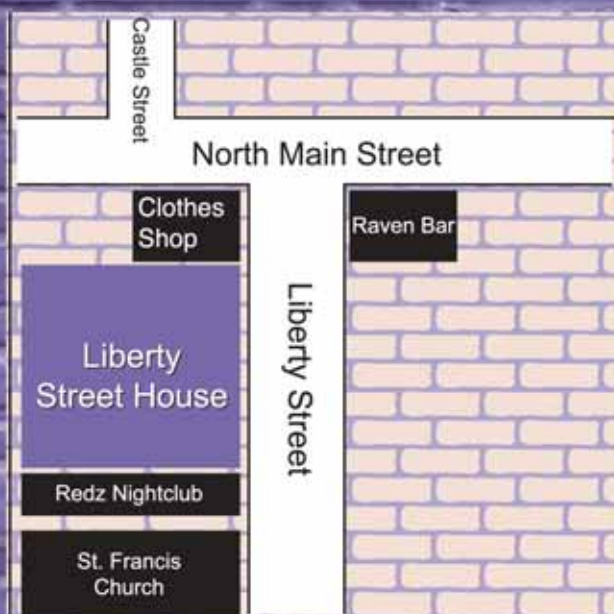


## Contact details

Liberty Street House is located at  
**18 Liberty Street** between St Francis Church and the  
clothes shop at the corner of North Main Street.



# ADOLESCENT SEXUAL HEALTH & PREGNANCY SUPPORT

## How Do I Get More Information?

### Contact

Adolescent Sexual Health & Pregnancy Support Team  
at Liberty Street House, 18 Liberty Street Cork.

Tel: 021- 4921728

Fax: 021-4222805

**Monday to Friday: 9.00am – 5.00pm**

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HAA 021 492 1728

## Liberty Street House

Southern Health Board  
Bord Sláinte An Deisirt



## What Do We Do?

The adolescent sexual health and pregnancy support team provides age appropriate sexual health information to young people, both male and female, as well as to their parents and/or carers.

## Our Aim

The adolescent sexual health and pregnancy support team aims to provide people with the correct information to enable them to make 'informed choices' in relation to their sexual health.

## Sexual Health Programme

The sexual health programme covers a wide range of issues, including:

- Self esteem
- Sexuality
- Values, relationships and choices
- Negotiation and assertiveness skills
- Communication skills
- The interplay of alcohol and sex
- Contraception
- Sexually Transmitted Infections (STIs).

We work with young people, parents and professionals both on an individual and group basis.

Each programme can be designed to cater for the individual needs of the young person.

## Pregnancy Support

The pregnancy support programme provides information and support on all aspects of antenatal care during pregnancy. It also assists young people in preparing for birth and offers postnatal advice. This includes:

- Introduction to maternity hospital
- Breathing exercises and pain coping techniques for managing labour and giving birth
- Postnatal care for mother and baby
- Support in the transition to parenthood
- Practical demonstrations of baby care including:
  - Nappy changing
  - Baby bathing
  - Breast and bottle feeding

**Pregnancy support** is given on a one-to-one basis and can include work with a partner, parent or carer.