

Women's Health in Women's Hands Since 1975



*Women's
Health
Specialists*

The Feminist Women's Health Centers of California



A Message To Our Communities



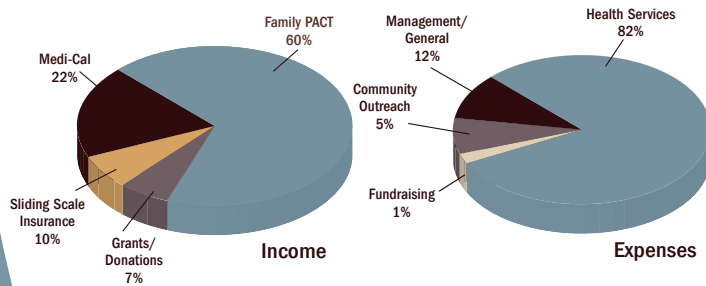
Thank you for your continued support of WHS.

Research shows the most common reason for a woman to delay her abortion was time spent raising money for travel and procedure costs. Each year more

than 4000 US women are denied an abortion because of limits imposed on facilities. WHS' clients travel from a 30-county radius. Help us keep abortion accessible to women and reproductive freedom a reality in Northern California. Your donation to the Women in Need Fund can make the difference in a woman's life.

Shauna L. Heckert, Executive Director

2013 Income and Expenses



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.

“ I just wanted to send you a note to say thank you. I had my abortion at your clinic Friday. All of your staff were very nice and treated me and the other women with much respect and care.

I just wanted to thank you. It was soothing to my soul at a difficult time.”

—Client of Women's Health Specialists, Sacramento

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Outreach and Education



Tabling at Love Your Body Week 2013

- WHS participates in Love Your Body Week at Sierra College to share information about reproductive issues with students and our self-help philosophy.
- WHS received a joint grant from Covered California and Sierra Health Foundation to provide marketing and outreach in a five county area in far northern California.
- WHS manages a volunteer program in Shasta, Butte, Sacramento and Sonoma counties. Volunteers play a vital role in outreach efforts.
- WHS provided reproductive health education and outreach to 225,000 low-income women and men in rural Northern California and the Sacramento region.

Community Building

- WHS organized local events concurrent with national actions, including Take Back the Night, Martin Luther King Day, Roe v. Wade Day, One Billion Rising, Vagina Monologues, World AIDS Day and Pride Festivals.
- The WHS Speaker's Bureau outreached to over 10,000 women, men and teens sharing information about birth control, sexually transmitted infections, clinic services, access and reproductive health care issues.
- WHS, California Latinas for Reproductive Justice and the Shasta College Center for Community Engagement conducted one-day policy and advocacy training sessions to advance California Latinas' reproductive health and rights using a social justice and human rights framework.



(Standing) WHS' Director of Health Services Conducting an Advocacy Training Session.

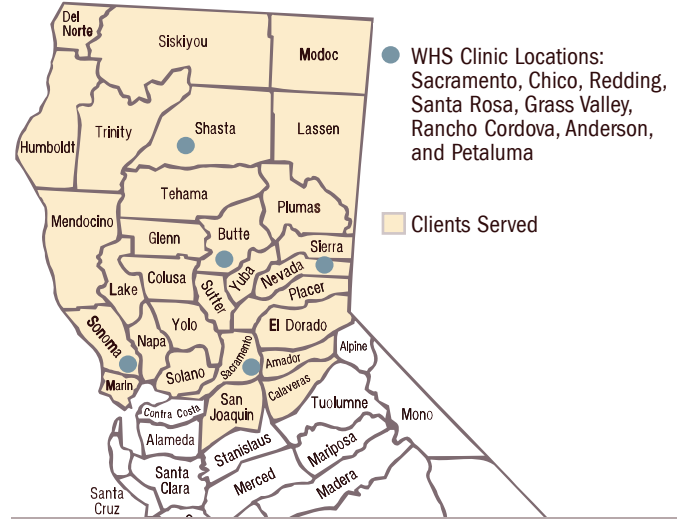
Advocacy Work



Reproductive Freedom Week 2013

- WHS coordinated a multi-city Northern California Reproductive Justice Training and lobby visits in Sacramento and Santa Rosa legislative districts as part of CCRF's Reproductive Freedom Week.
- WHS and other organizations in the reproductive justice movement worked together to move the AB154 bill forward which will increase the number of trained healthcare providers who can perform abortions.

Client Characteristics



6% of clients are male.

94% of clients are at or below Federal Poverty level.

Client Characteristics by Age

14 - 19	25%
20 - 34	65%
35 - 44	8%
45+	2%

Client Characteristic by Ethnicity

African American	6%
Asian	6%
Pacific Islander	5%
White	38%
Hispanic	27%
Native American	2%
More than one race	16%

Reproductive Justice



WHS' Training Institute, Sexually Transmitted Infections Session

- WHS' Training Institute conducts trainings throughout the year for health workers and WHS staff covering a range of topics to maintain efficiency in our health centers.

“ Not only did I gain a vast and helpful amount of knowledge for health working, this training also gave me empowering information for my own life. ”

—WHS Health Worker

- WHS' Director of Health Services, Sacramento Clinic Manager and the Redding Outreach and Education Coordinator attended the annual National Network of Abortion Funds (NNAF) summit.

- Partnering with UC Davis, WHS provides abortion training to residents in effort to increase access to abortion care in rural communities.
- 12 young women participated in the 2013 WHS Young Women's Leadership program where they participated in workshops focused on reproductive health care, leadership abilities and self-confidence building.

“ What I experienced at the Young Women's Leadership Program is just unimaginable. The program helped me learn so much about taking care of my body. ”

—Young Women's Leadership Participant



Young Women's Leadership Program 2013

Women's Health Specialists' philosophy 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 to 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.

Clinic Locations

Sacramento
1442 Ethan Way, Suite 100
Sacramento, California 95825
(916) 451-0621

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

Administration
1442 Ethan Way, Suite 200
Sacramento, California 95825
(916) 482-4856

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

Santa Rosa
3317 Chanate Road, Suite 2C
Santa Rosa, California, 95404
(707) 537-1171

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

The Clinic!
120 Richardson Street, Suite A
Grass Valley, California 95945
(800) 714- 8151

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

Anderson Health Center
2110 Ferry Street
Anderson, CA 95670
(800) 714-8151