

Hi, I'm Emma, the Public Health Nurse at Centennial!

Hello! My name is Emma and I have been a Registered Nurse for 11 years and have worked at Public Health for the last 9 years. I graduated from the Queen's University Nursing Program in 2009 and grew up just outside of Belleville.

I have spent most of my career delivering reproductive and child health services and supporting vulnerable families and youth in our community. I am passionate about helping students access services and providing support that will encourage healthy habits and overall wellness. I look forward to supporting the Centennial Secondary School community this year.



Do you have questions about your health or well-being? All students are welcome to drop in during the hours below for FREE and CONFIDENTIAL services:

- Every Thursday from 9:00 am - 2:30 pm
- Located in Student Services (Guidance) - Room 127
- Drop by, call, or text to set up an appointment
- 613-919-8319 (Note: Phone is answered during clinic hours)

Come chat with Emma if you need or have questions about:

- Birth control support and prescriptions
- Emergency contraception (Plan B)
- Pregnancy and STI testing
- Counselling and discussing options if you are pregnant
- Support to help you quit or cut back smoking/vaping
- Updating your immunizations
- Help with mental health or addictions