

Nova Scotia Association for Sexual Health

Office Profile: Sexual Health Centre for Cumberland County

Year founded:

- Established in 1981 as Cumberland County Family Planning

Clients seen in 2000 and 2005:

- 2000: 825 clients plus 155 presentations to 1642 people
- 2005: 867 clients plus 178 presentations to 2595 people

Staff complement:

- Full time: 1; casual: 1; volunteers: 4; 11 Board volunteers

Total annual office budget in 2005:

- \$77,286.00

Most urgent sexual health issues facing community today:

- Access to affordable contraception
- Support for GLBTTIQ (Gay Lesbian Bisexual Transgendered Transexual Intersexed and Queer/Questioning) members of our community, such as a “safe spaces” centre for youth

Areas where office excels in serving community today:

- Programming/resources for families and youth
- Self esteem programs for girls

Areas office is currently unable to adequately serve community today:

- Reaching outlying/rural areas

Critical facts about office that are misunderstood or unknown locally that need clarification, correction or reinforcement locally:

- Funding limitations affect our ability to promote our services to the community

Office claims to fame

- 1st in Canada to create a sexuality education video for deaf and hard-of-hearing youth
- Considered to be *the* place to go locally for sex education information
- Created *Worth Waiting* program for grade 6 students about postponing sexual involvement
- Created *Go Girl Self Esteem Workout* program for adolescent girls that earned the national Helen and Fred Bentley Award for outstanding achievement affecting the health and well-being of youth, adults, and/or children
- Created *Growing Together*, a four-part sexuality education program for 9-12 year olds and their parents
- Created 2 kits to help parents discuss sexuality issues with their children: *No Secrets: Just the Facts* - for parents of 0-8 year olds, and *Changing Years* for parents of 9-12 year olds.

Contact: Ruthie Patriquin, Executive Director (25 year veteran)
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