

What is a Teen Clinic?

Teen Clinics provide confidential health and sex related education and services for males and females up to age 21. ONLY Teens attend during Teen Clinic hours.

Services include:

- Complete confidentiality
- Physical exams
- Information on your changing body, emotions, and social issues
- Dating violence assistance
- Sexually Transmitted Disease testing and education
- Pregnancy prevention education
- Contraception
- Teen Parenting Counseling
- Mental health referrals
- Dental referrals
- Specialist referrals



Teen Clinic
Rochester, NH 03867

Avis Goodwin
Community Health Center

Avis Goodwin
Community Health Center

Teens Only Clinic



Confidential & Personal
Health and Reproductive
Care & Information
for Teens

Questions We Get Asked By Teens



You're gonna' tell my parents I'm having sex, aren't you?

NO!!! You don't need a parents' permission to get teen clinic services. We won't tell anyone about your visit unless you tell us

to. We will encourage you to talk with a parent or trusted adult about your care BUT it is totally up to you if you do.

Can I bring a friend? My boyfriend? My girlfriend?

Yes, in fact we encourage you to bring a friend or your partner to the Teen Clinic.

Can I get free condoms at the Teen Clinic?

Yes, free condoms are always available at the Teen Clinic.



My boyfriend wants to have sex but I'm not sure I'm ready, and I don't want to get pregnant. What do I do?

Come and talk with our family planning counselors. They will inform you of all of your options so you can make the choices that are right for you.

The condom broke while we were having sex. Does that mean I'm pregnant?

We won't know unless we do a pregnancy test. If it has been less than 120 hours since the last unprotected sex, you may be able to take Emergency Contraception (also called Plan B) to prevent a pregnancy. Give us a call or come in during Teen Clinic Hours.



I think s/he gave me an STD...how do I get rid of it?

Come in and get checked. We can screen for STD's and HIV and provide treatments and /or referrals, if you have one. Don't try to treat it yourself, or think it will go away on it's own.

Title X Family Planning

The Teen Clinic is part of Avis Goodwin Community Health Center, a Strafford County Title X Family Planning agency. Any treatment or preventive health care services, that are important to your reproductive and sexual health, fall under the Title X guideline. You will be provided with the latest contraceptive options at the lowest cost possible.

K r x u v # d q g # O r f d w l r q #

The Teen Clinic is located in the Avis Goodwin Community Health Center
Rochester, NH 03867

Teens Only Clinic Hours
Tuesdays 1:30 to 4 pm

Appointments are preferred.

Call 603-332-5500
603-332-4249

Walk-ins are possible.

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