

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



*Women's  
Health  
Specialists*



The Feminist Women's Health Centers of California

*Annual Report 2008*

## A Message To Our Communities



Shauna Heckert

Your support has made it possible for Women's Health Specialists to provide reproductive health care to our communities and fulfill our mission of empowering women. Through support, education and self-help services, Women's Health Specialists encourages women to make their own health care decisions. You help us expand our network, increase our base and move together towards reproductive justice.

Women's Health Specialists' pioneering work is happening locally and nationally. This fall we began clinic services in a community center in South Sacramento and one in downtown Santa Rosa. We work on our shared goals with SisterSong, the National Women of Color Reproductive Health Collective, the California Wellness Conference on Women's Health, the California Coalition for Reproductive Freedom and the Feminist Abortion Network.

Our work depends on the passionately devoted staff members and interns who make a difference in the lives of over 50,000 women and men each year in Northern California.

*Shauna L. Heckert,  
Executive Director*

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Staff discussing self-examination with a client.

## 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 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.

## Community Building

Reaching out to our communities is important to Women's Health Specialists. In 2008 we participated in community events and supported community organizations.



Staff sharing health information at the Vaisakhi Festival

- Attended the annual Vaisakhi Festival where we provided health information to the Punjabi and Hindi communities.
- Shared health information with over 200 people at the 20th Annual Día del Campesino (Farm Worker's Day).

- Partnered with Martin Luther King Jr. Center, Local Indians for Education and the Mien Community at the Sikh Center, where we shared information about our reproductive health care services for both women and men.



Participating at the Harmony Festival in Santa Rosa, California

## Information Sharing

In 2008, Women's Health Specialists shared valuable reproductive health care information to over 180,000 community people.



WHS Speaker's Bureau presentation about HPV to college students

- Attended SisterSong's annual meetings and conferences to share our self help philosophy and hold self cervical exam workshops.



WHS with Loretta Ross, Founding Member and National Coordinator for SisterSong

- Worked with local high schools and colleges in clinic locations to inform and educate women and men about access to free and low cost health care and provided information on birth control and sexually transmitted infections.
- Participated in over 100 community events and spoke to more than 150 organizations.

## Your Support

Community support through contributions of time and money ensures that Women's Health Specialists' health care services and outreach and education programs remain sustainable.



WHS Young Women's Leadership Institute participant involved in a program activity

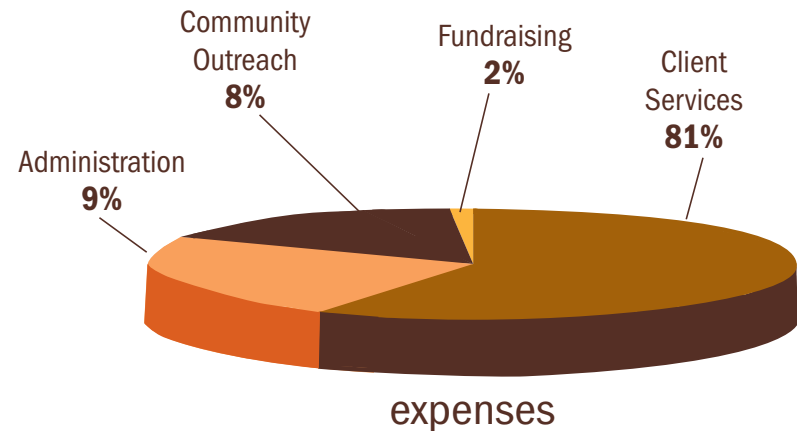
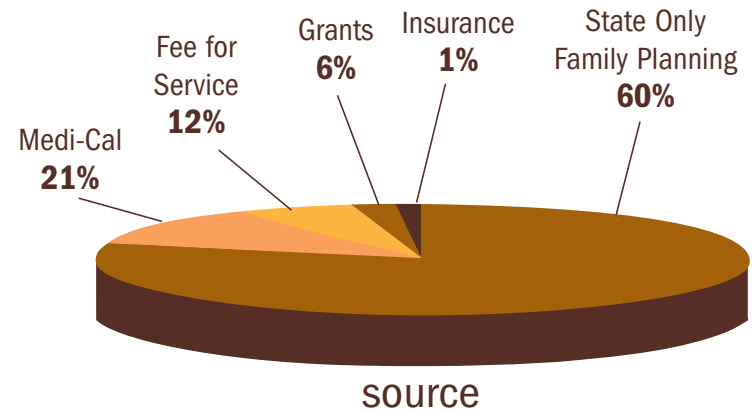
- Participated in fundraising campaigns hosted by GlobalGiving to support our 2009 Young Women's Leadership Institute.
- Raised over \$4,000 in one evening hosting an all clinic phone-a-thon to raise funds to keep our services free and low cost during the 2008 California Budget crisis.

Whether it's our Women in Need Fund, Abortion Access Legal Fund or the Dido Hasper Memorial Fund, your donation is greatly appreciated and tax deductible. You may also want to consider donating to our Women's Health Specialists Endowment through Shasta Regional Community Foundation which was started by Family Planning of Redding. Women's Health Specialists Tax ID #94-2259357



Ani DiFranco benefit concert for WHS sponsored by North Valley Productions

## 2008 Income by Source & Expenses



# Reproductive Health Care

In 2008, Women's Health Specialists provided comprehensive reproductive health services to more than 50,000 women, men and teens through increased access and quality of care.

- Opened a second satellite clinic in South Sacramento, the Meadowview Family Resource Center, providing services to the local high school population and residents in the surrounding area.



Healthworker training using our Pregnancy Screening Chart

- Trained health workers using our *Pregnancy Screening Chart* to ensure that every woman receives all available reproductive health care options.

- Supported our quality assurance program which provides consistent quality care throughout the organization.
- Expanded care to underserved areas in Santa Rosa by providing services at a local community center.



WHS phone counselors providing information, support and referrals

- Answered up to 100 phone calls per day in our Phone Counseling Department where phone counselors provided reproductive health care information, answered questions and made appointments for all clinic locations.

- Provided services to over 3,000 clients at **The Clinic!** in Grass Valley, a partnership with Nevada County Citizen's for Choice.
- Responded to demand for services by expanding **The Clinic!** hours of operation from one day to two days a week.



Blood pressure check at The Clinic! in Grass Valley, California

- Shared health information with women and men locally and nationally broadcasting on our radio show "It's Your Body."



"It's Your Body" radio show team

## 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

### **Redding**

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

### **Santa Rosa**

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

### **Administration**

1750 Wright Street, Suite 4  
Sacramento, California 95825  
(916) 482-4856

**Limited Service Sites** WHS also provides limited reproductive health services at the following locations:

### **The Clinic!**

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

### **Teen Care-a-Van**

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

### **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

### **Meadowview Family Resource Center**

2251 Florin Road  
Sacramento, CA 95822  
(800) 714-8151