

# Royal Bay Wellness Centre

## Clinics Hours January 7<sup>th</sup> to June 26<sup>th</sup> 2025

<b>Monday</b>	Discovery Counselling appointment only
<b>Tuesday</b>	Physician 9:30- 2:00
<b>Wednesday</b>	Discovery Counselling appointment only
<b>Thursdays</b>	Public Health Nurse 9:30-11:00
<b>Friday</b>	CLOSED

**Call: 250-519-3580**  
**Appointment & Drop-in Welcome**

**Clients provided through 25 years of age**

### **Physician Services & Nurse Practitioner Services:**

- ✓ Mental health & wellness
- ✓ Illness
- ✓ Sports Injury

### **Public Health Nurse Services:**

- ✓ Birth Control
- ✓ STI testing & treatment (all ages)
- ✓ Sexual decision making & relationships
- ✓ Pregnancy testing & options
- ✓ Healthy lifestyle

*'Excellent care-for everyone, everywhere, every time'*

July 2024

