to Friday 9am–5pm (closed Thursday)

Angle Park
Parks Community Centre
Trafford Street, phone 8243 5459 or 0422 002 561

www.cyh.com

If you do not speak English, request an interpreter from SA Health and the department will make every effort to provide you with an interpreter in your language.
**TALKING REALITIES YOUNG PARENTING PROGRAM**

This program offers flexible learning and training for young pregnant and parenting people, with pathways to SACE and TAFE/VET qualifications.

A Friday Fun Group is provided with a range of activities in a safe and fun environment.

Contact us to find out more about the Talking Realities Young Parenting Program.

**GROUP PROGRAMS FOR YOUNG PARENTS**

We provide a range of young parent and antenatal groups that provide great opportunities to connect with other young parents and learn about key issues relating to life as a parent.

These groups are fun, interactive and provide information and support before, during and after the birth of your baby.

Topics discussed may include:

- how to manage morning sickness and other pregnancy discomforts
- how your baby is developing
- pregnancy, labour and birth.

**OTHER SERVICES**

Other services we provide include:

- assessment and management of general medical issues (for doctor and nurse clinics an appointment is needed)
- immunisation
- sexual health
- assessment and screening
- Pap smears
- contraception advice (including emergency contraception)
- health education
- drug and alcohol issues.

**OUR TEAM**

Our services are provided by our experienced:

- Aboriginal clinical health workers
- Youth health workers (who are Allied Health Professionals)
- Community nurses/midwives
- Nurse practitioner
- Doctors
- Administrative Workers.

Our service sites are in the northern, western and southern metropolitan Adelaide areas, with the Talking Realities Young Parenting Program based in the western area.

We also provide a visiting health service to the Adelaide Youth Training Centre and other areas across metropolitan Adelaide.

All our services are confidential and respect your right to privacy.

**OTHER SERVICES THAT MAY BE ABLE TO HELP YOU**

- Pregnancy Advisory Centre (decision making counselling), phone 1800 672 966
- Youth Mental Health Services, phone 13 14 65
- Your local Headspace Centre
- Drug and Alcohol Services of South Australia, phone 1300 13 13 40
- SHine SA (Sexual Health Services), phone 1300 79 45 84
- Nunkuwarrin Yunti, phone 8406 1600
- Parent Helpline, phone 1300 364100
- Pregnancy SA Referral Line, phone 1300 368 820
- Child and Family Health Services, phone 1300 733 606