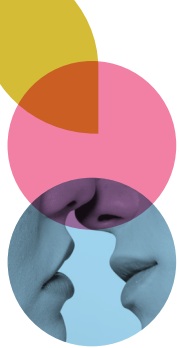
SALUD JOVEN NAVARRA

saludjovennavarra.es



WHAT IS IT?

A space where you will find information on different topics, including sexuality.
In addition, you will find links to other pages, videos, opinion articles, songs, etc. as resources that can help you connect with the topics and reflect on them.
You can also make an inquiry anonymously and confidentially in case you have any questions or want advice.

Send us your SEXOCONSULTA! It would be good to share ideas with you and answer your questions.

Please note that making an inquiry is free and anonymous. You don't need to give your real name. Our service guarantees professional secrecy.

You can also browse a board with loads of answers on it.

Visit the website at
saludjovennavarra.es

CASSYR ANDRAIZE

Youth program

WHAT IS IT?

A friendly space for assisting young people with sexuality-related issues (<29 years old), with no judgements.
We provide information, advice and support you, this being entirely confidential and free of charge.

WHAT DO WE OFFER?

Information and advice on:

- Affective-sexual relationships (sexual practices, sexual attachments, relational skills...).
- Safe and effective methods of contraception.
- Emergency contraceptive pill.
- Sexually transmitted infections.
- Preventive measures and their use for the prevention of sexually transmitted infections.
- Voluntary termination of pregnancy.
- Sexual violence.

In addition, we can carry out:

- Pregnancy test.
- Rapid HIV test.
- Sexual self-knowledge workshops.
- Transgender assistance.
- Prevention materials.

All this with professional support in sexual education in the different processes, as well as emotional support. You can come alone or with a group.

WHERE ARE WE?

At the Centre for Sexual and Reproductive Health (CASSYR) Andraize. In Pamplona, in the La Txantrea neighbourhood.

- Av. San Cristobal s/n 31015
- @ cassyr.andraize @navarra.es
- +34 848 422 761 · +34 848 422 762
- Consultations: Monday to Friday from 8:30 am to 2:00 pm.
- Youth Program: Mondays and Wednesdays from 3:00 pm to 8:00 pm

In addition, if you live outside Pamplona, you can go to your local Cassyr centre: Tudela, Estella/Lizarra, Tafalla, Elizondo, Etxarri-Aranatz, Lodosa, Sangüesa and San Adrián.

Check the location of all the centres associated with the Cassyr Youth Program in Navarra here.

When it comes to sexuality, don't be left in doubt

Relationships are important throughout our life. Getting to know ourselves and getting to know other people, allowing ourselves to feel, listen to our desires, or communicate. This is the basis for being able to respect other people's desires, tastes and rhythms... and for finding ourselves.

That's why, when we have questions, worries or concerns about **sexual relationships, our relationship with our partner, sexually transmitted infections, contraception, maternity and paternity, our sexual orientation, our sexual identity**... we can draw on a number of available resources.

DL NA 659-2026

Gobierno de Navarra | Nafarroako Gobernua

AGENDA 2030

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NAVARRA : NAFARROA