

LETTER FROM OUR CEO

Dear Friend,

This calendar year, Planned Parenthood Northern California (PPNorCal) remained strong, forward-thinking, and resilient in the face of ongoing crises. This year, against all odds, we opened the San Francisco Flagship Health Center, transitioned to the Epic Electronic Health (EHR) Record System, and expanded our impact through telehealth services, while still operating under COVID-19 safety protocols. Our success is a direct result of a dedicated Board of Directors, generous supporters like you, and our outstanding PPNorCal staff, who continue to provide life-changing care without disruption.

Though there has been much progress made, we cannot rest. We are seeing a dangerous trend of restricting abortion in our country. We are currently seeing what a post-Roe world could look like in Texas, where the U.S. Supreme Court has allowed S.B. 8 to stand, effectively banning abortion at approximately six weeks. Poll after poll demonstrates that a super majority of people in America support legal abortion, but on 12/1 the Supreme Court heard arguments on the Mississippi 15-week Abortion Ban case that could overturn or dramatically erode protections under Roe v. Wade. The nationwide attacks against reproductive health care and rights are at a crisis point. If you are interested in supporting patients in Texas and other hostile states, please consider donating to the [Yellowhammer Fund](#), [Mississippi Freedom Fund](#), [ACR-Southeast](#), [ACCESS REPRODUCTIVE JUSTICE](#), [Women's Health Specialists](#), and [Women's Reproductive Rights Assistance Project \(WRRAP\)](#). You can also give to [keepourclinics.org](#) to support abortion providers, including Jackson Women's Health Organization in Mississippi.

PPNorCal, along with our other Planned Parenthood partners, is focused on strengthening California's capacity as a reproductive freedom state. Texas patients are already seeking our care, cementing our status as a safe haven for all. More than ever, we are committed to upholding our mission for the most vulnerable among us. Please join us and donate today, every dollar matters. Together, we can continue to shine as a beacon of hope for all who need us—now and into the future.

Together, we can continue to build upon the accomplishments of this year and make a direct impact on the lives of those we serve.

I wish you and your loved ones much peace during this holiday season.

With hope and gratitude,



Gilda Gonzales
President and CEO
Planned Parenthood Northern California

Please give today!

2021 CALENDAR YEAR IN REVIEW

PPNorCal is proud to continue providing the following essential reproductive health care services this year:

- Family planning, including pregnancy testing and counseling*
- Contraception and birth control*
- STI testing, vaccines, and treatment, including PEP and PrEP to prevent HIV infection
- Infertility services*
- Abortion services and emergency contraception*
- Cancer screenings, including colposcopy and breast exams*
- Prenatal care
- Behavioral health
- Trans health services and Gender Affirming Hormone Therapy (GAHT)
- Vasectomy
- Loop Electrosurgical Excision Procedure (LEEP), a procedure that removes abnormal tissue from the cervix

*Treatments that are offered at each of our 17 health centers.

2021 CALENDAR YEAR IN REVIEW CONTINUED

The Opening of PPNorCal's San Francisco Flagship Health Center at 1522 Bush Street

The [San Francisco Flagship Health Center](#) provides a full range of our expert health care services, with exciting expansion of vasectomies, abortion, and behavioral health services. Our Flagship is located in the heart of San Francisco. The space allows for a higher volume of patient visits, enabling San Franciscans and surrounding communities to take advantage of expanded services.

This Flagship makes space for collaboration and innovation across PPNorCal's programs, including groundbreaking research, education, and mobilization. The Flagship reinforces our mission to increase visibility, engagement, and the ability to provide health care for low-income patients.

This modern facility and its advanced equipment and technology allow us to increase our service capacity, reduce wait times, and host gatherings in our state-of-the-art, multipurpose rooms. Our most commonly sought-after appointment types at this location are sexually transmitted infection (STI) screening and treatment, birth control consultations, pregnancy testing, and breast and cervical cancer screenings.



Special thanks to Ann Taylor for her generous support of the beautiful art throughout the Flagship

HIGHLIGHTS

Community Outreach

After a year without in-person Women's Marches due to COVID-19, PPNorCal's Public Affairs and Education teams were happy to be involved in nearly a dozen Women's March events on October 2, in support of reproductive rights.



REDDING



SAN FRANCISCO

On November 4, [Planned Parenthood Northern California Action Fund](#) (PPNorCalAF) hosted the first-ever 'Saving Roe - What's at Stake?' fundraiser, which benefited the Action Fund and their efforts toward advocating for reproductive rights. The Action Fund was pleased to welcome the Bad Old Days Posse, a group dedicated to sharing their pre-Roe abortion stories.

Through their stories, participants and presenters alike were exposed to personal accounts of what life was like during an age that largely viewed women as unequal and lesser-than members of society. Their stories field the urgency and importance to protect reproductive rights and health care services. There is too much at stake!



NAPA



EUREKA

SAVING ROE - WHAT'S AT STAKE?

NOVEMBER 4, 2021 FROM 6PM TO 8PM. VIRTUAL.



HIGHLIGHTS CONTINUED

Donor Impact

Remembering Planned Parenthood Northern California (PPNorCal) in your will or trust is one of the most meaningful gifts you can give. Future generations will benefit from your generosity as we work to protect reproductive rights for all.

Generous donors like Julian Lifschiz D.D.S. are standing with us by sharing news of their plans to leave a legacy for PPNorCal. Julian thanks his mother for instilling in him the importance of supporting Planned Parenthood. He continues her legacy through his support.



Dr. Julian Lifschiz and his wife, Sue Lifschiz

In a recent conversation with VP of Development Lisa Moore, Julian shared: "Women's choice is important to me. I feel Planned Parenthood is the most effective way that I can contribute to the future of reproductive rights."

The future of PPNorCal is strong thanks to generous legacy gifts like Julian's. If you would like to learn more about creating your legacy for PPNorCal, please contact Lisa Moore at lmoore@ppnorcal.org.



Julian with his mother in 1937

Consider making a Qualified Charitable Distribution gift to PPNorCal today!

If you are 70½ -years-old and have an IRA, donating through your IRA is a fantastic way to support PPNorCal's mission to champion healthy communities and maximize your tax savings. To make an IRA rollover contribution to PPNorCal, contact your account administrator for the required forms. Transfers must be made directly from your IRA by your administrator to PPNorCal. These gifts count towards your required minimum distribution (RMD) for the year.

To learn more, please contact Vice President of Development Lisa Moore at lmoore@ppnorcal.org.

DID YOU KNOW?

Behavioral Health

Our Behavioral Health Department provides crisis counseling and ongoing supportive therapy to patients seeking help for mild to moderate mental health stressors and challenges. This includes anxiety, depression, relational concerns, feelings about reproductive health options, and adjusting to/ managing life stressors. The Behavioral Health Team also works with patients coping with trauma (e.g., IPV, abuse, housing insecurities). In addition, they support patients seeking Gender Affirming Hormone Therapy (GAHT) services by assessing social and familial support as they begin their transition processes.

PPNorCal therapists also work collaboratively with the Contra Costa Prenatal Program by providing assessments, health education, and emotional support to prenatal patients. Our goal is to connect prenatal patients with needed resources to progress with a healthy pregnancy and delivery. Prenatal counselors provide ongoing counseling services to prenatal patients and couples as needed.

"I appreciate my therapist! She helps me manage depression and anxiety as I navigate life changes and has been a huge support to me during a challenging time in caring for my aging mother."

"My therapist helped [me] tremendously to cope with my role as a new mother. I was experiencing significant post-partum depression and she helped me cope with a wide range of feelings to better manage my sadness and stress."

DIVERSITY, EQUITY, & INCLUSION

DEI is at the core of PPNorCal's mission of respecting and honoring all people. We are dedicated to intentionally creating an inclusive and diverse environment in which we all feel valued and supported. To deepen this steadfast commitment to DEI, in 2020, PPNorCal launched monthly staff meetings dedicated to generative conversations about essential, intersectional social justice topics impacting reproductive care.

In 2021, PPNorCal teams engaged in in-depth conversations concerning essential DEI topics, including:

- Anti-Racism
- Critical Race Theory and Anti-Racism
- Cultural Intelligence
- Discussion Session: Actions taken by each team member to promote DEI and improvements that are still needed at their worksite.
- Implicit and Unconscious Bias
- Inclusive Environments: Individuals with Disabilities
- Inclusive Work Environments and Pronouns in the Workplace
- Microaggressions and the Culture of Timely Feedback and Accountability
- Racial Equity and Disparities
- Race Norming in Health Care and Health Care Disparities
- Structural Competency
- White Supremacy and The 1619 Project

Intersectionality was coined by lawyer and civil rights activist Kimberlé Crenshaw and "refers to the interconnected nature of social categorizations such as race, class, and gender, regarded as creating overlapping and interdependent systems of discrimination or disadvantage; a theoretical approach based on such a premise" (Oxford Dictionary 2017).

WHAT'S THE DIFFERENCE WHEN I GIVE?

Planned Parenthood Northern California and Planned Parenthood Federation of America

We are often asked what happens when you give to Planned Parenthood Northern California versus the Federation.

We wanted to share with you the following guide to avoid any possible confusion.

If you want to give to [Planned Parenthood Northern California](#) directly and have all of your gift go to local health care and education services to better the lives of people across 20 counties in Northern California...

Then you need to go to our affiliate website (support.ppnorcal.org) where 100% of your donation is directed to services right here, in Northern California.

If you go to Planned Parenthood Federation of America's national website...

Approximately 50% of your gift will support health services and education here in Northern California and the other 50% of your gift will support national advocacy and education efforts.

Two ways to support our mission to protect health care, education, and justice. No matter what!



Support Planned Parenthood Northern California! Make an appointment [online](#), connect to community, and get involved!



Planned Parenthood Northern California

www.ppnorcal.org



Regional Offices:

2185 Pacheco Street, Concord, CA 94520
1522 Bush St, San Francisco, CA 94109