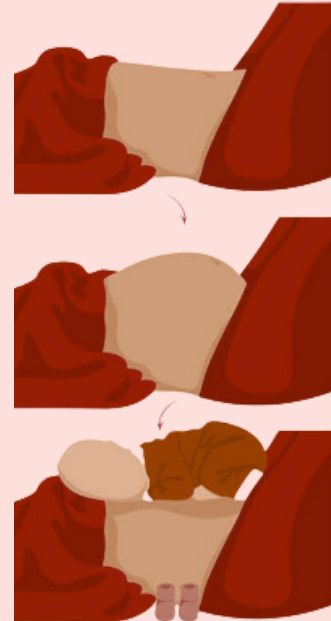


Before, During, and After



Join us,
for an educational series presented by a planned parenthood health educator designed to guide individuals through the full journey of pregnancy and reproductive health. From understanding your menstrual cycle to exploring relationships, SEX, birth control, sexually transmitted diseases (STDs) and navigating healthcare – this series covers what you need to know before, during and after pregnancy.

Freehold

Community Affairs and Resource Center (CARC)
85 South Street
Freehold, NJ 07728



Let's Talk About It: Sex, Consent & Healthy Relationships

Learn How To Build Respectful Relationships and Make Informed Choices About Sex

July 14th at 2:00pm – 3:00pm

December 11th at 2:00pm – 3:00pm – CARC – Asbury Park



Understanding The Healthcare System: Getting The Care You Need

Understanding Healthcare Options Related To Pregnancy and Reproductive Health

September 15th at 2:00pm – 3:00pm

Asbury Park

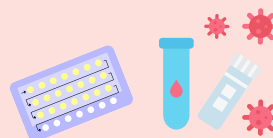
Community Affairs and Resource Center (CARC)
913 Sewall Avenue
Asbury Park, NJ 07712



Period Power: Owning Your Cycle and Knowing Your Body

Explore The Menstrual Cycle, Hormonal Changes, How To Track and Proper Hygiene

August 14th at 2:00pm – 3:00pm



Protected And Informed: Birth Control and STD Prevention

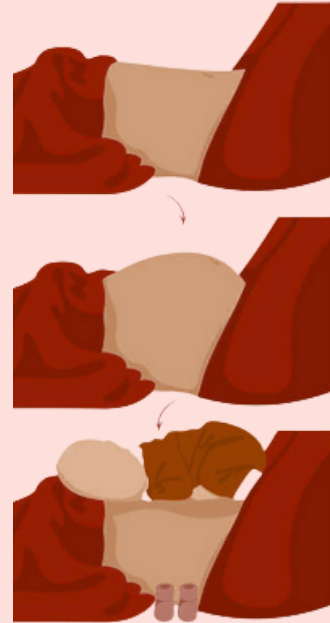
Understanding Your Options For Birth Control & STD Prevention

October 9th at 2:00pm – 3:00pm

November 10th at 2:00pm – 3:00pm – CARC – Freehold

For more information:
Ashley at 609-690-0557 English
Paola at 609-690-0563 Spanish

Antes, Durante, Después



Acompáñenos,
para una serie educativa presentada por una educadora de salud, de
Planned Parenthood, diseñada para guiar a las personas a través de
todo el proceso del embarazo y la salud reproductiva. Desde
comprender su ciclo menstrual hasta explorar las relaciones, el sexo,
los anticonceptivos, las enfermedades de transmisión sexual (ETS) y
la atención médica. Esta serie cubre lo que necesitas saber

Freehold

Centro de Asuntos Comunitarios y Recursos (CARC)
85 South Street Freehold, NJ 07728



Hablemos de Ello:: Sexo, Consentimiento y Relaciones Salubres

Aprende a Construir Relaciones Respetuosas y a Tomar Decisiones
Informadas Sobre El Sexo

14 de Julio de 2:00pm – 3:00pm

11 de Diciembre de 2:00–3:00pm – CARC – Asbury Park



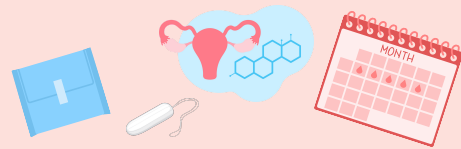
Comprender El Sistema De Salud: Obtenga La Atención Que Necesita

Comprender Las Opciones De Atención Médica Relacionadas Con El
Embarazo Y La Salud Reproductiva

15 de Septiembre 2:00pm – 3:00pm

Asbury Park

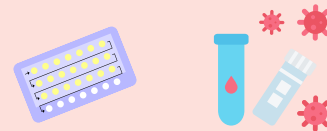
Centro de Asuntos Comunitarios y Recursos (CARC)
913 Sewall Ave, Asbury Park, NJ 07712



El Poder De La Menstruación: Dominar Tu Ciclo Y Conocer Tu Cuerpo

Explora El Ciclo Menstrual, Los Cambios Hormonales, Cómo
Seguimiento Y Una Higiene Adecuada

14 De Agosto De 2:00pm – 3:00pm



Protegidos Y Informados: Anticoncepción Y Prevención De ETS

Entienda Sus Opciones De Anticoncepción Y Prevención De ETS

9 de Octubre De 2:00pm – 3:00pm

10 de Noviembre De 2:00–3:00pm – CARC – Freehold