

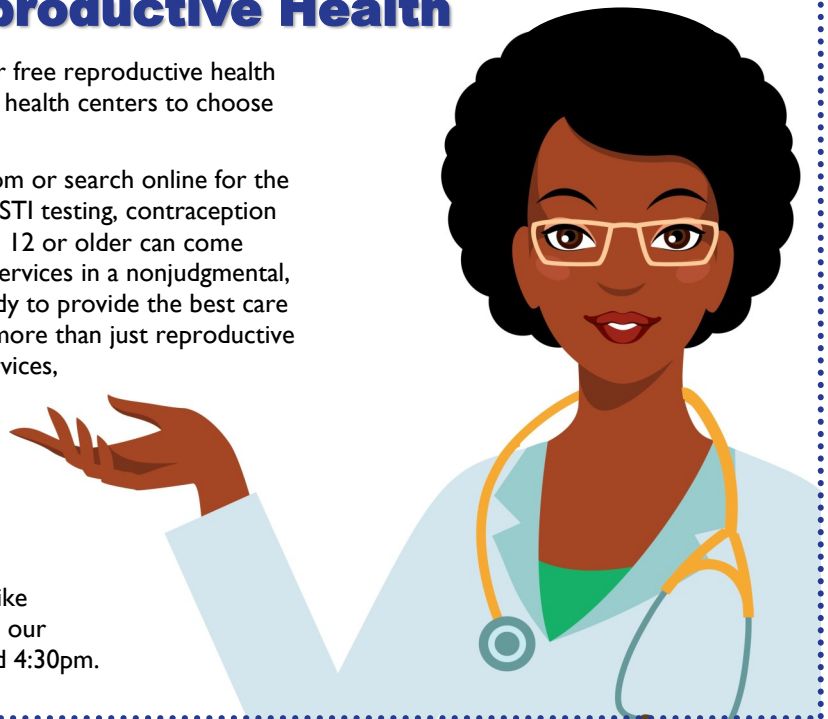
Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

## Take Control of *your* Reproductive Health

Finger Lakes Community Health (FLCH) provides low cost or free reproductive health care-related services all over the Finger Lakes region. With 8 health centers to choose from, there is sure to be one near you!

Find a list of our locations at [www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com) or search online for the closest FLCH location near you. If you are in need of HIV or STI testing, contraception (birth control), or prenatal services, we can help. Anyone age 12 or older can come to us and receive confidential, low-cost reproductive health services in a nonjudgmental, welcoming setting. Our trained medical professionals are ready to provide the best care possible to anyone and everyone who needs it. We provide more than just reproductive health services too! We also provide primary care, dental services, and behavioral health services. We have staff on who can help you enroll in health insurance, transport you to visits, or help you address any of the barriers to care you may face. Everyone deserves the right to take control of their health and reproductive choices, and FLCH's mission is to make this accessible to anyone who needs it.

If you are interested in scheduling an appointment or would like more information about Finger Lakes Community Health, call our call-center any time Monday through Friday between 8am and 4:30pm.



The Center of the Finger Lakes, a grassroots program of Family Counseling Service of the Finger Lakes, Inc., is a comprehensive LGBTQ service provider. The Center serves Ontario, Wayne, Yates, and Seneca counties and we always say it's a "Choose Your Own Adventure!" You tell us what you're looking for and that's what we'll do! The Center is a leader in serving the LGBTQ

community and survivors of crime in the Finger Lakes. We assist with name changes, accessing transgender-affirming health care, navigating community services and systems, providing LGBTQ cultural humility training, we work with local school LGBTQ clubs, and more! The Center also provides 4 peer support groups: YANA (You Are Not Alone) for LGBTQ youth ages 10-18, Square One for partners and families of LGBTQ folks, Trans and Gender Expansive Coalition for any transgender or gender non-conforming adult ages 18 and over, and Haven for any LGBTQ adults ages 18 and over. The Center hosts an interactive FLX Pride event each year as well. This year, we will be providing several activities throughout the month. Notably, on June 5th, there will be an LGBTQ picnic and Gender-Affirming Clothing Swap at no cost to the community. There will be a Community Safe Zone training on June 11th

from 11-2PM (snacks included!) for any members of our community looking to access education and learn more about being an ally.

If you'd like to learn more, you can find us at [www.fcsfl.org](http://www.fcsfl.org) or you can reach out to Amy at [ababiarz@fcsfl.org](mailto:ababiarz@fcsfl.org)! To learn more about joining in on events at the Center or volunteering, find us on Facebook under The Center of the Finger Lakes. If you are struggling with feelings of self-esteem or suicidality, please reach out to the **Trans Lifeline at (877) 565-8860** or **The Trevor Project at (866) 488-7386**.

## Locations:

### Bath

#### Community Health

6890 County Route 113  
Bath, NY 14810  
(607) 776-3063

### Geneva

#### Community Health

601B Washington St  
Geneva, NY 14456  
(315) 781-8448

### Newark

#### Community Health

513 W. Union St  
Newark, NY 14513  
(315) 573-7577

### Ovid

#### Community Health

7150 N. Main Street  
Ovid, NY 14521  
(607) 403-0065

### Penn Yan

#### Community Health

112 Kimball Ave  
Penn Yan, NY 14527  
(315) 536-2752

### Port Byron

#### Community Health

60 Main St  
Port Byron, NY 13140  
(315) 776-9700

### Sodus

#### Community Health

6341 Ridge Rodd  
Sodus, NY 14551  
(315) 483-1199

Call the FLCH office nearest you for all your medical, dental, reproductive and behavioral health needs.

For more details visit:

[www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com)

# — NATIONAL — HIV TESTING DAY

June 27th, 2022



At Finger Lakes Community Health, we understand the importance of regular HIV testing and early diagnosis, but do you? HIV (human immunodeficiency virus) attacks the body's immune system, and if left untreated, can lead to AIDS (acquired immunodeficiency syndrome). Once someone contracts HIV, they are infected for life. Anyone can contract HIV through unprotected sexual activity, sharing needles or by coming in contact with HIV-infected blood, semen, breast milk, vaginal fluids, or anal fluids. Fortunately, HIV can be managed with proper medical care. At Finger Lakes Community Health, we recommend getting tested for HIV at least yearly, but especially when changing sexual partners, or if you engage in high-risk activities like anal sex, have multiple sexual partners, or use injection drugs. We also recommend to those who engage in high-risk activities that they consider taking the medication

regimen called "PrEP," or pre-exposure prophylaxis. PrEP is taken to prevent the transmission of HIV.

Getting tested for HIV is easy, fast, and can be free or low-cost at any of our health centers. We offer two options for testing: a blood draw or rapid test option. With the rapid test option, just a finger prick worth of blood is needed, and the results are available in under 15 minutes. Did you know that if you think you have been exposed to HIV, there is medication available that can decrease your chance of contracting the virus? This regimen needs to be started within 72 hours after the possible exposure. The medication is called "PEP," or post-exposure prophylaxis. **If you're interested in getting tested for HIV or want more information on PEP or PrEP, contact your local Finger Lakes Community Health Center today!**

Finger Lakes Community Health is

# PROUD

to provide compassionate,  
inclusive and equitable  
healthcare for our friends  
in the LGBTQ community!



Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?

For more information visit, [www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com) or

call us today to schedule at (315) 787-8132.

Follow us on TWITTER at **FLCHFPED!**