



*Women's
Health
Specialists*



The Feminist Women's Health Centers of California

*Women's Health in
Women's Hands
Since 1975*

A Message To Our Communities

2007 was a year of expanding our network of support, reaching more women and men who need our services and making new alliances with community health activists. We have also had to say goodbye to two important feminist health activists and dear sisters: Lorraine Rothman and Barbara Seaman. Each is memorialized with love and respect in this report and with some great photos on our website: www.cawhs.org

With the Young Women's Health Institute, we launched a new model of participatory, grassroots community teambuilding, group consciousness and learning through shared experiences. We plan to spread this model to other communities in the coming years. We continue to attract, hire and train community women who want to work together in making a difference in women's lives. Demystifying and seeing our bodies as normal is as important now as ever, as many women face a world of judgment.

Our website and myspace page is a flurry of activity, attracting more communication, sharing of ideas and information with more teenagers, women and men locally, and increasingly, across the nation. A wider population is discovering that we are the place to find unbiased, unvarnished truth about new medications and up-to-the-minute information about studies and health news that affect women.

Join us in preserving women's rights and working for liberation. The latest version of the parental notification initiative in



Shauna Heckert
Executive Director

California will be on the November ballot targeting teenagers' rights and doctor's confidentiality. Supreme Court decisions harming human rights are still forthcoming. Working together through California's fiscal shortfalls will also be a challenge. We look to you, our community supporters, to unite with us and stand together for justice. Together, we will continue to make a difference.

Shauna L. Heckert,
Executive Director

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WHS staff and supporters rally support for health services for low income women and men.

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.

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.



In 2007 we provided health services for 46,534 women and men and we provided education through outreach to 131,000 community people.

Chico, Redding, Sacramento, Santa Rosa, Petaluma, Grass Valley, Rancho Cordova
www.cawhs.org | www.myspace.com/whsofcalifornia

Well Women **Reproductive Health Care**



The staff of Women's Health Specialists works as a team to offer all health care options for women and men.

“ I was at the Redding location today and I would like to say how nice everyone was to me and to everyone else there. You guys helped me out big time with a pap and birth control when I really needed it. Thank you so much and keep up the awesome work! ” Client

“ Thank you SO much for being so helpful and so generous. I went to the clinic in Chico and got the Plan B pills today after work. I feel much better now. Take care and thanks again for all your help and advice! ” Client



The staff of Women's Health Specialists works as a team to offer all health care options for women and men.



Compassionate, comprehensive and confidential abortion care is our priority. WHS supports each woman and her unique needs.

Comprehensive Abortion Care

“...the staff were great and comforted me. I knew everything before and during the abortion. There were no surprises. I knew exactly what to expect from the information given by the healthworkers.” Client

Adoption Choices

“We recently adopted a child through Adoption Choices and we can't possibly say enough about the professionalism, caring and concern they showed us during this emotionally difficult time. ...Mari and Senta were always compassionate and sympathetic, and provided us with accurate and helpful advice.” Patricia Steele



Senta Burton and Marikathryn Hendrix, of Adoption Choices of Northern California, attending the Adoption Dialogue Conference in Portland, Oregon.

Spreading Self Help

Women's Health Specialists hosted a Sacramento presentation by the Doohickey Tour of self-help women, donated speculum kits for healthworkers in Honduras, and raised funds to donate 25 self-exam kits to The Birthing Project's Red Tent Event for girls in Sacramento. WHS in Santa Rosa is co-sponsoring Ladies' Night weekly as a community partner, providing an evening of education, information and self-help sharing for Sonoma area women.



We honor and remember our founder, sister and visionary Dido Hasper each year with a community Speculum Give-Away. This year on July 20th we talked about Dido, her contributions to the women of the world, and gave away 231 speculum kits!



WHS presented a workshop at the "Let's Talk About Sex" national conference in Chicago sponsored by Sistersong, then gathered a Self-Help group to share stories and self-exam.

WHS hosted a community forum "Loving Our Bodies, Our Secret Weapon for Liberation" which featured guest speakers Carol Downer and Rebecca Chalker sharing original research by the Federation of FWHC's on the clitoris, and their feminist analysis. You can reach Carol's blog spot on our website, or go to www.femwords.blogspot.com Speculum kits can be ordered online at www.cawhs.org

Health Information Line



When you call WHS you talk to a person, not a machine. Women can receive information, support and referrals on the phone and in English, Spanish, Hmong, Mien and Punjabi.

“Just a note of support....u guys provide a beautiful service! thank you!” Client

Website and MySpace

Check out our ever expanding website www.cawhs.org where we post fact sheets we have written concerning current issues. Our fact sheet, “HPV and the HPV Vaccine – What you need to know”, was written to demystify HPV and help women decipher the barrage of information about Gardisil, the recently approved vaccination.

www.myspace.com/whsofcalifornia dialogs with thousands of young women, connecting us with clients and supporters in a new way.



WHS Website



WHS MySpace

Publications

By the Federation of FWHC's:
A New View of a Woman's Body
How to Stay OUT of the Gynecologists Office
Woman-Centered Pregnancy & Birth
Books can be ordered at www.cawhs.org

Reaching out to our **Communities**



Pictured are the young women who attended our first **Young Women's Health Institute**. The program focuses on the power of women joining together, the strength of knowing your body.

*“...now I know without a doubt, I want to be part of women having a **CHOICE** and speaking for our rights. My future is a lot brighter after receiving all this vital info. This experience has truly been life changing...”*

Marina, Young Women's Health Institute Participant



Women's Health Specialists led a round table discussion for the annual **Reproductive Freedom Day** entitled "Pro-Woman Strategies in Abortion Activism."

“ I was a patient of your clinic 1+ years ago. I had the best experience I have ever had at any business. I commend you and all you do for the community. ” Client

“Thanks! I think you guys are doing a lot for the community and I think it's awesome you are out there supporting and fighting for what's right!” Client



Shauna Heckert joined women's health leaders to honor Senator Sheila Kuehl and Assemblymember Karen Bass (not pictured) at the NOW reception on Reproductive Freedom Day at the State Capitol.



WHS's Phoenix Teen Clinic continues to grow, and has trained local teenagers as healthworkers. Eyes Open, a feminist group at Casa Grande High School has joined WHS to get the word out about the Teen clinic's free services.

“Thank you so much for being there in my time of need. I especially want to thank Lisa from the Santa Rosa office for making my visits so comfortable and keeping it professional, while still making me laugh. I would love to get involved in Women's Health... I felt very “at home” there.” Client



We provide birth control, STD testing, well woman and men's services at the **WHS Rancho Cordova Clinic.**



The **WHS Grass Valley Clinic** has grown and we celebrated our 2 year anniversary in May. We have provided health care and information to 2548 people, in English and Spanish. We have expanded clinic hours to include a second day of services. The efforts of Nevada County Citizens For Choice continue to make this clinic a success.



WHS Teen Care-A-Van is in the 10th year of partnering with Diogenes Youth Services providing free health care to homeless and underserved youth in Sacramento.

Daily we work in our communities, sharing health information and bringing health care to women and men who don't know where to go or how to access free & low cost health services. In 2007 we planned or participated in 298 community events ranging from Local Indians for Education, Festival de La Familia, Independent Living Center to farmer's markets, and presentations at women's shelters, the dorms and a popular STD education series at Hiram Johnson High School.



WHS Santa Rosa staff share speculums and health information with the Mills College group who are starting a campus women's center.



WHS has a monthly spot on Shasta County Mien Radio Network and is a regular guest on Spanish radio KWCA La Mega.

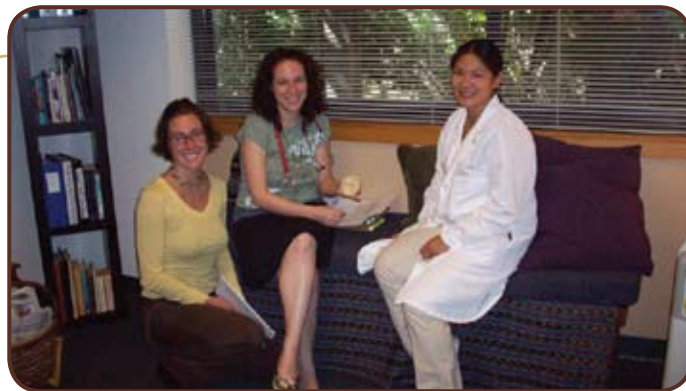
Your Support

Women's Health Specialist's Endowment

Founded by Family Planning, Inc. of Redding. The fund provides long term support for WHS's programs: young women's leadership training, community education and health services. We thank Family Planning Inc. for investing in the future of women and girls and supporting the mission of WHS. Contributions to the endowment can be made to the Shasta Regional Community Foundation. Contact Eileen Schnitger, WHS Development Director, eileen@cawhs.org.



Women's Health Specialists hosted a community forum in Chico organized by WHS and ACCESS to discuss the impact of the Supreme Court's "Carhart" decision. This alarming court decision is an attack on women and on second trimester abortion availability. The meeting gathered practical support for women who need abortions by recruiting volunteers and bringing donations for the Women-In-Need fund.



"Women In Need" Fund

We raise funds to help women get health care. Just a bus ride, gas money, motel room or a meal can make the difference in a woman's life and her ability to reach health services. Donations are tax deductible to the full extent of the law. Women's Health Specialists/Feminist Women's Health Center Tax ID # 94-2259357

Benefit Events Supporting Our Work

Thanks to all the partners who raised funds for WHS/FWHC at benefit events: Ausiello's Bar and Grill in Santa Rosa, Nevada County Citizens for Choice, The Human Race, Sonoma Volunteer Center, The Cinderella Classic Bike Tour by the Valley Spokesmen and the CHIKOKO art collective. Thank you for helping us make a difference.

Join us in Working for **Women's Rights**

Women's Health Specialists works with community groups to promote and defend reproductive rights and all human rights as a grassroots strategy for social change. From organizing at Cesar Chavez celebration, to the Martin Luther King Center Bell Ringing, from the Harmony Festival to Migrant Education Teen Conference, we connect clinic and community.



The staff, inspired by Tim Wise's presentation in Oakland, returned to discuss racism in each of our clinic communities.

“Keep up the good work you amazing women! You continue to inspire me...” Client

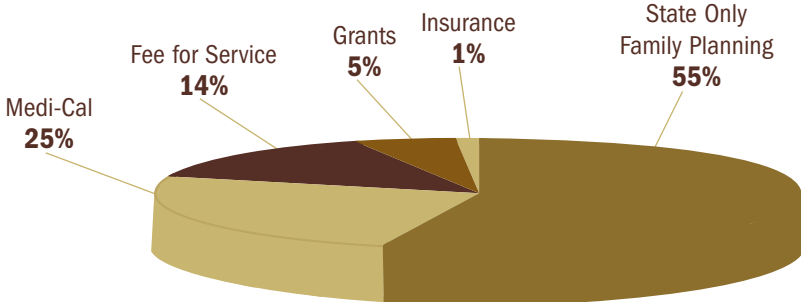


WHS hosts a radio show discussion on abortion rights.

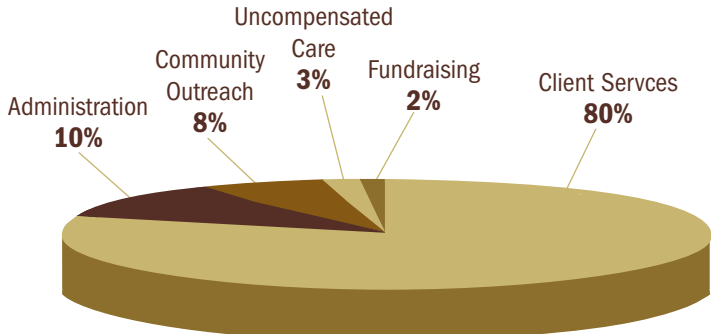


Staff protesting the unsigned budget.

2007 **Income** by Source



2007 **Expenses**



Thanks to **Volunteers** and **Interns**

Cheyenne Alcaraz
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***This wonderful group of people
helps make our mission a reality***



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In Memoriam

“Lorraine was a great liberator. She liberated us from unwanted pregnancy; she liberated us from ignorance and shame about our bodies. Like Prometheus who stole fire from the gods, she wrested the technology of abortion from the patriarchy. The invention of the Del’Em was so profound, but it took Margaret Mead to say that the Del’Em was the most important invention for women in the 20th century. Lorraine didn’t just sit in her lab; she founded health centers, doing anything and everything that was needed. She held women’s hands, she scrubbed floors, she supervised the doctors. She was so capable. If you were stranded on a desert isle, Lorraine would be there making the fire. Like Prometheus, Lorraine changed the world.” Carol Downer



**Lorraine Rothman
1932-2007**

Lorraine, as part of the Federation of FWHC’s book team, co-researched and co-wrote *A New View of a Woman’s Body, How To Stay OUT of the Gynecologists Office and Woman-Centered Pregnancy and Birth*. She co-wrote (with Marcia Wexler, Ph.D.) *Menopause Myths and Facts, What Every Woman Should Know About Hormone Replacement Therapy* (Feminist Health Press, 1999).



**Barbara Seaman
1935-2008**

“The ferment aroused by Barbara Seaman’s work helped launch a political movement that resulted in safer contraceptives, consumers’ right to written information about prescription drugs, more female doctors and better research on women’s health issues.” Cindy Pearson, Executive Director, National Women’s Health Network

Barbara’s books: *The Doctors’ Case Against The Pill, Free and Female* (1972) on women’s sexuality; *Women and the Crisis in Sex Hormones* (1977), written with Gideon Seaman; a biography of author Jacqueline Susann called *Lovely Me*; *For Women Only*, co-written with Gary Null and *The No-Nonsense Guide to Menopause*, co-written with Laura Eldridge, in print July 2008.

Clinic Locations

Chico

1469 Humboldt Road, Suite 200
Chico, California 95928
(530) 891-1911

Sacramento

1750 Wright Street, Suite 1
Sacramento, California 95825
(916) 451-0621

Grass Valley

120 Richardson St., Suite B2
Grass Valley, California 95945
(800) 714-8151

Teen Care-a-Van

(mobile clinic)
Sacramento, California
(916) 451-0621

Administration

(916) 482-4856

Redding

1901 Victor Avenue
Redding, California 96002
(530) 221-0193

Santa Rosa

4415 Sonoma Highway, Suite D
Santa Rosa, California 95409
(707) 537-1171

Rancho Cordova

10665 Coloma Road, Room C & D
Rancho Cordova, CA 95670
(800) 714-8151

Phoenix Teen Clinic

201 Washington Street
Petaluma, California 94952
(800) 714-8151