

Finding Reproductive Health Information



Items to Look For:

S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School and College, Heather Corinna, 2007

Sex Sense: Canadian Contraception Guide, 2nd Edition, The Society of Obstetricians and Gynaecologists of Canada, 2006

Damaged Goods? Women Living with Incurable Sexually Transmitted Diseases, Adina Nack, 2008

For Women Only, Revised Edition: A Revolutionary Guide to Reclaiming Your Sex Life, Jennifer Berman, 2005

S.T.A.R.S.: Skills Training for Assertiveness, Relationship Building and Sexual Awareness, Susan Heighway, 2008

Everything You Never Wanted Your Kids to Know About Sex (But Were Afraid They'd Ask), Justin Richardson, 2004

The Ultimate Guide to Sex and Disability: for All of Us Who Live with Disabilities, Chronic Pain and Illness, Miriam Kaufman, 2004

All the Way: Sex for the First Time, Kim Martyn, 2003

Yes Means Yes; Visions of Female Sexual Power and a World Without Rape, Jaclyn Friedman, 2008

Talking Back to Sexual Pressure, Elizabeth Powell, 1991

The New Love and Sex After 60, Robert N. Butler, 2002

But How'd I Get in There in the First Place? Talking to Your Young Child About Sex, Deborah Roffman, 2002

Sex and Sensibility: the Thinking Parent's Guide to Talking Sense about Sex, Deborah Roffman, 2001

Healthy Beginnings: Giving Your Baby the Best Start from Preconception to Birth, Nan Schuurmans, 2009

Our Bodies, Ourselves: Pregnancy and Birth, The Boston Women's Health Book Collective, 2008

Infertility Survival Guide, Judith C. Daniluk, 2001

Taking Charge of Your Fertility, Revised Edition, Toni Weschler, 2001

Behind Every Choice is a Story, Gloria Feldt, 2003

Should I Have this Baby? What to do when your pregnancy is unexpected, Carl Jones, 1996

The Best Intentions: Unintended Pregnancy and the Well-Being of Children and Families, Committee on Unintended Pregnancy, 1995

Born in Our Hearts: Stories of Adoption, Filis Casey, 2004

The Adoption Reader: Birth Mothers, Adoptive Mothers, and Adopted Daughters Tell Their Stories, Susan Wadia-Ells, 1995

Experiencing Abortion; A Weaving of Women's Words, Eve Kushner, 1997

The Healing Choice; Your Guide to Emotional Recovery After an Abortion, Candace De Puy, 1997

A Gynecologist's Second Opinion, Revised Edition, William H. Parker, 2003

Also: see resource lists at the websites in the Internet section



Libraries

Search library catalogues for books, videos and more about sexuality, contraception, safer sex, and other subjects. Check out their websites to connect to online databases and other resources.

For public libraries - keep in mind that you will only be able to borrow directly for free from your local public library, however your library can borrow books from other libraries for you.

Women's Health Care Centre – Resource Centre

<http://www.librarything.com/home/WomensHealthPtbo>

Brighton Public Library

<http://www.brighton.library.on.ca/>

City of Kawartha Lakes Public Library

<http://www.kawarthalakes.canlib.ca/>

Cobourg Public Library

<http://www.cobourg.library.on.ca/>

Douro-Dummer Public Library

<http://library.dourodummer.on.ca/cgi-bin/libsearch.cgi?dbNum=1&action=3>

Haliburton County Public Library

<http://www.libris.ca/hali/>

Havelock-Belmont-Methuen Public Library

<http://www.hbmlibrary.on.ca/>

Peterborough Public Library

<http://www.peterborough.library.on.ca/>

Port Hope Public Library

<http://www.phpl.ca/>

Smith-Ennismore-Lakefield Library

<http://www.mypubliclibrary.ca/>

FourInfo's Public Library listings

<http://fourinfo.cioc.ca/results.asp?STerms=library&SType=O&CMType=S&GHID=&NUM>

You may find that your Public Library isn't listed here. That doesn't mean that they don't have anything or that you don't have one; either they didn't have an online catalogue or I missed them. I apologize for any omissions. You can look up your local library in your phone book, or local services directory.



Some Local Programs, Groups and Associations

Women's Health Care Centre

Peterborough Regional Health Centre
Sexual Assault, Child Sexual Abuse,
pregnancy tests, Unplanned Pregnancy
program,
157 Charlotte Street,
Peterborough ON, K9J 2T7
(705) 743-4132 or 1-800-419-3111

Peterborough County-City Health Unit

Sexual Health Clinic, The AIDS Program,
Healthy Babies, Reproductive Health
10 Hospital Drive, Peterborough
748-2021

Haliburton, Kawartha, Pine Ridge District Health Unit

City of Kawartha Lakes
(705) 324-3569 x205
1-866-888-4577 x205

Port Hope
(905) 885-9100 x205
1-866-888-4577 x205

info@hkpr.on.ca
www.hkpr.on.ca

Hastings & Prince Edward Counties Health Unit

Nutrition, Healthy Babies, Bright Start, Sexual
Health
(613) 394-4831 or (613) 966-5513
TTY (613) 966-3036
www.hpechu.on.ca

Kawartha Sexual Assault Centre

(705) 748-5901
Crisis phone
(705) 741-0260 or 1-866-298-7778
TTY (705) 748-5901
Email ksac@nexicom.net

Rainbow Service Organization

"Promoting, advocating and celebrating the
interests of the Queer, Questioning, Lesbian,
Bisexual, Two-Spirited, Transgender, and Gay
community."

Email rso@rainbowservice.org
www.rainbowservice.org

Bright Starts for Haliburton County

Services for pregnant and breastfeeding
women, parenting, etc.
(705) 457-1742
1-888-405-5555
info@sirch.on.ca
4663 County Road 21
Haliburton, ON K0M 1S0

Rainbow Youth Coalition

Coalition of LGBTTIQQ2S youth service
providers
(705) 749-9110
1-800-361-2895
TTY (705) 749-9110
www.rainbowyouth.ca

PARN

Your Community AIDS Resource Network
(705) 749-9110 or 1-800-361-2895
getinformed@parn.ca
www.parn.ca

Ontario / Peterborough 211

Find services, programs and more.
www.211ontario.ca
www.211peterborough.ca

or Dial 211 or 1.866.743.7818
TTY 1-888-435-6086



On the Internet

Scarleteen

www.scarleteen.com

Information, articles, advice, conversation, etc. wide coverage of sex, sexuality, and sexual health topics. Aimed at teens and young adults. American

Sexuality and U

www.sexualityandu.ca

Sex, sexuality, relationships, etc. with sections for teenagers, adults, teachers, parents, and health professionals. Canadian

Canadian Federation for Sexual Health

www.cfsh.ca

Canadian member of Planned Parenthood International. Sexual and reproductive health information including talking to parents, children, teachers, students and doctors.

Unsure About Your Pregnancy? A guide to making the right decision for you.

www.prochoice.org/pubs_research/publications/downloads/are_you_pregnant/pregnancy_guide_english.pdf

National Abortion Federation – Canada - www.prochoice.org/canada/

AIDS Committee of Toronto

www.actoronto.org

Sexually transmitted infection and safer sex information for straight, gay, or lesbian couples.

Women's Health Matters

Health A-Z Basic Search.

www.womenshealthmatters.ca/resources/index.cfm

Search for books, websites, etc. in the WHM resource database.

Sex – Health Centre

<http://www.womenshealthmatters.ca/centres/sex/index.html>

Sex, safer sex, contraception etc. information.

CATIE

www.catie.ca

“Canada's gateway to information about HIV/AIDS”

Public Health Agency of Canada

www.phac-aspc.gc.ca/

Rainbow Health Ontario

www.rainbowhealthontario.ca/

Information, health service provider database, etc. for LGBT health, including sexual/reproductive health.