

OUR VALUES



Non-judgmental



Anti-oppressive



Evidence-informed



Sex-positive



Pro-choice



Community-oriented

SUPPORT OUR WORK

Volunteer:

We couldn't do our work without volunteers! Our volunteer training and mentorship program includes comprehensive annual Sexual and Reproductive Health (SRH) training, as well as Options Counselling training for our peer counsellors. Volunteers can also support community events and fundraising.

Donate:

Our work is only possible through generous donations from community members such as yourself! Donate through our website at ppottawa.ca/get-involved/donate/



FOR MORE INFORMATION

//Planned Parenthood Ottawa
(613) 226-3234
www.ppottawa.ca
ppottawa@ppottawa.ca

NOTE: Planned Parenthood Ottawa is a resource centre and does not provide any medical services. However, we do provide safer sex supplies and, can provide referral information to health care providers that offer birth control, STI testing, and other sexual health services like abortion. Please let us know if you have accessibility needs and/or if there is anything we can provide to make your experience a positive one.



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Supporting informed sexual and reproductive health choice through education, counselling, information and referral services.

ABOUT US

Planned Parenthood Ottawa is a pro-choice organization supporting informed sexual and reproductive health choice through education, counseling, information and referral services since 1961.

We envision a community where evidence-informed sexual and reproductive health support and services are comprehensive, accessible, and delivered equitably.

OPTIONS PROGRAM

We provide free pro-choice, non-judgemental, 2SLGBTQIA+-affirming, and confidential counselling, information, and referrals to help you navigate your sexual and reproductive health options. We can give you information, help you find services, and offer counselling around:

- Pregnancy Options, including abortion, adoption, and parenting
- Pregnancy loss and Post-abortion support
- Pregnancy Testing, including support before, during, and after taking a test
- STIs, including testing and treatment
- Birth Control, including emergency contraception (Plan B, Ella, IUD)

We believe that you have the right to receive evidence-informed, unbiased information about all of your options so you can make confident and well-informed decisions. You can talk to us about any thoughts, feelings, concerns, and questions, and we'll do our best to provide you with the support and information you are looking for.

We also provide free sexual health products, such as: pregnancy tests, condoms, dental dams, gloves, lubricant, and menstrual products.

Call us at **613-223-3234 ext. 101** or email us at ppottawa@ppottawa.ca



EDUCATION

Sexual Health Education

For over 30 years PPO has provided inclusive sexual health education to youth, service providers, parents, and community partners. We continually adapt our workshops to meet the needs of all age groups, cultural communities, queer and trans folks, newcomers to Canada, people with disabilities, and Indigenous people. Some of our workshop topics include:

- Sexual Health
- Consent & Relationships
- Sexually Transmitted Infections (STI's)
- Birth Control & Contraception
- Reproductive Coercion

To request resources or workshops on Reproductive Coercion, contact smar@ppottawa.ca

It's Complicated: The Navigating Relationships Curriculum

From 2019-2024 PPO is developing a skills-based curriculum to help prevent teen dating violence by supporting grade 9 students in building satisfying relationships. The curriculum is trauma-informed and youth-led, with input from extensive consultations with youth in Ontario. Youth learn about de-escalation within conflicts, identifying and communicating their boundaries, and how to be accountable to others.

This is a community-based research project that is done in collaboration with researchers at York University and funded by the Public Health Agency of Canada. Through this partnership, we are evaluating the effectiveness of our curriculum and will work with Ontario teachers to implement this evidence-based curriculum in their classrooms.

For all other education requests, including more information on our relationships curriculum, please contact relationships@ppottawa.ca

