



YOUR GUIDE TO YSM'S EVERGREEN HEALTH CENTRE PROGRAMS

WELCOME TO YSM'S EVERGREEN HEALTH CENTRE

Evergreen Health Centre is a program of Yonge Street Mission, a not-for-profit Christian faith community.

We provide compassionate and non-judgmental multidisciplinary health care to homeless and street-involved youth between **16 and 24** years of age and their children from **birth to 4 years old**.

All services are free and confidential; we do not require OHIP.

We rely on donors and volunteers who contribute generously to the health centre because we are not funded by federal, provincial or local governments.

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■ PHYSICIANS & NURSE PRACTITIONERS

Volunteer physicians and nurse practitioners provide primary medical care to you when you are ill. We provide specialized care with a focus on STI screening and treatment, respiratory illnesses, injuries/trauma, skin infections, prenatal care, and mental health. Here are how our medical volunteers contribute to your health:

- Diagnose and treat illnesses and injuries
- Provide counselling and health promotion education
- Perform and order diagnostic tests
- Give medications or write prescriptions as necessary
- Make referrals to specialists
- Give immunizations
- Perform physicals and well-baby check-ups
- Provide prenatal care, counselling, and follow-up

■ DENTISTS AND HYGIENISTS

We provide dental and hygiene services including the following:

- Examinations
- Cleaning
- X-rays
- Fillings
- Root canals
- Extractions
- Night Guards
- Crowns
- Surgical removal of wisdom teeth
- Partial dentures

■ NURSERY

The nursery is open daily for those of you who have children up to 4 years of age. Services offered are:

- Child care and parent relief
- Baby food and clothing bank
- Referrals for additional parent-child supports and resources

■ PARENTING WORKSHOP

Evergreen offers a 10-week workshop to help young moms and dads become better parents. We provide a safe, secure setting where you not only learn how to parent, but you are also encouraged to express your concerns and talk about the challenges you face. Certificates of graduation are provided upon completion as well as gift cards and TTC tokens. Child care is provided during the class.

■ CHIROPODIST AND FOOT CARE CLINIC

Nurses run a foot care clinic and shoe exchange. The clinic consists of a three-step process of soaking feet, foot and nail assessment and treatment, and foot massage. You will receive a new pair of socks after treatment. The shoe exchange allows you to trade your worn-out shoes for quality new or gently used running shoes. The chiropodist can treat various nail and soft tissue pathology and are able to perform surgery if needed.

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YSM'S EVERGREEN HEALTH CENTRE would not exist without volunteers. All professional services are provided by qualified practitioners volunteering their time. We currently have around 80 volunteers providing professional services.

HOURS OF OPERATION

HEALTH CENTRE

Monday –Friday
12:30 pm – 4:30 pm
(line up starts at noon)

NURSERY

Monday – Friday
12:30 pm – 4:15 pm

FOOT CARE CLINIC

Tuesday
1:00-3:30 pm

PARENTING WORKSHOP

Tuesday
10 am to 12 noon
(parents with children
check-in at 12:00)

ID CLINIC

Wednesday
1:00 pm – 3:00 pm

■ **PSYCHIATRIST**

A psychiatrist is a physician specializing in mental disorders. You are offered diagnostic evaluations, psychotherapy and psychotropic medication if necessary. Ongoing follow-up is strongly encouraged, and referrals are made to appropriate services when necessary.

■ **OPTOMETRIST**

An optometrist is an eye doctor who examines eyes for both vision and health problems, and correct refractive errors by prescribing eyeglasses and contact lenses. You will get a complete eye exam and arrangements are made to assist you in obtaining eye glasses if needed.

■ **PHYSIOTHERAPIST**

Physiotherapy is focused on correcting impairments and disabilities, and promoting mobility, function, quality of life and movement. Physiotherapists utilize hands-on clinical skills to assess, diagnose and treat illness, injury and disability. Treatment includes personalized therapeutic exercises and health education.

■ **CHIROPRACTOR**

Chiropractic Medicine is a complementary and alternative medicine specializing in the diagnosis, treatment and prevention of neuromusculoskeletal disorders. Treatment includes manipulations of the spine, joints, and soft tissues as well as exercises and health and lifestyle counselling.

■ **NATUROPATH**

Naturopathic Medicine is a form of alternative medicine which favors a holistic approach to health, taking the least invasive route in symptom improvement. Preventive measures are emphasized through stress reduction and a healthy diet and lifestyle.

■ **TRADITIONAL CHINESE MEDICINE**

Traditional Chinese Medicine (TCM) is a broad range of medicine practice offered as an alternative to Western medicine. Treatments include herbal medicine, acupuncture, massage, exercise supplements and dietary therapy. You will be extensively counselled prior to undergoing treatment, developing a plan of care and ongoing follow-up.

■ **ID CLINIC**

The ID Clinic worker can assist you and your families replace your identification when you do not have a permanent address. This includes: Birth Registration, Canadian Birth Certificate, Personal Photo Card, Verification of Status (Record of Landi18ng) replacement, and Ontario Health Card.