

YOUTH HEALTH PULSE



Youth Health Pulse is your source for all things Planned Parenthood Toronto, reproductive justice, queer liberation, and youth advocacy.

Accelerating Action: Universal Pharmacare

This year's theme for International Women's Day is Accelerate Action. And what a perfect theme to talk about the recent passage of federal universal pharmacare legislation! Bill C-64 establishes a framework whose initial coverage includes contraceptive access – a significant victory for reproductive rights and gender equality!

The Good

This legislation is so important! According to Action Canada, "1 in 5 Canadians have insufficient or no drug coverage. This lack of coverage disproportionately affects marginalized communities, with young people, 2SLGBTQ+ people, undocumented people, immigrants, and people of colour most likely to have difficulty accessing contraception or see their choices constrained."

The Bad

We can't access this yet in Ontario! Each province has to decide whether to accept federal funds to cover contraception and so far, only Manitoba

has signed on! We need to let our Premier know that contraception access shouldn't depend on your postal code. Read on to find out how.

The Ugly

For young people without health insurance, this gap is particularly pronounced. Without coverage, essential medications, including contraceptives, become sharply inaccessible. At PPT we see over 700 young people from the GTA a year who have inadequate access to contraceptives and come to us for support via our non-insured program.

Accelerate Action

Implementing universal pharmacare in Ontario is imperative if we are to address these health disparities.

This is a pivotal moment – let your voice be heard here.



New Satellite Clinic off to a Strong Start!

Access to health care can make all the difference. And we're thrilled to

share the early success of our new satellite clinic in north Toronto, which has already seen full bookings across its first three clinic days!

Operating once a week on Thursday afternoons for now, our new clinic is a crucial step toward bridging gaps in sexual and reproductive health care. Right now, we're offering birth control consultations, IUD insertions and removals, medical abortion care, STI testing, and Pap tests – with more services coming as we expand staffing and finalize logistics. Each fully booked clinic day is a reminder of just how essential this care is, and we're committed to growing our capacity to respond to the need. It's a joy to be able to ask folks if they'd rather see someone closer to where they live instead of travelling all the way down to our main site. We can't thank our clients enough for their patience and good humour as we work out all the little kinks of a new space.

In addition to expanding clinical care at the new site, we're also deepening our mental health supports to gender expansive trans and queer youth! Our QTBIPOC Therapy Group, now also three weeks in, has been a space of connection, care, and healing. With 12 to 15 participants attending each session, this group is creating a much-needed community for queer and trans Black, Indigenous, and racialized youth to process, reflect, and connect with each other. With isolation being one of the biggest issues reported by youth today, we are committed to be able to offer this kind of collective space in an underserved community.

Volunteer Opportunities Fair

This February marked our first ever volunteer recruitment fair! Historically PPT has staggered our volunteer recruitment throughout the year, but this time we decided to pool our efforts and do a big recruitment drive! Coordinators from our programs got together at the University of Toronto's Student Union building to connect with youth and students interested in learning more about sexual and reproductive health and

and shaping their futures!

- Earth and Paula from our T.E.A.C.H. program put together a queer and trans trivia wheel, featuring questions on everything queer and trans history and culture.
- Nadija, our Co-Coordinator from Peer Education, created a DIY Safer Sex Kit station where participants decorated and put together their own kits that included condoms, lube, snacks, and our very own Mini Guide to Safer Sex Zine!
- Leon, our Youth Futures Coordinator, hit the hallways and interviewed youth asking what they thought was going to happen in the future, and what they'd like their role to be in shaping it.
- Stuart, our Teen Programming Coordinator, was at the helm for our info table, answering questions, handing out pins, pens, brochures, zines, condoms, and of course our famous Affirmation Decks.

Of course, our recruitment and tabling events are about more than just promoting our programs and services, they're an opportunity for us to build community and connect with young people that are passionate about making this world a better place and that's exactly what we did. If you or someone you know would be interested in joining our team as a volunteer, check out our application page [here!](#)



Collective Burnout & Healing: A Virtual Support Group for Collective Healing

If you've been feeling overwhelmed by the state of the world—climate disasters, global injustices, endless news cycles—it's not just you. Many of us are carrying the weight of collective burnout and grief.

PPT is excited to be offering a new 4-week virtual group for youth (18-29) to process these feelings together, explore tools for emotional regulation, and find ways to hold both grief and joy. The group will focus on:

- Naming and understanding collective burnout and overwhelm
- Building emotional resilience in the face of global crises
- Learning tools to navigate stress, grief, and anxiety
- Finding moments of rest, connection, and hope

This group runs Tuesdays from March 25 – April 15 from 6:00pm – 7:30pm on Zoom.

[Sign up for Collective Burnout & Healing](#)

Volunteer with Us!

PPPT's volunteer programs provide training, skill development, and a crash course on sexual health education, empowering youth to create safer spaces for their peers and expanding youth access to vital information and resources.

Our trained volunteers are community health champions – empowering their peers to make informed choices about their bodies, their health and their lives by providing them with the information they need. Whether you want to join an advisory board, help write articles on sex, consent, STI's

or mental health, or develop your public speaking skills, there is an opportunity for everyone!

Be sure to check out our [Instagram](#), [TikTok](#), and [Facebook](#) pages for spotlight videos of all of our programs or click the link below to learn more!

Become a Community Health Champion! Sign up by March 31!

IWD March

The theme of [Toronto's International Women's Day March](#) this year is "Fighting for Our Lives. Building Our Resistance."

Saturday March 8

Rally at 11am at the OISE Auditorium, 252 Bloor St W

ASL provided. Accessible building.

March leaves at 1pm



Join us as we fangirl over these amazing groups doing incredible work in our community!

North York Women's Shelter (NYWS) is an anti-violence centre and shelter in the North York area of Toronto that empowers women, non-binary, and trans folks to move forward into a life free from violence. NYWS provides two essential but distinct services for women and gender diverse folks – an Emergency Shelter with 17 beds, and a Community Collective which provides wrap-around services to those who have or are experiencing violence. And PPT gets to host our satellite clinic and programs here!

Women's Health in Women's Hands is a Community Health Centre for racialized women living in Toronto and surrounding municipalities, specializing in the health and wellness needs of racialized women and prioritizes those from African, Caribbean, Latin American and South Asian communities. Their multidisciplinary services include primary medical care, mental health support programs and counselling, self-advocacy programs, health promotion and education programs, Pre and Post Natal Care programs, HIV-AIDS Prevention, Support and Care, and more!

Butterfly: Asian and Migrant Sex Workers Alliance provides support to, and advocates for, the rights of Asian and migrant sex workers. Formed by sex workers, social workers, legal and health professionals, the organization is founded upon the belief that sex workers are entitled to respect and basic human rights.

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