

# Birth Control Update

January 15, 2025

10:30am-12:00pm MST

This session offers an overview of contraceptive options, highlighting the benefits and considerations with each method. It will cover access and information on which methods are covered by non-insured health benefits. This session aims to equip participants with up-to-date knowledge for informed decision-making.

**\*\*Please note that this session will not be recorded or uploaded to our website.**



## Learning Outcomes:

- Identify key benefits and considerations associated with various birth control methods
- Gain up-to-date knowledge about birth control methods to promote informed and personalized choices for individuals

## Speakers:

Alberta Health Services, Sexual & Reproductive Health, Calgary Zone has provided relationships and sexuality education to communities across Alberta since 1972. They aim to provide inclusive, trauma-informed, rights-based service adapted to the communities they serve with a goal of empowering individuals, families and communities to build on their own strengths and achieve their sexual health goals



Target Audience: Parents, guardians, Elders and professionals who support teens

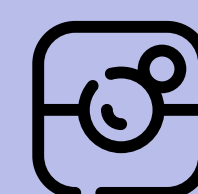
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