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News from Mabel (Summer 2011)

Mabel Wadworth Health Center Staff

Mabel Wadworth Health Center

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News from Mabel

Summer 2011

Continuing to combine education, advocacy and clinical services At Mabel Wadsworth Center, we know we can best serve women by blending our clinical, educational, and advocacy services. A recent activity within the Center that continues to provide such blending is the cross-training of staff. Our education and outreach coordinator is now trained to educate women about pregnancy options, birth control options and abortion care. Likewise, members of our clinical staff worked together with administrative staff to create the Gaining Access Project (GAP), designed for uninsured clients. Check out our website for more information on GAP.



UMaine's Student Women's Association receiving this year's Mabel's Torch Award.

Emergency Contraception We knew when we began offering **Plan B** here at a reduced cost that it would improve access and we have been thrilled by an added benefit: education about Plan B and birth control. Women who come to the Center seeking Plan B have the option to meet with a clinician to discuss use, effectiveness and potential side effects AND many have returned to the clinic for a follow-up appointment to discuss and obtain birth control!

Clinical care

Mabel's Lending Library Interesting in supporting the Center? We are updating our women's health lending library and need new books. Please consider donating. Go to our website to view our wish list.

Community Outreach We believe knowledge is power. This year we provided accurate and up-to-date information on sexual and reproductive health to various audiences. We presented at schools and colleges, the UU Church, Women's Re-Entry Program, and living rooms on topics such as abortion, safer sex, birth control, reproductive health and more!

My Body. My Voice Along with Spruce Run, we collaborated with UMaine's Safe Campus Project and Rape Response Services to educate our community about the connection between intimate violence and reproductive health. Performances were held for students, staff and faculty at the University of Maine and at a University of Maine, Presque Isle class on domestic violence that coordinated a public presentation for professionals from central Aroostook County.

Opening Up Sexuality is an essential part of our lives that is rarely discussed openly in our culture. The silence often leads to misinformation, feelings of shame and embarrassment. Opening Up is a series of workshops led by sexuality educator and wellness coach, Anastasia B. Anastasia presents information and facilitates conversations on an array of topics including sex toys, sexual fantasies and self-pleasure. The Opening Up workshops are judgment-free and a safe place to ask questions and share experiences. Look for more information coming soon on the fall series on Facebook, our website, in Hot Flashes or call 947-5337.

www.mabelwadsworth.org

Educational Services

Mabel's Voices Project

Our goal is to end the shame, silence, and stigma that surround abortion and stop the marginalization of reproductive health. We believe that when we share our experiences with abortion, we empower ourselves and others. By telling your story, you let other women know that those who have abortions are a diverse group. Abortion is a normal and necessary part of women's reproductive lives. The stories collected through the Mabel's Voices Project will be compiled into materials such as brochures, films, and booklets that can be used to help women understand their options and make informed choices about their reproductive lives. **End the Silence, Tell your Story.** Visit our website for more information on the project.



Paul Bunyan at our "Champions for Choice" rally on a rainy spring day. The rally was held in opposition to the anti-choice bills proposed in Maine during the last legislative session. We also took a stand against the nationwide attack on women rights. In Maine, all five anti-choice bills were defeated this session thanks to the hard work of the Maine Choice Coalition.

How wonderful it is that nobody need wait a single moment before starting to improve the world. –Anne Frank

We've started an Advocacy Group!

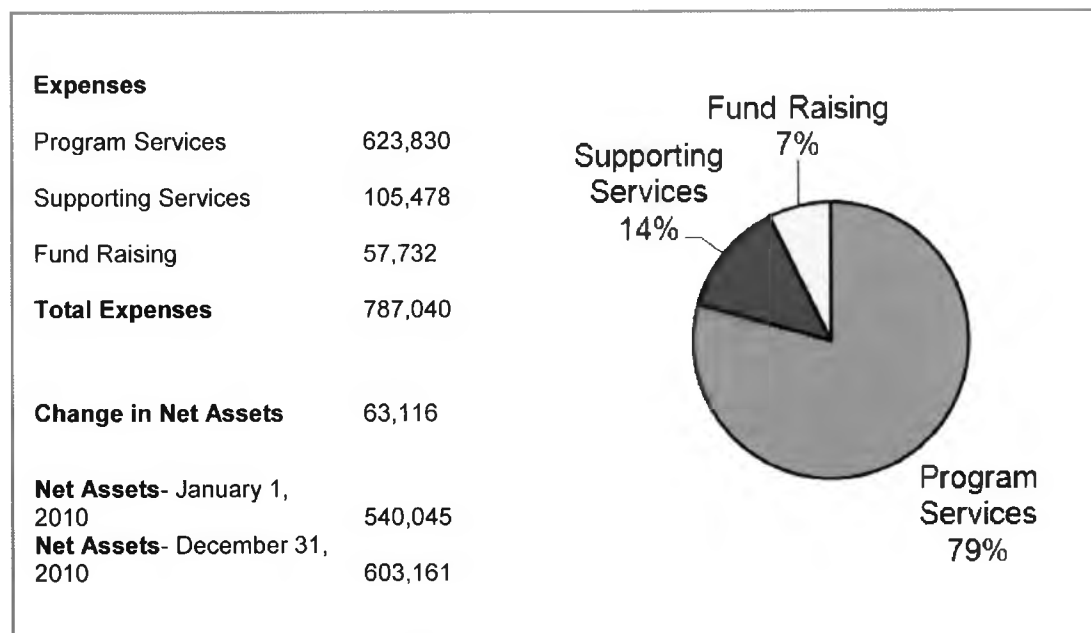
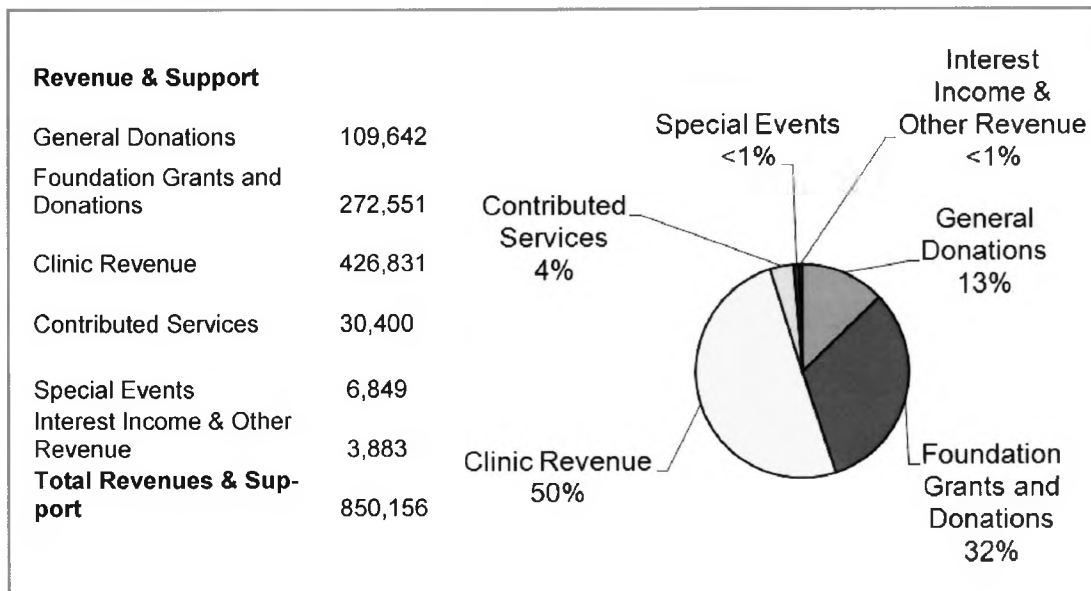
This year, more restrictions to abortion access were proposed nationwide than any other year since it became legal. Now more than ever, we need an active pro-choice voice in our community. The group is made up of volunteers, board members, interns and staff members. If you are interested in joining the group please contact Abbie at 947-5337 ext. 114 or educate@mabelwadsworth.org

Issues Advocacy

Mabel's Annual Report



Statement of Financial Position: 2010



For complete financials or questions, contact Kate at 947-5337 ext. 103 or kate@mabelwadsworth.org

Financials