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Photos throughout by Christina Bonfanti.
A YEAR OF CHANGE: Message from the Director

Women's Health continues to amaze me with our ability to remain resilient in the face of challenge and change.

In 2016, a number of factors contributed to a somewhat tumultuous year. Through it all, our Staff and Board remained strong and committed.

The tone and tenor of the political debate throughout the year was exhausting to watch and terrifying for those of us who care about reproductive rights and access to quality healthcare. The national election results shook our world, but not our resolve. Women's Health remains committed to reproductive freedom and we are determined to assure that all people in Boulder County and beyond have access to the high quality healthcare and educational services we provide.

Our healthcare world has changed in significant ways because of the Affordable Care Act: implementation of electronic health records, accountability measures, incentives for quality, and expanded insurance coverage for low-income folks, to name a few. We are much more reliant on information technology (IT) and as a result, Women's Health reorganized many positions within our staff during 2016 to accommodate those changing needs. We added new positions and reconfigured others. We increased our capacity to provide Patient Advocacy services for our patients, facilitating referrals for follow-up care or medical needs outside our scope of practice. We enhanced our staffing in Longmont and our outreach to the Latinx community, and bolstered our in-house IT support.

The Board of Directors strengthened our strategic plan with an eye toward long-term sustainability. In the process, we identified our winning aspiration, our competitive advantages, and prioritized our strategies. This provides us with a clear roadmap to success in an ever-changing healthcare marketplace, which allows us to keep our doors open and continue to be here for those who need us most.

Looking to the future, we have positioned our organization to remain nimble and responsive to local needs while providing trusted, sophisticated healthcare to our patients. Together with our community of supporters, we will not only survive but we will continue to thrive—whatever the future may hold.

Susan Buchanan, JD, RN
Executive Director

The national election results shook our world, but not our resolve. Women’s Health remains committed to reproductive freedom and we are determined to assure that all people in Boulder County and beyond have access to the high quality healthcare and educational services we provide.
2016 ACCOMPLISHMENTS

- Remained nimble during a turbulent year.
- Increased Patient Advocacy, facilitating referrals for follow-up care and medical needs outside our scope of practice.
- Enhanced our staffing in Longmont to better serve the city of Longmont and surrounding areas of Boulder County.
- Expanded our outreach to the Latinx* community.
- Bolstered our in-house IT support.
- Strengthened our strategic plan with an eye toward long-term sustainability in an ever-changing healthcare marketplace.
- Persevered during tumultuous political times and uncertain government funding.
- Kept our doors open for those who need us most.

* "Latinx" is a non-gendered alternative to Latino/Latina.
2016 Patients Served Clinicwide

Family Planning/Gynecology, Adults: 3074
Family Planning/Gynecology, Youth: 975
Abortion Care: 423
Total: 4472*

*Some patients seen in more than one program.
REPRODUCTIVE & SEXUAL HEALTH CARE SERVICES
FAMILY PLANNING/GYNECOLOGY

While Women's Health accepts most major insurance plans, we are committed to remaining accessible to those who are low-income, uninsured, or who cannot use their insurance due to high co-pays and deductibles or confidentiality concerns.

To help remove barriers of cost, Women's Health accepts Medicaid and also participates in the Title X federal family planning program. Women's Health is the ONLY Title X provider in Boulder County. Most of our services are offered on a sliding scale based on income, sliding to $0 for those below the Federal Poverty Line.

Family planning/gynecology services include annual exams/Paps; birth control, including long-acting reversible contraception (LARC), permanent and emergency contraception; testing and treatment for sexually-transmitted infections (STIs); pregnancy tests and all-options decision counseling; breast exams and referrals for free mammograms for women with financial need; and menopausal care.

In 2016, Women's Health served 4049 patients in our Family Planning/Gynecology programs. Of those, 76% were from populations vulnerable to unintended pregnancy – women under 150% of the federal poverty line and teens.

MEN'S HEALTH

Women's Health also offers services for men, including STI testing and treatment, and no-scalpel vasectomy, a minimally-invasive permanent method of contraception.

LONG-ACTING REVERSIBLE CONTRACEPTION (LARC)

Women's Health was the first provider in Colorado and the only provider in Boulder County to participate in the Colorado Family Planning Initiative, a statewide, privately-funded program which provided LARC methods (IUDs and implants) to low-income women and teens at no cost. The program resulted in an astounding 48% drop in the state’s teen birth and abortion rates between 2009-2014, and a 51% drop in teen births in Boulder County – a decline more rapid than in any other state or in the nation.

Although private funding for the LARC program has ended, in 2016 the Colorado Legislature allocated the use of state funds to continue this proven, cost-effective program.

In 2016, Women's Health provided LARC information to 96% of patients who did not desire a pregnancy for three or more years. 957 patients chose a LARC method.

COMPLEX GYNECOLOGY

In addition to our Family Planning services, our Medical Director, a board-certified Gynecologist, provides specialized care for gynecological disorders and abnormalities. Complex gynecological treatments include colposcopy, LEEP, cryosurgery, and endometrial biopsies.

TRANSGENDER AND GENDER NONBINARY SERVICES

Women's Health welcomes patients of all sexual orientations and gender identities for all of our services.

Since 2012, Women's Health has also offered specific services for transgender and gender nonbinary adults, including hormonal therapy initiation and management, referral information for gender confirmation surgery, and general preventive health care. We are the only sliding-scale resource for transgender services in Boulder County.

In 2016, Women's Health actively managed hormone therapy for 80 patients, up from 49 in 2015, 36 in 2014 and 6 in 2013.
In 2016, Women's Health expanded both the size and scope of our Patient Advocate program. Our Patient Advocate has always served primarily in our Breast Health program, connecting patients to mammograms, ultrasounds, biopsies, surgical consults, and treatment for breast cancer. The advocate also connected patients to financial assistance for these services, thanks primarily to funding from the Women’s Wellness Connection (WWC), a federally funded, state-administered program, along with supplemental support from Hospira, Pfizer, and individual donors.

Now, thanks to the Affordable Care Act and Medicaid expansion, many more of our patients are insured than ever before (see chart at right). This means that our medical providers are now able to refer patients for follow-up care or services outside our scope of practice, knowing that patients have the ability to follow through.

In response to this new reality, Women’s Health hired an additional Patient Advocate and greatly expanded this role. In addition to managing breast health services, our Patient Advocates now coordinate care for a broad range of medical services, including mental health services, colorectal cancer screenings, gastrointestinal, urological and dermatological care, or other specialty care that is indicated during the patient’s exam.

Patient Advocates also connect our patients to resources for vital non-medical needs, such as food assistance, transportation, clothing, housing, shelter, childcare, and safety from interpersonal violence.

Patient Advocates

- Doubled capacity and greatly expanded their role in 2016.
- Provided a warm hand-off between medical provider and advocate.
- Facilitated referral process to Mental Health Partners.
- Coordinated 1,378 referrals for care.
- 684 Medicaid patients designated Women’s Health as their Patient-Centered Medical Home – a 149% growth in the past 2 years.

The Continued Need for Subsidized Family Planning Services

Since the implementation of the Affordable Care Act (ACA) in January 2014, Women's Health has worked to educate our patients on their expanded options for health insurance and Medicaid, and even offers on-site Medicaid enrollment right at our clinics. Consequently, the percentage of our patients with insurance (public or private), has increased dramatically, from 19% in 2013 to over 60% by 2016.

But while the ACA has greatly increased access to insurance for many, gaps remain. There will always be those who fall through the cracks of insurance coverage, are ineligible for coverage, or are hesitant to use their insurance because of confidentiality concerns or unaffordable co-pays and deductibles. It’s essential that subsidized services remain available so that all in our community have access to the services they need.
ABORTION CARE

WARM, SUPPORTIVE ENVIRONMENT

Boulder Valley Women’s Health Center (Women’s Health) was founded in 1973 as the first abortion clinic in Colorado. Today, we continue to provide 1st trimester abortion care in the quiet and secluded environment of our Boulder clinic.

In 2016, Women’s Health provided abortion care to 423 patients. Of these, 74% chose an in-clinic procedure and 26% chose medication abortion.

PROFESSIONAL COUNSELING

All people of reproductive age are faced with decisions regarding whether or when to have a child. We trust each person to make the choice that is best for them and their unique situation. Our role is to be supportive, respectful and caring.

Every abortion patient receives support from our professional counselors, including information about the procedure, birth control counseling, and compassionate, non-judgmental emotional support before and during the procedure. All-options decision counseling and post-abortion counseling are also available upon patient request.

FINANCIAL ASSISTANCE

Fees for abortion care start at $450, a cost that can be out of reach for many of our patients. Because no government funding can be used to subsidize abortion services, Women’s Health is unable to offer abortion care on a sliding fee scale. Instead, we maintain a private fund to assist patients who can’t afford the full cost of their procedure. Our Reproductive Equality Fund (REF) is funded entirely through donations from caring individuals in our community.

Women’s Health is also able to draw on funding from the National Abortion Federation and the Freedom Fund, a project of the Mountain Desert District of the Unitarian Universalist Association, to assist our patients who have financial need.

In 2016, Women’s Health provided $28,380 in financial assistance to 140 patients (33% of abortion patients), Average amount of assistance was $203 per person.

CREDENTIALS

Women’s Health is certified by the National Abortion Federation and is a founding member of the Feminist Abortion Network, the group of remaining 13 nonprofit, independent, feminist-based abortion clinics in the U.S.
YOUTH SERVICES
TEEN CLINIC

Women's Health opened the Boulder Teen Clinic in 1995 and Longmont Teen Clinic in 2006 to provide free and confidential sexual health services for teens. Parental involvement is encouraged but not required. Services are free of charge for patients under age 18, and free or low cost for 18-19 year olds. Teens may also use insurance, and a Medicaid enrollment specialist is on site to assist 19 year olds who may be eligible. Teens have the option of being seen during any of our Family Planning hours or they may come in during time reserved exclusively for teens.

In 2016, Women's Health served 975 patients in our Boulder and Longmont Teen Clinics (23% of our patient population). Of these, 503 were under 18 and 472 were 18 or 19 years old.

SHAPE (SEXUAL HEALTH AWARENESS & PEER EDUCATION)

SHAPE is a youth-directed peer education program focused on educating youth about pregnancy prevention, STIs (sexually transmitted infections), and general sexual health information. During 2016, SHAPE’s 15 members educated their peers and the community through classroom presentations, one-on-one interactions, outreach events, social media, and lobbying at the State Capitol.

In 2016, Fairview H.S. junior Ali Pyle won the Outstanding Youth Volunteer award from the City of Boulder’s Youth Opportunity Program for her involvement in SHAPE.

- 15 youth, including 9 LGBTQ youth
- Members from 5 different communities, five different high schools, and both school districts within Boulder County
- 1224 hours donated
- 4000 1:1 interactions
- 2 retreats
- 430 youth taught by SHAPErs in classroom presentations

SHAPE is funded, in part, by the City of Boulder’s Youth Opportunities Program.

COMMUNITY HEALTH EDUCATION

Our Community Health Educators provide medically accurate, scientifically-based comprehensive sexuality education in local middle and high school classrooms. They also serve as a resource for teachers, parents and guardians, and youth-serving agencies.

In 2016, our CHE program reached 5,545 students in the Boulder Valley School District and 2,289 students in the St. Vrain Valley School District.

Presentations for Parents

In 2016, we offered several presentations of our program for parents of 6th-9th graders, “Let’s Talk about Sex,” to provide parents with resources and help them feel more comfortable talking to their teens about sex.

In addition, our Bilingual Outreach Coordinator presented to Spanish speaking parents in Longmont through the St. Vrain Valley School District’s PIE (Parents Involved in Education) program.

YOUTH TECHNOLOGY INITIATIVE

The Youth Services program maintains an active Social Media presence on Facebook, Twitter, and Instagram and uses popular technology to provide medically accurate answers to teens’ sexual health questions.

In 2016, teens asked 3136 sexual health questions anonymously through our Text Line and 890 questions using the interactive Get Answers feature on the TeenClinic.org website.
COMMITMENT TO INCLUSIVENESS

CULTURALLY COMPETENT

Monolingual Spanish speakers, immigrants, and the Latinx community may face barriers of language, cultural differences, and concerns over documentation which make them hesitant to seek care. To help address these, our website and all clinic materials are available in Spanish and we place a priority on hiring bilingual staff.

Our Bilingual Outreach Coordinator serves as a trusted presence in the Latinx community, connecting patients to clinical services as well as providing Community Health Education presentations to Spanish-speaking parents and youth.

In 2016, 17 of our 42 Women’s Health staff members (40%) were bilingual Spanish speakers, throughout all levels of the organization, including leadership roles.

LGBTQ-FRIENDLY

Fear of discrimination or assumptions made by medical providers about a patient’s sexuality or gender identity can be barriers to care for LGBTQ people. Women’s Health strives to provide sensitive, culturally competent, respectful, and clinically appropriate care to our LGBTQ patients. Our community health education curriculum and outreach materials aim to be inclusive of all gender and sexual identities. Our staff and volunteers receive training in using gender neutral language, using the patient’s correct pronouns, and not assuming sexual or gender identity.

Women’s Health is also an ally to LGBTQ groups in our community and participates in relevant events such as Pridefest. Women’s Health Medical Director Ruth Weinberg, M.D., is specially trained in providing hormone therapy to transgender and gender nonbinary patients. Dr. Weinberg is also a founding member of the Boulder County Transgender Health Task Force, a project of Boulder County Public Health, transgender community leaders, LGBTQ advocacy groups, and health and mental health providers, including Women’s Health.
Volunteers contribute to the success of our organization in a variety of ways.

Our Board of Directors volunteer their time to provide oversight, planning and support to the organization. SHAPE members provide sexual health and prevention information to their peers. Committed community members work a weekly shift in the clinic, volunteer on one-time projects, or assist at special events.

In 2016, in addition to our 16 member Board and 15 SHAPE members, Women's Health had 18 active clinic volunteers.

Volunteer Hours Donated in 2016

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<th>Service</th>
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<tr>
<td>Administrative Support</td>
<td>113</td>
</tr>
<tr>
<td>Family Planning</td>
<td>454</td>
</tr>
<tr>
<td>Abortion Clinic</td>
<td>151</td>
</tr>
<tr>
<td>SHAPE</td>
<td>1224</td>
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<tr>
<td>Board of Directors</td>
<td>2600</td>
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<tr>
<td><strong>Total Hours</strong></td>
<td><strong>4542</strong></td>
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Value of Hours = $117,955.74

*According to the Independent Sector website, the value of a volunteer hour for 2016 in Colorado is $25.97.

Restrictions on reproductive health care services, funding cuts, and continual political attacks pose threats to providers and barriers to access for patients. Women's Health works with our partners in the Colorado Reproductive Freedom Coalition to ensure that reproductive rights and access to health care are protected in our state laws.

Colorado Reproductive Freedom Coalition
- American Association of University Women, Colorado
- ACLU of Colorado
- Boulder Valley Women’s Health Center
- COLOR (Colorado Organization for Latina Opportunity and Reproductive Rights)
- Colorado Religious Coalition for Reproductive Choice
- The Freedom Fund
- League of Women Voters, Colorado
- NARAL Pro-Choice Colorado
- National Council of Jewish Women, Colorado Section
- Planned Parenthood Votes Colorado

As an active and connected part of our local communities, Women’s Health staff actively participate in many local and statewide collaborations:

- Human Services Alliance
- Boulder County Health Improvement Collaborative
- Boulder Chamber Community Affairs Council
- Colorado Reproductive Freedom Coalition
- Boulder County Trans Task Force
- Boulder County Latino Coalition
- Parents Involved in Education
- St. Vrain Community Council
- Longmont Multicultural Action Committee (MAC) – Cultural Events Committee
- Colorado Organization for Latina Opportunity and Reproductive Rights (COLOR) – Board of Directors and Development Committee
- Healthy Colorado Youth Alliance
- Boulder County Sexual Health Coalition
- Boulder County AIDS Project, Programs Committee
- Boulder Allies for Inclusion
- St. Vrain Valley Youth Services Alliance
- Community Impact Committee, Foothills United Way
- Family Self Sufficiency Program Coordinating Committee
- MESA, SafeShelter, SPAN community partnership/referral team
FINANCIALS

2016 Statement of Activity

REVENUE
- Government Grants: $1,054,101
- Foundations: $75,410
- Donations: $282,875
- Subsidized Program Revenue: $915,025
- Non-Subsidized Program Revenue: $171,771
- Fundraising Events (net expenses): $72,108
- Other/Investment Income: $16,117
Total Revenue: $2,587,407

EXPENSES
- Subsidized Programs: $1,911,365
- Non-Subsidized Programs: $319,401
- Management, Fundraising & General: $312,818
Total Expenses: $2,543,584

EXCESS OF REVENUE OVER EXPENDITURES (after depreciation): $43,823

2016 Statement of Financial Position

ASSETS
- Cash, Accounts/Grants Receivable, Inventory: $778,924
- Land, buildings, equipment (net of accumulated depreciation): $1,111,231
Total Assets: $1,890,155

LIABILITIES & NET ASSETS
- Total Liabilities: $71,001
- Net Assets (Restricted and Unrestricted): $1,819,154
Total Liabilities and Net Assets: $1,890,155

REVENUE
- Government: 41%
- Foundations: 3%
- Donations: 11%
- Subsidized Programs: 35%
- Non-Subsidized Programs: 7%
- Events: 3%
- Other: 0%

EXPENSES
- Management, Fundraising & General: 12%
- Subsidized Programs: 75%
- Non-Subsidized Programs: 13%
2016 DONORS

Susani Harris
Sue Ellen Harrison
Doris Hass
Lauren Hazelsbacher
Thomas Hast
Joan Haug
Rachel Hauser
Patricia Havekost
Shannon
Joan Haney
Deborah Hayes
Jeanette Headrick
Josie and Rolle Heath
Elizabeth Helgans
Caroline Helwig
Diane Henderson
Ruth Henderson
Sandra and Dr. Joe Hendrickson
Vanessa Hertig
Jackson and Betty Herring
Harry Kennedy and Debra Hershcopf Kennedy
Aaron and Audrey Heun
Paula Hiatt
Wendie and James Highsmith
Caroline Himes
Elizabeth Himes
Emily Himes
Jon and Liz Hinebauch
Jeremy Hinigardner
Elizabeth Hitchcock* and David Hogenson
Janet Hoagland
Don Hobbs
Laura Hochman
Jean Hodges
Diana Hoguet
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Marika Holland
Josh Holman
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Jennifer Hoover
Z Hopkins

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Malinda Hovestock
Holly Howard
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Jordan Humphrey
Bob and Eileen Hunnes
Ray Huston
Christine Hybert
Virginia Ikeda
Eduardo and Diane llanes
Saletha Isaacson
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Angie and Scott Jeffords
Eliot Jeffords
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Judy Kelly
Sean Michael Kelly
Eric and Elizabeth Kelts
Cathleen and David Kendall
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Any Kirvan
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Ingrid Kloese-Fischer
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Nancy Kornblum
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Howard and Charlotte Krasnoff
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Adam Krug
Robyn Kube
Autumn Kuehl
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Christian Webert
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Annie Lanland
Eric Cornell & Celeste Landrum
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Rosabel Martinez
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Tim and Pat Ostwald
Judy Richtel
Martha L. Ridgway

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Robertson
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Kristin Robinson
Kirsten Roeber
Phyllis Rogers
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Somer Stapleton
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Kal Ghayur
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Jane Steinbrecher
Barabra Steinmetz
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Steinwand
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Stapelen
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Levine
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Patricia Stoll
Helen Stone
Julie Stone and Ron
Cummings
Linda Stonerock
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Haikinson
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Janie Sturart
Lindsey Stuart
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Carolyn Tabak
Ellen Taxman
Katherine Taylor
Shirley Thilen
Gene and Sue Thoele
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Rosenfeld
Jacqueline Tillman
Tenni Tillmann
John and Elizabeth Tilton
Barbara & Tom Trager
Tim Trapp
TinaMarie Trifilio Hart and
Andrew Hart
Charles Twichell and
Kristi Torkelson
Alex Tzang
Susan Ulrich
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BUSINESSES & ORGANIZATIONS

Altitude Spirits
Apple
Art and Soul Gallery
Avery Brewing
Ball Aerospace and
Technologies Corporation
Ball Corporation
Blue Spruce Construction
Services
Boulder Community
Health
Boulder CPA Group
Boulder Valley Center for
Dermatology
Boulder Valley Unitarian
Universalist Fellowship
Boulder Weekly
BW Construction*
CA Technologies
Matching Gifts Program
Cedar & Hyde Mercantile
Cheryl, Patrick & Jacobson
Color Me Mine, Boulder
Colorado Financial
Management
Community United
Church of Christ
Daily Camera
Eight Days A Week
Fabricate
Harvest Wine & Spirits
Humphrey Family
Partnership, LLC
IBM Employee Charitable
Contribution Campaign
Kenny Erey State Farm
Agency Inc.
Legacy Trust Family
Wealth Offices
Lindsay’s Boulder Deli at
Haagen Dazs
Mountain Sun Pub &
Brewery
Mustard’s Last Stand
North End at 4580
ONE Condoms
Orange Poppy Spa
Otten Johnson Robinson
Neff & Ragonetti, PC
Rags Consignments
Rebecca’s Apothecary
S.D. Merritt & Associates, P.C.
Salesforce Foundation
Sports & Social / Play
Synergy Event
Management
The Tea Spot
Ten20
The Thayer Group for
Women’s Care
Twig Salon
Vapor Distillery
Verte Photography
Weaver’s Dive and Travel
Management

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DONORS continued
Longmont Community Foundation
MannFreeman Family Foundation
Namaste Foundation
Prince Charitable Trusts
The Robert and Carla Urwiler Charitable Giving Fund
Rose Community Foundation
Valdemar F. Larson Memorial Fund

GOVERNMENT
Boulder County
City of Boulder
City of Boulder Youth Opportunities Program
City and County of Broomfield
City of Longmont
City of Longmont Fire Department
Title X Federal Grant (delegate agency)
Women’s Wellness Connection

*Circle of Sustainers
**Sustaining Partner

We have made every effort to ensure the accuracy of this list. If we have omitted or misidentified you in any way, please accept our apologies and let us know.

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HOW YOU CAN HELP

EDUCATE

Educate yourself. Sign up for our weekly Advocacy & Action Report, a quick round-up of stories from around our state and nation. Keep informed on what’s going on in Congress and our State Legislature and how you can take action to protect your reproductive rights!

Educate others. Talk with your family, friends, and neighbors about the importance of access to reproductive healthcare services and the crucial role that Women’s Health plays in assuring access for the underserved in our community.

ADVOCATE

Advocate for continued government funding of family planning services. Make sure your state and federal legislators understand the importance of contraceptive access and a well-funded family planning safety net.

DONATE

Support Women’s Health to keep subsidized reproductive health care, sexuality education, and abortion services available to all who need them.

- $1000 provides four comprehensive sexuality education classroom presentations.
- $500 provides one low-income woman or teen with an IUD or other long-acting reversible contraceptive (LARC).
- $100 provides birth control pills for one low-income woman or teen for six months.
- $50 covers a decision counseling session for a woman facing an unintended pregnancy.

Donate monthly to join our Circle of Sustainers, a special group of people who provide ongoing, reliable support to our mission. Giving monthly is convenient and easy on your budget!

Sustaining Partners are members of the Circle of Sustainers who donate at least $100 each month.

Donate or learn more about the Circle of Sustainers on our website: www.boulderwomenshealth.org.

CONNECT

Join us on Facebook, Twitter, LinkedIn, and Instagram!

POSITIONED FOR 2017!

- Improved organization and quality of staff
- Engaged, Committed Board
- Experienced Administrative Team
- Energized, Passionate Donors
BOULDER VALLEY WOMENS HEALTH CENTER
2285 Valmont Rd, Boulder, CO 80301
82 21st Ave, Longmont, CO 80501
Clinic line: 303-442-5160
Admin line: 303-440-9320
Email: info@bvwhc.org
boulderwomenshealth.org • teenclinic.org