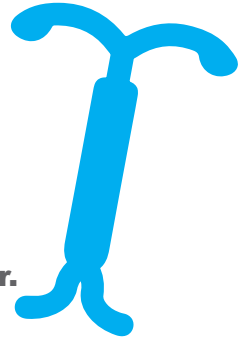




The Society of Obstetricians and Gynecologists of Canada has recently accepted PPT Nurse Practitioner Kristen into its IUD Insertion Preceptorship Trainer Program. This makes Kristen the first Nurse Practitioner in Canada to become an SOGC IUD Insertion Instructor.



IUDs are contraceptive freedom. Once it's in, you don't need to think about it. It's long acting so it takes away that daily or weekly task of thinking about your contraception and staying on schedule. Youth have a lot of stuff going on and IUDs are a highly effective, hands-off method that give our clients the freedom to think about the other things they've got going on in their lives.

- Kristen Heise, Planned Parenthood Toronto Nurse Practitioner and IUD insertion extraordinaire

celebrity endorsement.

Hi everyone, Iggy Joey here!

I've been doing a lot of stinking lately – forgive me thinking. Thinking about my rights and freedoms and how lucky I am. I don't have many problems or hard decisions to make – other than 'should I chew my bone or my ball today'. However when I am faced with these giant hurdles, I'm grateful that the choice is mine.

I have an incredible support system at home – my owner, my teddy and I suppose the new little puppy they've forced me to accept – but, hey, we won't get into that. Between them they offer support and guidance, free from judgement and they're totally confidential. I sleep peacefully at night (and all day) because I know the same care and community programs exist for humans. They call it Planned Parenthood Toronto.

I don't shy away from controversial or taboo topics. From loud noises, horses and people wearing hats – yes. But definitely not from empowering people with the information and options they need. I share many of PPT's key values of being respectful, youth-positive, sex-positive, dog-positive (ok I added that one in) pro-choice, anti-oppressive, and inclusive. I applaud their sexual and reproductive healthcare, mental healthcare and primary healthcare programs. These programs are so important and they can only continue with your support and donations.

It's a very nice thing to see humans accepting and supporting each other, promoting empowerment, freedom and choice. I support Planned Parenthood and I hope you do too.



@IggyJoey is a fashion icon, lifestyle enthusiast and Instagram superstar. She's been called the "Most Fashionable Dog in Canada" by Buzzfeed and "The World's Most Fashionable Pooch" by the Bow Wow Times.

iggy joey: a pro-choice pup

toronto's most popular dog on why she cares about sexual & reproductive rights

your impact.



the future is youth.
the future is digital technology.
**give to the future.
give to PPT.**

From digital storytelling technologies to our new goal to launch a sexual health chatbot in 2019, PPT always strives to be at the helm of the digital future.
Your gift can get us there.

what does a bequest look like?
**it looks like increased
access for youth.**

Thanks to the generous donation from The Estate of Gertie Terry, we undertook a renovation that will allow us to engage 500+ more youth annually as volunteers, clients and program participants. Because of our new open space, PPT can continue to grow in the memory of Gertie.

Contact us to discuss including PPT in your estate planning.



before



after

Newsletter **2018**

want to get in touch?

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416.961.0113 x125

ready to **donate?**

www.ppt.on.ca

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**planned
parenthood
toronto**

choice is yours.



*TEACH has given me the
opportunity to connect with other LGBTQ+
youth in a way that I never have before.
This has helped me so much in my
coming out journey, and in accepting
myself and teaching others.*

- **Miranda**, volunteer with our peer-led Teens Educating And Confronting Homophobia (TEACH) program offered in schools and beyond.



last year, your support raised

\$4,955
**for compassionate
birth control***

the need is on the rise. **you can make a difference.**

**The compassionate birth control fund purchases birth control pills, IUDs, emergency contraception, and medical abortion prescriptions for youth who would not otherwise be able to afford it.*