

What is Family Planning?

Family Planning is a program available for men and women of all ages, offering preventative health services.

What are the services?

Clinical
Health Education
Referrals
Community Education

What counties do we serve?

Butler, Cerro Gordo,
Floyd, Franklin, Hancock,
Kossuth, Mitchell, Worth
and Winnebago Counties

For more information contact:

North Iowa Community Action
Organization
Family Health Center
100 1st Street NW Suite 200
Mason City, IA 50401
(641) 423-5044
1-800-657-5856
FAX (641) 423-0994

Funded in part through
Title X-IA Department of Public Health

Check It Out!



FAMILY PLANNING PROGRAM

Clinical Services

- Physical Exams
- Cancer Screening
(Pap smears and Breast exams)
- Birth Control
- Tests and Treatment for Sexually Transmitted Diseases
- HIV Screening
- Blood Pressure and Anemia Screening
- Pregnancy Testing
- Testicular Exams

Referrals

- Financial
- Social
- Medical
- Nutritional
- Pregnancy
- Other

Health Education

- Birth Control Methods
 - How to use a Condom Correctly
 - Preventing STD's and AIDS
 - Teaching Self Breast Exam
 - Teaching Self Testicular Exams
- Nutrition and Exercise in our Daily Lives
- Making Responsible Sexual Decisions
- Effects of Alcohol, Tobacco, and Drugs
- Talking with Partners and Parents about Sexual Issues
- Planning for a Healthy Pregnancy (Preconceptional Counseling)
- Pre-Menopausal Transitions

Community Education

Health Educators available to provide school and community presentations on the following:

- Parent and Child Communication
- Birth Control
- Reproductive Health
- STD and HIV Prevention

At **LOW** or

NO COST to you.

Contact: (641) 423-5044
or
1-800-657-5856

Confidential. Affordable.

North Iowa Community Action Family Health Center is here to help keep you healthy & well

Clinical Services offered by trained, caring professionals:

- ⇒ Cancer Screening (Pap smears, breast and testicular exams)
- ⇒ Tests and Treatment for Sexually Transmitted Infections
- ⇒ Physical Exams
- ⇒ Blood Pressure and Anemia Screening
- ⇒ Birth Control
- ⇒ Pregnancy Testing
- ⇒ Emergency Contraception



Services provided regardless of income or your ability to pay.

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Three different locations (days vary each month)

One number to call for an appointment:

135 School Street
Forest City

114 1st Avenue NW
Hampton

100 1st St NW Ste 200
Mason City

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1-800-657-5856

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