Build a Better Future for your Family

Get the benefits of family planning services, which can help you:

• Improve your ability to become self-sufficient by preventing an unplanned pregnancy.

• Plan the number and spacing of your children so you are able to meet the economic and emotional needs of your family.

• Communicate with your partner about reproductive health issues.

• Talk to your kids about safe sex and pregnancy prevention.

California Family Planning Information and Referral Service

1-800-942-1054

All persons in the photographs are models and used for illustrative purposes only.
Your local family planning provider can help you:

• Find the birth control method that fits your lifestyle. There is a wide range of choices — from the pill to the ring to the shot and more.

• Get birth control supplies to help prevent an unplanned pregnancy.

• Learn about emergency contraception and whether it will be the right choice for you if you ever need it.

• Get tested and treated for sexually transmitted diseases.

• Learn how to prevent getting and spreading sexually transmitted diseases, including HIV/AIDS.

• Get screened for reproductive cancers.

• Learn how to do self-exams to check for breast cancer.

• Answer questions about all your reproductive health concerns.

These services are:

• Confidential, which means it is private between you and your doctor.

• Available for men and women, including teens.

• Inexpensive — CalWORKs clients can receive them for no- and low-cost.

Get family planning services in your community:

• From your doctor, county department of health or your health care plan.

• Look in the telephone yellow pages under “Family Planning Information.”

• Call the California Family Planning Information and Referral Service for the name, address and phone number of a family planning services provider in your area at:

  1-800-942-1054

Make the commitment today.