

PROVINCE-WIDE SERVICES

Options for Sexual Health (OptBC)

Services: STI care, Pap testing, pregnancy testing, and sexual health information.

"Finding EC shouldn't be confusing... but it is for me"



EMERGENCY CONTRACEPTION (EC)

- Plan B (free in BC)
- Ella (prescription only)
- Copper IUD (within 5-7 days)

Action Canada: 1-888-642-2725

SPECIALIZED HOSPITAL PROGRAMS

CARE Program (BC Women's Hospital)

Services: Offers in-person and phone counselling on abortion, contraception, and reproductive health decision-making.

PARTNERS



Support Network for Indigenous Women and Women of Color



sniwwoc.ca



info@sniwwoc.ca



ACPNet

A POSITIVE MIND FOR
SOCIAL CHANGE

Afro Canadian Positive Network of Bc



afropositive.org



acpnetworkbc@gmail.com

Funder

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BRIDGING GAPS IN SEXUAL AND REPRODUCTIVE CARE:

A Holistic Approach for Racialized Communities



CONTRACEPTION TYPES

From most effective to less effective:

Long-Acting Reversible (LARC)

99%

- IUD- free in BC
- Implant- free in BC

Hormonal Methods

94%

- Birth control shot

93%

- Pill
- Vaginal ring
- Patch

Barrier Methods

87%

- Condoms – Also protect from STIs

Other Methods

100%

Abstinence

99%

Permanent sterilization

98%

Lactation amenorrhea

80%

Withdrawal

76%

Fertility awareness

TO CHOOSE CONSIDER;

Ease of use
Coverage Protection from STIs
Effectiveness
Health conditions
Cost
Personal beliefs
Future pregnancy plans
Cultural beliefs

CONTRACEPTION ACCESS IN BC

- **Free with MSP:** Most contraceptives (pills, IUDs, implants, rings, injections)
- **Emergency contraception:** Free, no prescription needed
- **Pharmacists and Nurse Practitioners:** Can prescribe and provide many options, including injections

"I do not know where to get contraceptive"



COMMUNITY CLINICS

Everywoman's Health Centre

Services: Abortion care, contraception, cervical screening, STI testing, pregnancy-related services.

Fraser Health Region (Lower Mainland, Fraser Valley)

Services: Free STI testing, contraception, pregnancy support

Island Sexual Health Society

Services: STI testing, contraception, pregnancy testing, education.