

WHAT TEEN LIFE CENTER IS ALL ABOUT.....

Come to the Teen Life Center if you are, 10 to 19 years of age, need or think you need:

- * Answers to any question about your health
- * Family planning (Birth Control)
- * Immunizations
- * Information or testing for a sexually transmitted disease
- * Minor medical care
- * Nutrition and fitness advice
- * Sports physical exam
- * Counseling
- * Appointments available
- * Walk-ins welcome

COMMON QUESTIONS

- What is birth control?
- What if I am pregnant?
- Where can I get a sports physical?
- What is addiction?
- Could I be depressed?
- I am worried about my friend, what do I do?

SCHOOL-BASED CLINICS:

- Providing healthcare where the youth are
- Clinics every week at:
 - Career Prep High
 - Kirtland Middle School
 - Kirtland Central High School
 - Navajo Prep High
 - Newcomb High
 - Newcomb Middle
 - Northwest High
 - Shiprock High
 - Tse'Bit' Ai Middle

COUNSELING

- Services include individual and family assessment, counseling for substance abuse, depression, relational problems, abuse (domestic violence, verbal, physical and sexual), family communication, school problems, grief...
- Sweat lodge, experiential activities (ropes course, river rafting, mountain biking, wilderness experience, etc.)

A WEEK AT A GLANCE...

Office Hours

Monday - Friday
8 am to 4:30 pm

Clinic Hours

For medical services, varies according to Provider's schedule

Please call prior to visit.

Counseling Hours

Monday & Tuesday
8 am to 4:30 pm

Wednesday
8 am to 12 pm

School-Based Clinics

Appointments are made with the school nurse at the school

SCHEDULE SUBJECT TO CHANGE

Teen Life Center Team Members:

- * Jeff Powell, MD, MPH, Pediatrician
- * Susie John, MD, MPH, Pediatrician
- * Rosemary Johnston, DO, Pediatrician
- * Sandra Beirne, MD, Pediatrician
- * Sandy Saganey, MS, Physician Assistant
- * Shealyn Lucero, RN, Staff Nurse
- * Betsy Yazzie, MSW, Counselor
- * Theresa Pablo, BSW, Counselor
- * Bill Nockidennis, Traditional Counselor
- * Flora John, Medical Record Tech
- * Peggy Boyd, Medical Record Tech

CONFIDENTIALITY

What you say at Teen Life Center stays at TLC, except if you tell us you are being abused or if you are going to hurt yourself or someone else.

You really need to talk with someone and no one's available?

AGORA
Crisis Center

www.AgoraCares.org

Confidential. FREE.
Call us about anything.

Statewide:
1-866-HELP-1-NM


<http://www.youngwomenhealth.org/>
<http://www.youngmenshealthsite.org/>

Community Health Service-HPDP

Teen Life Center
P.O. Box 1290
Shiprock, NM 87420

Phone: 505-368-7450/6760
Fax: 505-368-7454

Family planning
Immunizations



TEEN LIFE CENTER
Counseling Treatment
Health Education
SHIPROCK, NM

APPOINTMENTS AVAILABLE
Walk-ins Welcome

**Actively Promoting
Youth Wellness**

Working Together with Youth
and Families Creating and Strengthening
Opportunities for Wellness and Harmony

Sports physical exam
Nutrition and fitness advice
Counseling
Minor medical care

Tel: 505-368-7450/6760