HEALTH LINKS Education

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Live Webinar: *April 13, 2027*

10:00 UTC-6 (Mountain Daylight Time)



Contraceptive Choices in Canada: *What's True, What's Not & What Actually Matters*

Hannah Vartot, *MN, NP, SANE-A*

OBJECTIVES:

By the end of this session, participants will:

1. Identify common myths and misinformation about contraceptive methods and understand where they come from.
2. Describe the full range of contraceptive options available in Canada, including hormonal, non-hormonal, LARC, and emergency methods.
3. Compare key benefits, limitations, and typical-use effectiveness to support clear, patient-centred conversations.
4. Recognize factors that influence real-world contraceptive success, including adherence, access, side effects, and personal preferences.
5. Apply practical communication strategies to help patients choose confidently and understand what actually matters for safe, effective use.

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