### MEET OUR FAMILY PLANNING PROVIDERS AND PROGRAM STAFF



Dena Neiman, ARNP



Staci Sterud, ARNP



Jamie Wright, ARNP

To learn more about our Title X Family Planning Program, talk confidentially with:

Brandi Steck
Family Planning Program Manager
712-252-2477, ext. 1027
bsteck@slandchc.com

## FAMILY PLANNING PROGRAM HOURS AND LOCATION

**Monday and Wednesday** 

8:00 AM - 8:00 PM

### Friday

8:00 AM - 5:00 PM

### Siouxland Community Health Center

1021 Nebraska Street Sioux City, IA 51105 Phone: 712-252-2477

Web: www.slandchc.com

We accept walk-ins and scheduled appointments.

This publication was made possible by grant number FPHPA076259 from the Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of Health and Human Services.

Siouxland Community Health Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Siouxland Community Health Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

Siouxland Community Health Center tuân thủ luật dân quyền hiện hành của Liên bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính.

Siouxland Community Health Center (SCHC) is accredited through the Accreditation Association for Ambulatory Health Care (AAAHC).





# TITLE X FAMILY PLANNING PROGRAM

Prevent HIV and other sexually transmitted diseases

Start your family when you are ready

Maintain wellness for a healthy life



# What Services Can I Get at a Title X Family Planning Health Center?

Confidential family planning services for men, women, and teens include:

- Screening for sexually transmitted infections/diseases (STI/STD) and HIV/AIDS
- Treatment for STIs and STDs
- Yeast infection and urinary tract infection (UTI) treatment
- Breast and cervical cancer screenings, as well as other health screenings
- Annual check-ups
- Pregnancy testing, counseling, and referrals
- Full range of birth control information and supplies such as:
  - Birth control pills
  - "The Patch"
  - "The Depo Shot"
  - Intrauterine Device (IUD)
  - The NuvaRing
  - "The Implant" Nexplanon
  - Emergency Contraception "The Morning After Pill"
- Client education and counseling, as well as community education
- Follow-up and referrals for medical and social needs

Abortions are not provided through this program

### **Pharmacy**

Siouxland Community Health Center has an onsite pharmacy where you can pick up your birth control pills, patch, and NuvaRings. You can also get emergency contraception from our onsite pharmacy.

Our pharmacy hours are:

Monday – Thursday 8:30 AM – 8:00 PM Friday 8:30 AM – 5:00 PM

### **Education and Community Outreach**

Education and community outreach programs are also available through the Title X Program at Siouxland Community Health Center. We offer trauma-informed comprehensive sexual and reproductive health education sessions and information for teens, parents, and educators.

Comprehensive sex education addresses both abstinence and age-appropriate, medically-accurate information equipping youth and their parents with the facts they need to keep themselves healthy and safe throughout their entire lives.



#### (Closelt cost Sveravilleres

Thirte X transitly Pharmang, breathth cemiests officer high operation and confidential breatith came. Headth came professionals transmed in family planting defiver modical services. I ducational programs officered through family planting headth centiles mespond to local community meads.

Precess from Titulie X. Franchilly Priamming Secretarisance based rom arbillity to pray and officen costiliers there in a them are officen about the centers. Secretarisance fitness from precipite controlled in Microbiolisand and through without microbiolism is brekern the fitted and through with a microbiolism brekern the

Principle insumanice and the Family Plancing Program wanter are also accepted.

Sizorusztannel Gormanium inter Ekesztitth Configer Invaslitheaureckal economies kons. Consider with o coam inclipayearu appysty flor other Economity Pitatanning Progression www.invent.com/d-fixterdirecai/d-forestoire-vectur-wissit.

### (Placystic ran Lillight billion

Think X, services and for press, wromen, mand between with a size of ages send of the first mand of the property of ages send of the first mand minority property of the send of the first mand mandal between a size of the first mandal mandal to be a pressolution for known the first mandal mandal to be a pressolution to the send of the first mandal mandal to be a pressolution from the first mandal mandal to be a pressolution.