Family Planning Helps the Entire Family

Why is family planning important?
Planning a pregnancy is a decision for partners to make together. It is important for women to space and limit their pregnancies because they can impact a woman's health and well-being, and the outcome of each pregnancy.

How can family planning help you?
Planning for a pregnancy helps families:
- Get healthy before pregnancy
- Start prenatal care early
- Making sure babies are born healthy
- Prepare to be parents

What services are available at a Family Planning clinic?
All local health departments offer confidential services, education, and information—with fees based on a sliding scale—including:

- Birth control options
- Safe sex
- Infertility
- Physical exam if needed

- Pregnancy tests
- Nutrition
- STIs
- Sexual health testing

What methods of contraception are offered?

- Abstinence
- Diaphragm
- Intrauterine Device (IUD)
- Birth control pills
- Nuvaring

- Depo Provera (shot)
- Foam and condoms
- Natural family planning
- Nexplanon
- Emergency contraception

For more information: Contact your local health department at (434) 972-6200 or www.TJHD.org