

## Sexual Health Services in South Canterbury

Listed below are some of the options for sexual health services available in South Canterbury.

<p><b>Arowhenua Whānau Services</b> Offer free contraception and sexual health services.</p>	<p><a href="http://www.aws.health.nz">www.aws.health.nz</a> Ph 03 615 5180</p> <p><i>Temuka Clinic</i> Mondays: 9am to 4.30pm Tuesdays: 9am to 4.30pm Wednesdays: 10am to 4.30pm Thursdays: 9am to 4.30pm Fridays: 10am to 4.30pm</p> <p><i>Timaru Clinic</i> Mondays: 9am to 4pm.</p> <p><i>Twizel Clinic</i> First Wednesday of the month: 11am to 2pm</p> <p><i>Waimate Clinic</i> Thursdays from 10am to 4pm</p>
<p><b>Family Planning Timaru</b> Provide sexual and reproductive health services. Free for those under 22, \$5 for Community Service Card holders and \$32 for others.</p> <p>Appointments are essential – except for the drop-in clinic.</p>	<p>14 Butler Street, Timaru 03 684 3872 <a href="http://www.familyplanning.org.nz/clinics/timaru">www.familyplanning.org.nz/clinics/timaru</a></p> <p><i>Office hours</i> Tuesday: 10.30am to 4.30pm. Wednesday: 2 to 7pm. Thursday: 9.30am to 2.30pm.</p> <p>Drop in Clinic: Tuesdays from 3 to 4.30pm.</p>
<p><b>Public Health Nurses Timaru</b> Run free clinics in secondary schools. Provide sexual health advice, free contraception, condoms and pregnancy tests.</p>	<p>Talbot Park 156 Otipua Road TIMARU 03 687 2320</p> <p>Monday to Friday: 8am to 4.30pm.</p>
<p><b>Sexual Health Clinic Timaru</b> Provide free advice on contraception and sexual health, free STI checks, condoms and pregnancy tests.</p>	<p>Timaru Hospital (Queen Street) For appointments 03 687 2320 During clinic hours 03 687 2100</p> <p>Tuesdays and Thursdays: 5 to 7pm.</p>
<p><b>Youth Health Service Timaru</b> Offers free general and sexual health services for people aged 14 to 25 years. Run by Public Health Nurse Practitioner.</p>	<p>Talbot Park 156 Otipua Road TIMARU 03 687 2320</p> <p>Tuesdays: 2 to 4.30pm.</p>

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha