



The Nova Scotia Association for Sexual Health *Promoting Healthy Sexuality Across the Lifespan*

WHO?

The Nova Scotia Association for Sexual Health (NSASH), formerly known as Planned Parenthood Nova Scotia grew out of a need to address the lack of sexual and reproductive health services in Nova Scotia during the late 1960's and early 1970's. We are a non-profit, charitable organization dedicated to promoting healthy sexuality for *all* Nova Scotians in an environment that respects and supports choice.

NSASH centres are safe places where choice is respected and people of all ages can receive accurate, confidential and unbiased sexual health services. Each of NSASH's centres operates autonomously to meet the needs of their community.

A few innovative accomplishments of NSASH:

The Sexual Health Network is comprised of government and non-government community representatives to improve access to sexual health education, information and services for youth across Cape Breton. From this network a number of resources have been developed, and *Beyond the Basics* – a sexual health resource developed by The Canadian Federation for Sexual Health (CFSH) has been made available for all teachers throughout Cape Breton. The Network's model has been mirrored across Canada and parts of the US.

What Makes a Great Sex Educator? Conference

Debbie Dicks, Nurse Practitioner, is being awarded this year's annual **Sexellence Award** by NSASH. Debbie has been a volunteer Board member of the Sheet Harbour Sexual Health Centre since 2007 and has been providing vital clinical services through the Centre's *Well Women's Clinic* at the Eastern Shore Memorial Hospital in Sheet Harbour. This initiative is providing women important services such as PAP testing on a monthly basis. Having these clinical hours has been vital to this rural area where there are no female doctors. Congratulations Debbie!

Halifax Sexual Health Centre

6009 Quinpool Road, 2nd Floor, Halifax

Tel: 455-9656

Email: info@halifaxsexualhealth.ca

www.halifaxsexualhealth.ca

Cape Breton Centre for Sexual Health

150 Bentinck St., Sydney

Tel: 539-5158

Email: pp.cb@eastlink.ca

Sexual Health Centre Lunenburg County

4 Hillcrest St., Unit 8, Bridgewater

Tel: 527-2868

Email: lunco@nssexualhealth.ca

www.lunco.cfsh.info/

Pictou County Centre for Sexual Health

503 South Frederick St., New Glasgow

Tel: 695-3366

Email: pppc@ns.sympatico.ca

www.pictoucountysexualhealth.com

Sexual Health Centre for Cumberland County

11 Elmwood Dr., Amherst

Tel: 667-7500

Email: shccc@ns.aliantzinc.ca

www.cumberlandcounty.cfsh.info

Sheet Harbour Sexual Health Centre

22756 Hwy # 7, Sheet Harbour

Tel: 885-2789

Email: sheetharbourshc@hotmail.com

Yarmouth Centre for Sexual Health

238 Main St., Yarmouth

Tel: 742-0085

Email: yarmouth@nssexualhealth.ca

All seven centres offer:

- Individual guidance on sexual and reproductive health issues
- FREE condoms and lube
- FREE pregnancy testing
- Educational programming
- Referral services
- Community development and social advocacy
- Resource Library
- Well Women's Clinic (Sheet Harbour SHC)

In addition to the above the **Halifax Sexual Health Centre** offers the following clinical services:

- Pap tests
- STI testing
- Anonymous HIV testing
- Birth control requiring prescriptions
- Abortion referrals

Happy SRH Day!

February 12th marks the **8th Annual Sexual and Reproductive Health Day (SRH Day)**, which was initiated by the Canadian Federation for Sexual Health to generate awareness of sexual and reproductive health issues and services to Canadians. You can visit www.cfsh.ca to download a toolkit or order a poster for your workplace.

NSASH urges you to use this day to generate discussion with your co-workers about healthy sexuality.

Mark your calendars!

**Coming to NS on April 7 & 8...
Sexual Attitude Reassessment (SAR) Training**

NSASH, in partnership with the Department of Health Protection and Promotion, is pleased to bring this popular training opportunity to the Tatamagouche Centre.

This intensive 2-day workshop is aimed at those who work in the sexual health field and would like to examine their own values, attitudes and beliefs. The training also benefits anyone interested in challenging their understanding of sexuality.

SAR fosters improved communication skills, both on a professional and a personal level.

"This program meets the requirements of American Association of Sexuality Educators, Counsellors and Therapists (AASECT) and is approved for 16 CE credits. These CE credits may be applied toward AASECT certification and renewal of certification."

For more information on SAR Training, contact Kelty Moser at keltymoser@hotmail.com.

Deadline for registration is March 1st. [Click here for workshop information and registration form.](#)

Please don't hesitate, as space is very limited.

Cost \$575