



# Women's Health Specialists

*Celebrating Thirty Years  
of Women's Health in Women's Hands*

## A Message to Our Communities

Dear Friends,  
2004 has been a year of great accomplishment, growth, change, challenge, and tragedy. In July 2004, our Founding Director, Dido Hasper, died suddenly. A true pioneer in the women's health movement, Dido put the health centers on the map, weathering opposition from anti-abortionists, funding crises, and fighting social bigotry.

In 1973, Dido and a group of Chico women opened the Feminist Women's Health Center, bringing invaluable health services to women throughout Northern California. As the years passed and the clinics expanded in number and in services, Dido became an icon of the women's movement and the community, inspiring us with her courage and conviction to fight for women's rights and the liberation of all peoples. It has been my personal privilege to have worked side by side with this remarkable woman for the past 28 years, celebrating and experiencing our work and lives together. Using the vital lessons and knowledge Dido shared so generously with all of us, we will continue our work in her memory.

In 2005 we will be celebrating our 30th anniversary. In our journey through the new millennium, our clinics continue to thrive, and we depend



**Dido Hasper, Founding and Executive Director**  
**April 13, 1949 - July 15, 2004**

*A woman of great vision, great conviction, great courage and great heart.*

even more on the dedication of our hardworking staff and volunteers. They form the heart and soul of our organization, evolving into new leaders in the continuing fight for women's rights.

And we thank you, our friends and supporters, for believing in us and continuing to help us achieve our crucial goal of self-determination for all women.

Shauna L. Heckert  
Executive Director

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**Website: [www.womenshealthspecialists.org](http://www.womenshealthspecialists.org)**

## Our Philosophy

Women's Health Specialists promotes positive images of women and provides clients with a new perspective on their bodies and health. We give women the tools to evaluate their real health care needs and regard their bodies and life stages as normal. Our goal is to empower women through support, education, self-help and services to be able to make the best health care decisions for themselves. We put women's health in women's hands.

## Our Mission

We have a vision: A world where women control their own bodies, reproduction and sexuality. Women's Health Specialists is dedicated to providing women-controlled health care and advocating all options for all women. Only with dignity and freedom of choice can women achieve their full potential.



**WHS Staff attends the 2003 "March for Women's Lives" Washington, D.C.**



**WHS Staff attends the 2005 Bush Inaugural Protest March and Rally, San Francisco, CA**

**1975**

The Chico Feminist Women's Health Center (CFWHC) begins offering reproductive health services.

**1976**

CFWHC supports the Nurses Strike in Chico and advocates for women on Medi-Cal to receive prenatal care.

**1977**

CFWHC joins the Federation of Feminist Women's Health Centers (FFWHC). We collectively researched and wrote "Women's Health in Women's Hands".

**1979**

CFWHC sponsors "Abortion in a Clinic Setting", the first medical symposium addressing abortion in Northern California.

*How To Stay OUT of the Gynecologists Office* by the FFWHC is published.

FFWHC meets with the FDA to gain approval for the Cervical Cap.

CFWHC releases an "Affirmative Action Plan" to improve maternity care.

**1981**

*A New View of A Woman's Body* by FFWHC is published.

**1981**

FFWHC writes "Clinic Guidelines and Protocols" to increase the use of health workers in family planning clinics.

**1982**

Dido Hasper is appointed to the Governor's Midwifery Advisory Council to develop legislation to legalize midwifery in California.

CFWHC brings the Anti-Trust lawsuit against local medical community to increase access to abortion care.

**1983**

We opened the Redding Feminist Women's Health Center!

CFWHC signs a settlement agreement with local physicians to get needed medical backup for women post abortion.

We went on a European Self Help Tour visiting women's groups in London, Paris, Berlin, Hamburg, Milan and Geneva.

We went to China and Japan to visit women's groups and share self help.

**1984**

*Women Centered Pregnancy and Birth* by FFWHC is published.

**1984**

CFWHC starts "Fertility Health Services" providing care for infertility and donor insemination.

CFWHC attends the first U.S./Nicaraguan Health Symposium.

**1985**

Redding FWHC is evicted by anti abortion protesters and moves to a new location.

CFHWC develops the "Clinic Escort" program to help women get through anti-abortion protestors at clinics.

**1986**

CFWHC gets a Restraining Order against anti abortion protestors to limit the level of harassment to clients.

**1987**

We open the Sacramento Feminist Women's Health Center!

**1988**

We adopt the Women's Choice Clinic in Santa Rosa.

After years of harassment, bogus felony charges (inspired by the anti-choice Governor Deukmejian) are dropped against the directors of CFWHC for volunteering their time at the clinic.

**1989**

Redding FWHC is evicted for the second time due to anti abortion harassment. We find a new and permanent home after being closed for one month.

FFWHC lectures at the National Congress of Family Planning in Seville, Spain.

**1990**

Redding FWHC is gutted by arsonists. We transport clients to Chico. We re-open in three months.

Sacramento FWHC gets a Restraining Order against anti-abortion protestors to limit the level of harassment to clients.

The Women's Caucus of the American Public Health Association gave their award for significant contributions to women's health to Shauna Heckert.

CFWHC sues the State of California for discriminating against abortion providers who serve women on Medi-Cal.

Santa Rosa FWHC is invaded by antiabortion protestors and held hostage for 8 hours.

**1992**

Sacramento FWHC is evicted due to anti abortion harassment.

**1992**

Santa Rosa FWHC is evicted due to anti abortion harassment.

Chico FWHC is hit with butyric acid in the bathroom walls by an anti abortionist posing as a patient.

The Sacramento Women's History Museum gives their award for "Courage" to Shauna Heckert.

**1993**

Redding FWHC is gutted a second time by arson fire. We open six-months later.

CFWHC starts Women's Health and Wellness, a program for older women.

We started services for men in all clinic sites.

**1994**

We started Adoption Choices of Northern California.

FWHC hosts the Sacramento Women's Health Awards Dinner and honors Kathryn Hall, MPH and Charles Stice, M.D for their significant contributions to women's health.

Redding FWHC has its fourth arson attack.

**1995**

We win a permanent injunction against Sacramento picketers after a three week trial. This injunction serves as a model for providers nation-wide.

**1995**

We join in with the start of the Women's Health Collaborative of California.

**1996**

We change the name of our clinics to "Women's Health Specialists" to survive managed care changes in health care delivery.

**1996**

We help start the Sacramento Community Clinic Consortium

Ms. Magazine honors the work of Carol Downer, the founder of the Self Help Clinic and the first FWHC.

**1997**

CFWHC responds to California's Medi-Cal managed care conversion, advocating for low-income women to have access to care.

**1998**

We host a tour and self help clinic for national women leaders of Guinea.

CFWHC provides key testimony against anti-abortion leader, Joe Scheidler in the NOW vs. Scheidler RICO law suit.

We start the Sacramento Teen Care-a-Van with Diogenes Youth Services.

**1998**

Soroptimists International of Chico honors Dido Hasper with the "Advancing the Status of Women" Award.

We start providing non-surgical abortions.

**1999**

Katrina Cantrell, Redding Clinic Director, is elected to the board of the National Women's Health Network in Washington, D.C.

The Hirsch Award for the Advancement of Self Help is awarded to Eileen Schnitger, FWHC Director.

**2000**

We are the first provider of the "Abortion Pill" in California after its approval by the FDA.

We create "Living and Loving" for the Far Northern Regional Center. The program provides health, sex and abuse prevention education to women with developmental disabilities.

We created the "Women In Need" Fund to provide economically disadvantaged women access to abortion and women's health care.

**2002**

We designed and launched our website [www.womenshealthspecialists.org](http://www.womenshealthspecialists.org).

**2002**

We started the Phoenix Teen Clinic in Petaluma, CA.

**2003**

We went to London to present self help at the Menstruation Conference in Liverpool.

FWHC takes a stand against the invasion of Iraq.

FWHC goes to Cuba to learn about their women's health care system and share self help.

Katrina Cantrell is elected to the Board of Directors of the Native American Women's Health Education Resource Center in South Dakota.

**2004**

FWHC hosts the Sacramento Women's Health Awards Dinner and honors Senator Deborah Ortiz and Tina Roberts.

We successfully moved our permanent injunction against anti-abortion protestors in Sacramento to our new location.

We successfully lobby for a County Ordinance in Sacramento establishing a "buffer zone" to protect all reproductive health facilities.

The Indigenous Women's Network in New York gives their "Award for Activism" to Katrina Cantrell, Director at FWHC.

## Profile of Services

### Well Women Reproductive Health Care

WHS differentiates itself from other providers as a woman-run organization that treats women as peers, not patients. Our services include annual examinations, breast exams, pap smears, and treatment for common health concerns, i.e., recurring bladder infections, annoying vaginal infections, pelvic pain and fibroids. These services are at no cost or low cost, allowing thousands of women access to care.

### Birth Control Services

The birth control program is designed for each woman to receive unbiased information and education to help her decide the best birth control choice for herself. We offer all methods including, The Pill, The Patch, Depo Provera, IUD, Nuvaring, Fertility Awareness, the Cervical Cap and other cervical barrier methods. These services are at no cost or low cost for women.

***“They told me everything I needed to know and a little more. The staff was great.”***

### Emergency Contraception - “The Morning After Pill”

The “morning after pill” is available at no charge to our clients. Women can take this method home in the event of a birth control failure.

### Breast and Cervical Cancer Detection Program

We provide mammograms, pap smears and case management to women over 40 years old at no charge.

### Pregnancy Testing

Women can drop-in for a free urine pregnancy test. Results are shared immediately. We offer unbiased option counseling for pregnant women.

### Confidential Abortion Care

Abortions are provided in a personal, private and caring environment. The “Abortion Pill” is also available and can be used at home to end an early pregnancy. All services include comprehensive follow up and a 24- hour help line.



**WHS Health Worker sharing birth control information with a client.**



## **Adoption Choices of Northern California**

We assist both birth parents and prospective adopting parents to engage in a successful adoption experience. We offer information, counseling, advocacy and support so that each adoption is embedded with dignity and each participant is treated with care and respect.



**Marikathryn Hendrix, ACNC Director and  
Senta Burton, ACNC Assistant Director**

## **Sexually Transmitted Infection Prevention Program**

WHS provides confidential education, testing and treatment for all sexually transmitted diseases. Testing and treatment for clients and their partners are at no cost.

## **Men's Services**

Men can receive free health exams, STI screening and treatment, HIV testing and free condoms.

## **HIV Testing**

Confidential testing and counseling for clients and their partners are free of charge.

## **Menopause Services**

Comprehensive care for menopausal women including osteoporosis screening, mammograms and alternative therapies for menopause discomforts.

## **Women's Health and Referral Line**

Women and men can call our resource line without being a client and get information about their health concerns and resources available in the community.

## **Teen Services**

WHS provides services for teens at all four clinic sites. We also have "just for teens" services on the Diogenes Care-a-Van in Sacramento and at the Phoenix Teen Clinic in Petaluma. We provide "Teen Survival Resource Guides" to thousands of teens distributed in 50 high schools in Northern California.

## Women's Health Speakers Bureau

WHS speaks on a variety of women's health and women's rights issues to community groups, schools, women's groups and other social service agencies.

## Staff and Internship Training Program

Our commitment is to have our staff reflect the diversity of our community. We hire community women that have a burning desire to enter work in women's health. Our comprehensive training program allows women, with no prior experience to become health educators and community outreach workers.



**Santa Rosa WHS health educators working on client follow up**

## Mid-Level Clinician Training Program

WHS provides preceptorships for clinicians to complete their training for licensure.



**WHS staff at the Sacramento Women's Health Awards Dinner**

## Physician Training Program

Abortion is the most sought after medical procedure by women in the U.S., yet most residency programs do not provide instruction in abortion care. Our goal is to help fill this huge gap of trained abortion providers.

## Self Help

Since the early 1970's, WHS has facilitated women getting together in groups to do consciousness raising and to demystify their bodies by looking at their own cervixes and vaginas. We believe that through this process we are strengthening ourselves and our commonality as women.

## Expanding Access through Outreach and Education

Our mission includes our strong belief that we must actively reach out to women and men in our communities. We continue to be an important resource and have provided information and education to 48,000 people in 2004. We have outreach programs in Butte, Shasta, Sacramento and Sonoma counties that extend to all the surrounding counties in Northern California. Staff, both paid and unpaid, participate in the outreach program. We host community events, provide free lectures, self help clinics, free condom distribution (16,000 in 2004), work with other community based organizations and regularly attend cultural and community events. We have developed a full range of women's health materials geared to a variety of audiences. The generous support by the California Wellness Foundation has made it possible for us to provide education and outreach to thousands of men and women in Northern California.



Outreach staff on their way to an event.

## Expanding Access through Outreach and Education, cont.

In 1974, there were no abortion services available in Northern California and no birth control services unless you were married. Adoption was treated with suspicion and secrecy. Women's health information was limited to what could be provided by private gynecologists. Motivated by the urgent need, desire and drive to provide affordable and respectful care to women, nine women, with help from the Oakland Feminist Women's Health Center, founded a private nonprofit, woman run, organization. The group obtained a license to operate a community clinic and began services in 1975.

From the beginning, the news of this new center for women traveled fast. The demand for our services was great. Women from all over Northern California called CFWHC for advice, information and appointments. The CFWHC, now called Women's Health Specialists, has seen steady growth over the past three decades. WHS operates six clinic sites in Chico, Redding, Sacramento, Santa Rosa and Petaluma.

Our original goal remains our guiding principle today: To share information giving women control over their gynecological health; demystify and demedicalize women's body functions as normal

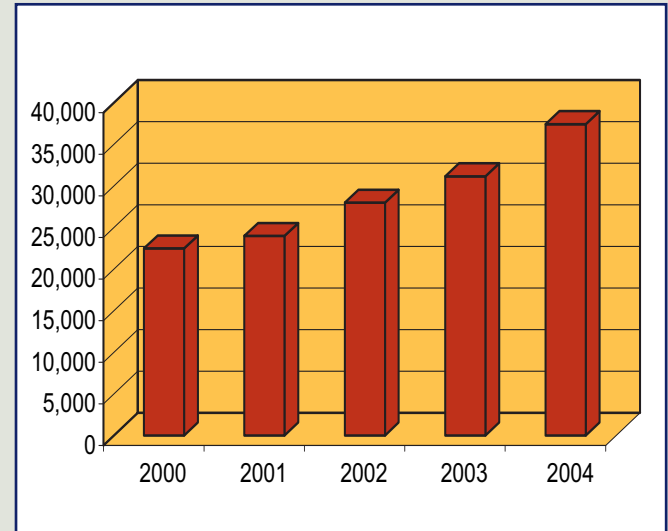
and provide true reproductive choices for all women regardless of their ability to pay.

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***“Everyone was gentle and loving, being sensitive to my particular issues and experience. I felt that they looked at me as a person; I appreciated that they shared their experiences with me also.”***

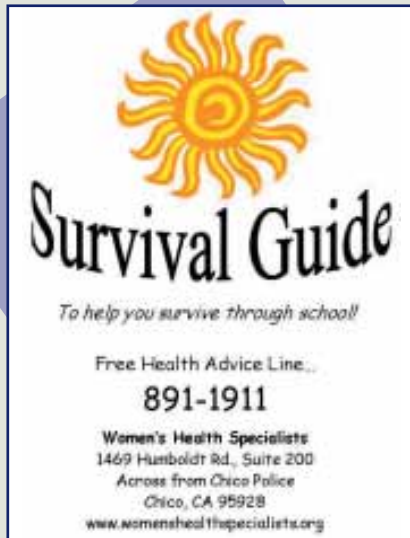
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**Client Visits (All Clinics)**



**Federation of Feminist Women's Health Centers Publications:**

*A New View of a Woman's Body  
How To Stay Out of the Gynecologist's Office  
Woman-Centered Pregnancy and Birth*



**Associations we are active in include:**

American Public Health Association  
Women's Health Collaborative of California  
National Women's Health Network  
National Abortion Federation  
National Organization For Women  
Sacramento Community Clinics Consortium  
Redwood Community Health Coalition

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***"I was most impressed with your services and professionalism."***

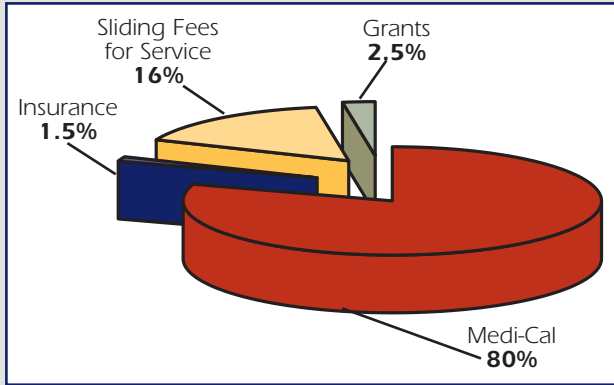
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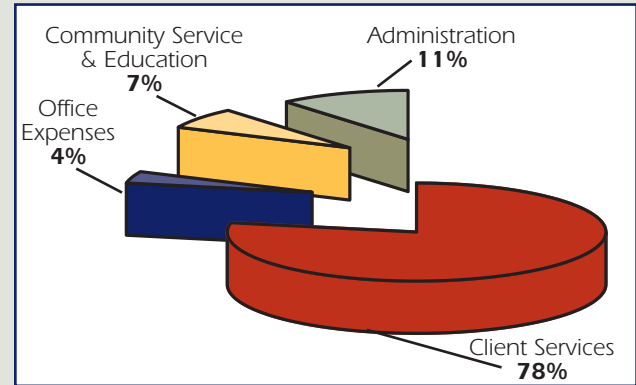
Outreach staff at the Whole Earth Festival in Davis 2004

## 2005 Financials

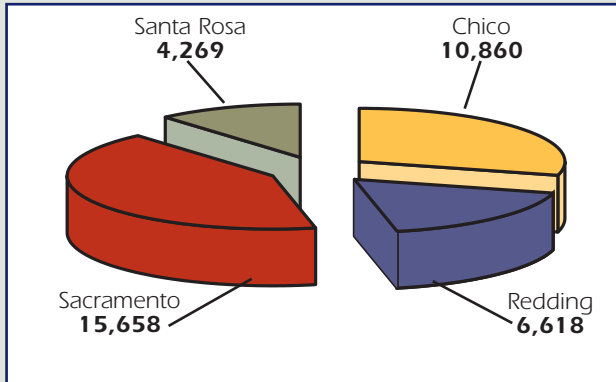
### 2004 Income by Pay or Source



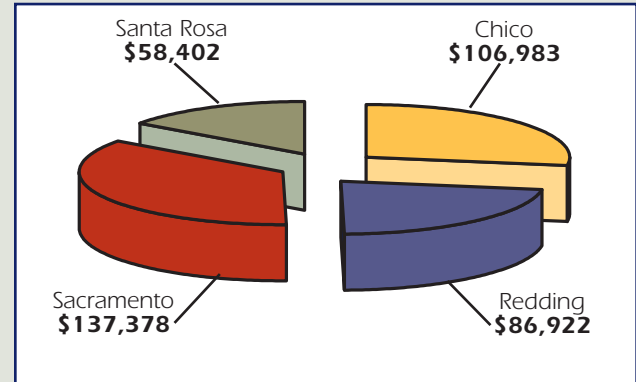
### 2004 Expenses



### 2004 Client Visits



### 2004 Uncompensated Services



## Your Support Makes a Difference

Thanks to the generous support of our friends through donations of time and money, we have been able to grow and provide more information & services to the people of Northern California. Women's Health Specialists/Feminist Women's Health Center is a non-profit, 501 c (3) organization. Donations are greatly appreciated and are tax-deductible. Our tax ID is #94-2259357.

### Women In Need Fund

Last year we provided community benefit services to low income women. Women needed cab fare, hotel fare, bus fare, childcare, extra cash to feed themselves and their children in order to obtain the reproductive services they needed. Sometimes just the difference of a few dollars makes accessing health care possible.

### Abortion Access Legal Fund

We have stood up to many attacks on our buildings, clients and staff by the anti-abortion protesters. Our dedication to standing up for women's rights, our cunning legal team, and our tireless volunteer escorts helping people enter our buildings despite harassment, make it possible for us to keep abortion services available. Harassment has been particularly harsh in Sacramento. Our

Sacramento Injunction is a victory for all, and has been upheld in the U.S. Supreme Court twice. Our legal team recently succeeded in getting the anti-abortion forces to remove photos of our staff from their website. Together we can make abortion services accessible for women in our community and stop the intimidation. Help us out by donating to our legal fund.



Sacramento WHS Clinic Volunteer Escorts

## Sacramento Women's Health Awards Dinner

In March 2004, WHS was proud to host the Sacramento Women's Health Awards Dinner. We accomplished our goal of bringing the community together to honor individuals who have made extraordinary contributions to women's health and rarely get the recognition they deserve. This year we honored Tina Roberts for her years of community work benefiting women and children. Tina is the co-founding director of Nia, the Birthing Project, a women centered, women run prenatal clinic for low income women in Sacramento. Our second honoree was Senator Deborah Ortiz, California State Senator, District 6 and Chair of the Senate Health Committee. Senator Ortiz was honored for her innovative legislation and leadership in improving women's health across California. She has authored several important legislative bills including the California FACE Law, protecting women, clinics and physicians involved in abortion care.

The event was co-sponsored by the California Wellness Foundation, several elected officials, statewide organizations, community based organizations, local businesses and individuals who are advocates of women's rights.



**Senator Deborah Ortiz (honoree), Shauna Heckert, WHS Executive Director and Tina Roberts (honoree) at the Sacramento Women's Health Awards dinner 2004.**



## Thanks to Our Contributors

### Foundation Support

The California Wellness Foundation  
The Jones Family Fund

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Mollie Zogg

# Women's Health Specialists

## Clinic locations:

1469 Humboldt Road, Suite 200, Chico, CA 95928  
(530) 891.1911

1901 Victor Avenue, Redding, CA 96002  
(530) 221.0193

1750 Wright Street, Suite 1, Sacramento, CA 95825  
(916) 451.0621

4415 Sonoma Highway, Suite D, Santa Rosa, CA 95409  
(707) 537.1171

Phoenix Teen Clinic,  
201 Washington Street, Petaluma, CA 94952

Teen Care-a-Van, Sacramento, CA

Administration Phone (530) 891.1917

Visit our website

[www.womenshealthspecialists.org](http://www.womenshealthspecialists.org)

