



Women's Health Specialists

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

A Message to Our Communities

This year we hold our 30th anniversary celebration. The event is our way of giving back to our community that has so generously and consistently lent their support to our work. This evening was planned to reconnect us with old and make new friends, to recognize outstanding community leaders, show historical photos and reminisce about important landmarks and accomplishments of the WHS. Because of the support and caring from all of you, we have thrived.

Last year was another year of growth for WHS. We increased the number of women and men seen at the clinics by 17%. Our outreach program expanded to more communities all over Northern California. We reached 116,448 people, a 40% increase from 2004. Our telephone counselors shared information with over 150,000 people. WHS had the help of 35 interns and volunteers this year.

We face serious threats to the future of women's reproductive rights. The new Supreme Court and the White House are focused on curtailing our civil rights. Restrictions on abortion providers and on women seeking abortion will increase. To protect, provide and expand access



SHAUNA HECKERT
EXECUTIVE DIRECTOR

to health care in today's dangerous political environment, our clinic must find a place in the hearts of our communities, developing a stronger, more informed support base that can mobilize lasting grassroots support among friends, medical professionals, clients and clinic volunteers. We will count on you to be part of the "helper community" for women who are in need of direct assistance and be the collective voice for social change.

Shauna L. Heckert
Executive Director

Board of Directors

Cindy Pearson, Washington, DC
Carol Downer, Esq., Los Angeles, California
Laura Brown, PhD, Berkeley, California
Cathleen Williams, Esq., Sacramento, California
Katrina Cantrell, Redding, California
Jude Hanzo, Paradise, California
Megan Seely, Sacramento, California
Thora DeLey, Chico, California
Lynn Thogersen, Atlanta, Georgia

Our Philosophy

“Given all the information, women will make the best health care decisions for themselves”
Dido Hasper, Founding Director

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 & community activists expose the anti-woman Proposition 73, which went down to defeat.



Some of the staff of Women’s Health Specialists, a Feminist Women’s Health Center.

Well Women Reproductive Health Care

Women's Health Specialists gives women control over their gynecological health by sharing information and providing women with all their reproductive choices. Annual exams, breast exams, pap smears, and treatment for common health concerns are provided at all of our sites. All information and services are at no cost or low cost and are provided in English, Spanish, Hmong and Mein languages.

Birth Control Services

We are the only feminist health care provider in Northern California, and we offer all options to all women. For low or no cost, the following birth control options are available: The Pill, the Patch, Depo Provera, Nuvaring, Fertility Awareness, the Cervical Cap, the Diaphragm, the IUD, and emergency contraception (The Morning-After Pill).

Breast and Cervical Cancer Detection Program

We provide mammograms, pap smears and case management to women over 40 at no charge. WHS is a regional provider of colposcopy treatment for abnormal pap smears.

Pregnancy Testing

Women can drop-in for a free urine pregnancy test and obtain the results immediately. We inform and support women in all their pregnancy options.

"The staff answered all my questions and explained the risks, so I feel I am making an informed choice."

Confidential Abortion Care

From the first phone call to WHS through the clinic visit, women are offered abortion services with privacy, respect and dignity. WHS offers "The Abortion Pill" in early pregnancy, as well as first and second trimester abortion services. All services include comprehensive follow up and a 24- hour help line.



WHS practitioners, healthworkers and management work as a team.

Adoption Choices of Northern California

We provide both birth parents and adoptive parents with information, counseling, advocacy and support. All participants are treated with dignity and personalized care so their adoption experience is successful.



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

Sexually Transmitted Infection Prevention and HIV Testing

WHS provides confidential testing and treatment and education for all sexually transmitted diseases with a non-judgmental approach for clients and their partners.



WHS staff in Chico get ready for a day of advocacy and providing health care.

"I got the most straightforward information about what my risks were and prevention. I felt I could explore all my questions without shame."

Men's Services

Men can receive free health exams, STD and HIV screening and free condoms.

Menopause Services

We offer comprehensive care for menopausal women including osteoporosis screening, mammograms and alternatives to hormone therapy for menopausal discomforts.

Opening the Dido Hasper Activist Room

Women's Health Specialists, thanks to generous donations, created the *Dido Hasper Activist Room* as a meeting place for community individuals and groups, volunteers and staff. It is a place to organize, share ideas, resources and inspiration in the fight for human rights.

The Dido Hasper Activist Room In memory of Dido Hasper 1949-2004



Founding Director,
Women's Health Specialists
Feminist Women's Health Center

*Sister, leader and visionary for Women's Liberation
A woman of great vision, great conviction, great courage and great heart.*

Special thanks to the generous contributors who donated in Memory of Dido Hasper.
Howard Dickstein, Jeannie English and Monique Harriton

Speakers Bureau

“The women who presented opened a difficult subject and made it okay for me to ask questions about my body and rights. We shared about obstacles that many women face.”

student

Women’s Health Information & Referral Line

In 2005 Women’s Health Specialists’ phone counselors provided confidential information on health concerns and community resources to over 150,000 women, men and teen callers in English, Spanish and Hmong.



Women’s Health Specialists Phone Counselors shared information with over 150,000 callers last year.



Redding healthworkers waving speculums.

“I was very scared to call. But, after speaking with the woman on the phone, I felt like I had an ally. There was someone who respected me enough to listen to me and help me. Melissa was very compassionate in answering my questions.”

WHS Client

Self Help

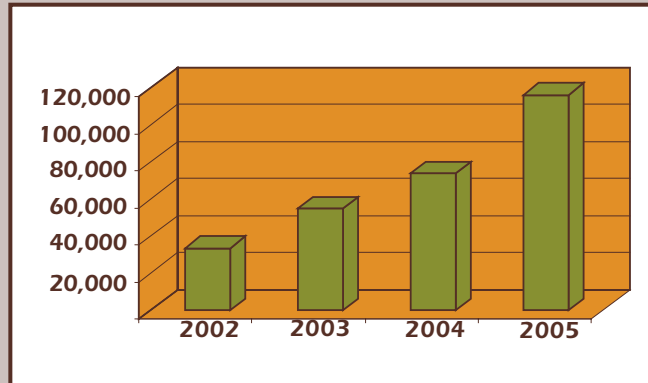
Self Help is demystifying our bodies by gathering together in a sisterly way, sharing our stories and looking at our vaginas and cervixes. WHS has facilitated women getting together in Self Help groups since the early 1970’s. Speculums can be ordered on our website: www.womenshealthspecialists.org

Outreach and Education Program

We have a broad impact on women's lives through networking and attending and sponsoring community events. Our goal is to continue to build a network of support for women in need and bring health information to people where they live, work and socialize.

We received core support grants for outreach services from The California Wellness Foundation and The Women's Foundation of California.

Growth Chart of WHS's Community Outreach and Education



Outreach staff at a community health fair



WHS PR team working with interns and volunteers reached 116,448 people in Northern California in 2005



Redding WHS healthworkers sharing information at The Tribal Stomp Community Celebration in Hayfork, CA

