

New Waterford Youth Health Center is located in Breton Education Center. It services youth ages 12-19 years of age from school and community. The center is a confidential and nonjudgmental safe space where students can obtain health promotion information and one on one support with a registered nurse or physician. Youth Health centers can help with healthy lifestyle, self-esteem, birth control, healthy sexuality, stress, nutrition, relationships, LGBTQ and more. At the youth health center we respect the ability of youth to take responsibility for their own health and encourage supportive relationships with parents and families. We also collaborate with community partners and assist with referral to appropriate supports.

Youth are encouraged to participate in the Youth Health Advisory Committee to provide advice about the operation of the center and engage in activities that promote the center as a positive and welcoming space for all youth.

Walk in service is available and physician appointments arranged. The center is open 8am to 3:30pm, Monday to Friday. Call 902-862-9670 to arrange an appointment or just stop into the center.

Dale Deering-Bert, Registered Nurse

Sandi Lotherington, Admin Support

Dr. Heidi Budden, Physician