



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.

Profile of Services

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.

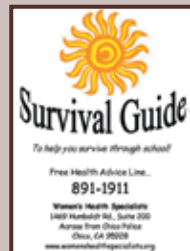
Teen Services



The Phoenix Teen Clinic Team, Petaluma.

"There are other clinics in Sonoma County, but the Phoenix (Teen Clinic) plays a special role, reaching teens where they hang out anyway."

Quoted from the Press Democrat article Teen Health Haven by Rayne Wolfe, February 7th, 2006



WHS produced and distributed 18,500 Teen Survival Guides in Northern California in 2005

"I had no idea where to get information on free stuff until someone gave me a Survival Guide"

WHS Client



WHS and Diogenes Youth Services staff working together to serve homeless & at-risk youth in Sacramento.

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

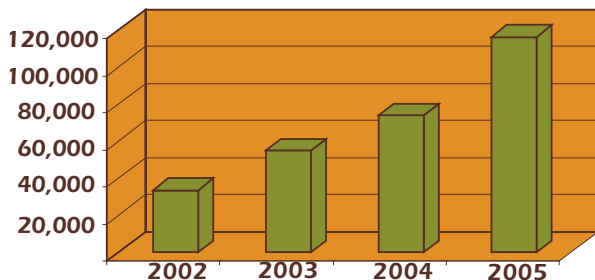
Self Help is demystifying our bodies by gathering together in a sisterly way, sharing our stories and looking at our vaginas and cervixes. WHS has facilitated women getting together in Self Help groups since the early 1970's. Speculums can be ordered on our website: www.womenshealthspecialists.org

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

Outreach Activities

Long-term social change is our priority and our challenge. We have successfully expanded the meaning of women's health to its natural outcome: human rights. Our strength is using new and innovative ways of outreach to broaden our base.

AAUW	Family Medical Clinic	Rawstawagon Productions.org
Amy Goodman Presentation	Fathers and Families	Refugee Health Clinic
Area Resource for Ageing/Passages	Francis House	Regent Communications
AS Women's Center	Gateway Foundation	Roberts Family Development Center
Asian Pacific Community Counseling	Glenn Co. Mental Health	Sac State NOW
Birth and Beyond	Health & Harmony Festival	Sacramento City College
Boys and Girls Clubs	Health Awareness Fair,	Sacramento Community Clinics Consortium
Breaking Barriers	Nature's Party Health Food Store	Sacramento Convention and Visitors Bureau
Butte College Earth Day Celebration	Hispanic Business Association Presents	Sacramento Family Medical Clinic
Butte County Public Health Clinics	Hispanic Resource Council of Nor. CA	Sacramento Food Bank and Family Services
Caesar Chavez Day Celebration	HIV Testing and Counseling Center	Sacramento NOW
California NOW Conference	Hmong New Life Center	Sacramento Pride Festival
Camellia Women's Health Center	Hmong Women's Heritage Association	Santa Rosa Junior College
Capital Health Center	Internship and Career Center	SETA Head Start
Celebration of Life and Diversity	Jazz on a Sunny Day	Sexual Assault and Domestic Violence Center
Celebration of Roe v. Wade, SF	Juneteenth Celebrations	Shasta College
Chico Farmer's Markets	Lambda Community Center	South City Health Center
Chico Parade of Light	Latino Outreach of Tehama County- Cinco de Mayo	Tahoe/ Colonial Collaborative
Chico State- Community Information Fair	Celebration	Take Back the Night
Chico Thursday Night Markets	League of Women Voters	Teamsters Union Locals 150 & 228
Choice Medical Group	Legal Services of Northern CA	The Birthing Project
Civil Rights March- Cinco de Mayo	Life Steps	The New American Censorship
Communicare, Peterson Clinic	Marin County Fair	Thursday Night Farmer's Market
Community Care Clinic	Market Fest	Touchstone Perinatal Program
Community Information Fair	Martin Luther King Jr. Center	Trinity Tribal Stomp
Community Resource Fair Planning Council	Meadowview Jazz and Cultural Festival	Tyme Maidu Tribe- National Indian Gaming Commission
Concerts in the Park	Molina Health Centers	UC Davis
Cotate Community Fair/ Farmer's Market	Mt. Shasta Mall Carnival	UCDavis Medical Clinic
CSU Chico	National Day of Appreciation of Abortion Providers	University of the Pacific
CSU Sacramento	Native American Health Center	V-Day, Vagina Monologues
CSU Sonoma	Northeast Health Center	WEAVE
Curtis Park, Flea Market	Oak Park Birth and Beyond	Welfare Dept.
Discovery House	Orland Family Resource Center	Whole Earth Festival
Effort Clinic	Parent Led Assistance Network	Women Take Back the Night
Encore PLUS	Pi Beta Phi	Women, Infants and Children (WIC)
Endangered Species Fair	Pioneer High School	Wyndance Women's Center/ Wellspring Community Center
Environmental Action and Resource Center	Pregnancy Consultation Center	Youthfest, Boys and Girls Club
Environmental Health and Safety Fair- SRJC	Progressive Festival	
Even Start	Rainbow Festival	

WHS Staff and Intern Training Program

We have a commitment to have our staff reflect the diversity of our community. We hire women with no experience who have a burning desire to work for women's reproductive health and freedom. Women are trained to be health educators, speakers, managers and community leaders.



WHS staff in Sacramento work as a team.

Mid-Level Clinician and Physician Training Program

Women's Health Specialists has raised the standard for women's health in the community and has had an impact statewide. Our goal is to increase the number of clinicians trained in non-judgmental, compassionate care, including abortion care.

Women's Health Advocacy

WHS participates on a local, statewide and national level to promote women's reproductive rights. Since the voices of low-income, minority and rural women are seldom heard, we bring our experiences to our advocacy work. We choose advocacy work which will increase access to health care by decreasing barriers.

"Women's Health Specialists respects women. WHS has no other agenda. Drug companies manipulate women, WHS doesn't. Their only agenda is to be responsive to the woman's welfare."

Barbara Seaman, author, researcher, co-founder of The National Women's HealthNetwork.

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 & Birth

Order books on
www.womenshealthspecialists.org

Collaboration and Advocacy

The Feminist Women's Health Centers and the Self Help Clinic were honored by the National Women's Health Network in 2005 for their 30 Activists for 30 Years Celebration.

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
Feminist Majority Foundation
Sacramento Community Clinics Consortium
Redwood Community Health Coalition

"Conservative times, anti-abortion violence and the rise of HMO's took their toll on feminist clinics, but the spirit and work (of self help) live on at the FWHC's..."

From The Women's Health Activist, Sep/Oct 2005, newsletter of the National Women's Health Network.



W/HS Staff treat each woman as an individual.

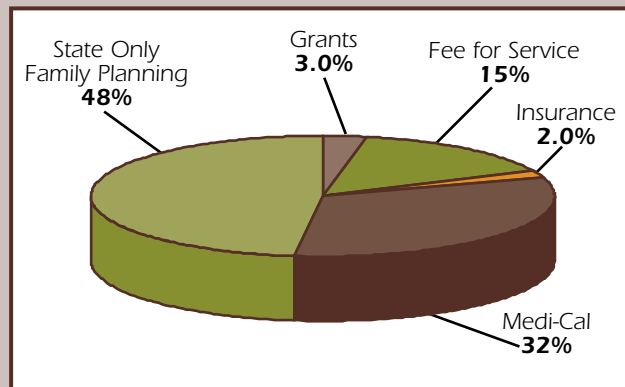


W/HS Santa Rosa staff share information and offer testing for women who drop-in.

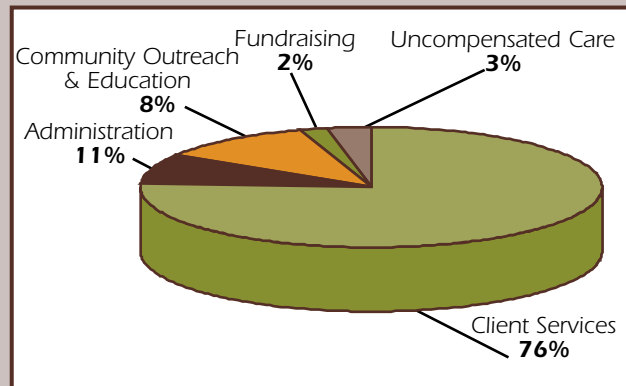
Women's Health Specialists hosts "It's Your Body", a women's health call-in radio show on KZFR 90.1 FM Chico, Community Radio. A collective of W/HS staff run the show, now in it's 6th year.

2005 Financials

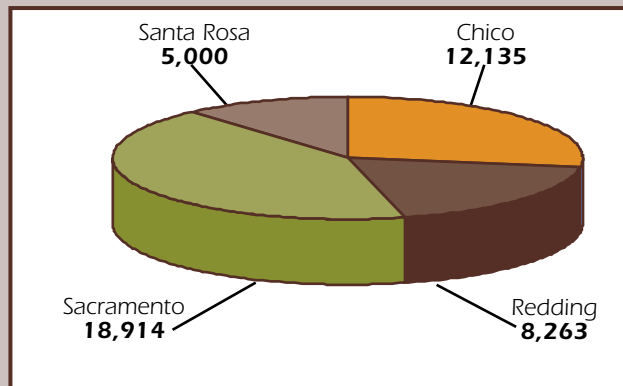
2005 Payor Source



2005 Expenses



2005 Client Visits



Your Support

Thanks to the generous support from our friends through donation of time and money, we have continued to thrive and grow. Tell your friends that 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. Tax ID # 94-2259357.

Support our Women In Need Fund

Every year we provide community benefit services to low income women. Sometimes just a few dollars makes the difference in being able to access health care. Women need hotel accommodations, cabs or bus fare, childcare funds and cash to feed themselves and their children while they travel hours to reach health services.

Abortion Access Legal Fund

There are no reproductive rights without access to abortion. Together with volunteer escorts and our legal team, we have stood up to the harassment by anti-abortion protesters who break the law to threaten and intimidate staff and clients. In Sacramento we challenged the illegal use of bullhorns and photography in front of our clinic and are awaiting a decision by the judge in this case. In Chico the protestors are getting more

aggressive. In order to protect our staff and clients we have incurred new security and legal costs. Help us keep abortion accessible, with the dignity and respect that the women and men who use our services deserve.



WHS staff, supporters and legal team at the Sacramento Superior Court contempt hearing in November 2005



WHS escorts devote their time and ingenuity to support and protect women & staff entering the clinic

Activists Building the Network

Pro-choice supporters in front of Representative Wally Herger's office commemorating Roe v. Wade, and protesting Herger's stand on abortion, the war in Iraq and other human rights issues.



The Roe v. Wade celebration at Sacramento WHS brought out activists, staff, community women and State Treasurer Phil Angelides.



WHS staff join demonstrators in San Francisco to mark the 33rd anniversary of the Roe v. Wade Supreme Court decision. Bush's court nominations threaten human rights including abortion.



Redding Activists build the movement



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