

A STEP AHEAD CHATTANOOGA

QUARTERLY **ACCESS** NEWSLETTER



All Access to A Step Ahead Chattanooga

Our mission is to remove barriers to contraception through education, outreach, and access to free birth control. Having access to accurate information and effective contraception enables women to pursue any goal they set for themselves, and YOUR support is what makes it all happen. As a dedicated supporter, you make a profound impact on

this work and on our community. We're excited for you to see what we're up to!

[VISIT OUR WEBSITE](#)

Birth Control Fast Facts

DID YOU KNOW?

99%

of sexually active American women 15–44 have used a contraceptive method other than natural family planning.

More than 400,000

women in Tennessee live in contraceptive deserts.

In 2021 we provided **FREE** birth control access to over

1,000 individuals.

In 2021 the demand for access to birth control methods through A Step Ahead Chattanooga

increased by **20%** over
the previous year.

Upcoming **Events**



ConnectHER

April 28, 2022

REGISTER FOR FREE TICKETS

A Big Milestone

Since 2014, ASAC has been providing services to women in the Chattanooga region. We are so proud to announce that as of the end of 2021, we have connected over 5,000 women with access to free birth control and provided education to tens of thousands more. We want to invite our supporters and community to join us in celebrating this important milestone, **AND** hear more about our plans to reach even more women in more counties!

A Step Ahead Chattanooga's ConnectHER celebration honors the

individuals we serve, our supporters, and the community at large. This free event will be held at Waterhouse Pavilion in Miller Plaza on April 28th, with entertainment, a silent auction, light bites, wine, and beer.

Add **event** to calendar

[Apple](#) [Google](#) [Office 365](#) [Outlook](#) [Outlook.com](#) [Yahoo](#)

Tough Talks

Due to a lack of ability to meet in person, ASAC developed a webinar series in 2021, called “Tough Talks”. In this series, ASAC collaborates with other organizations to provide an opportunity for parents and/or guardians to get information about a variety of “tough” topics. We believe this series strengthens our social services network as well as our parent/child network and tackles issues and obstacles that both youth and the adults in their lives face.

Some of the Tough Talks topics include:

- Talks for Parents
- Domestic Partner Violence
- Self Advocacy in Reproductive & Mental Health
 - Understanding Human Trafficking
 - STI Awareness
 - Body Image Awareness
 - Reproductive Health Awareness

Watch the recordings as they are released [here](#).

Plan Ahead Grant Update:

ASAC was awarded a grant from the State of Tennessee called The Plan Ahead Project in October 2020. This grant is a two-year project that has allowed us to expand our education offerings throughout all of our Tennessee counties. We have made some amazing progress and look forward to continuing our work in these areas.

At the end of Year One, ASAC met and exceeded all of our metrics for this grant and we are off to an amazing start for Year Two.

During the first year, our Health Educators connected with 7,465 individuals throughout our Tennessee service area through outreach and education opportunities, we established 182 new partnerships with a variety of organizations who also provide assistance and information throughout our service area and we saw 771 individuals connect to needed clinical services.

If you live within our Tennessee Service area and would like to connect to our Health Education team drop us a line at healtheducators@astepaheadchattanooga.org.



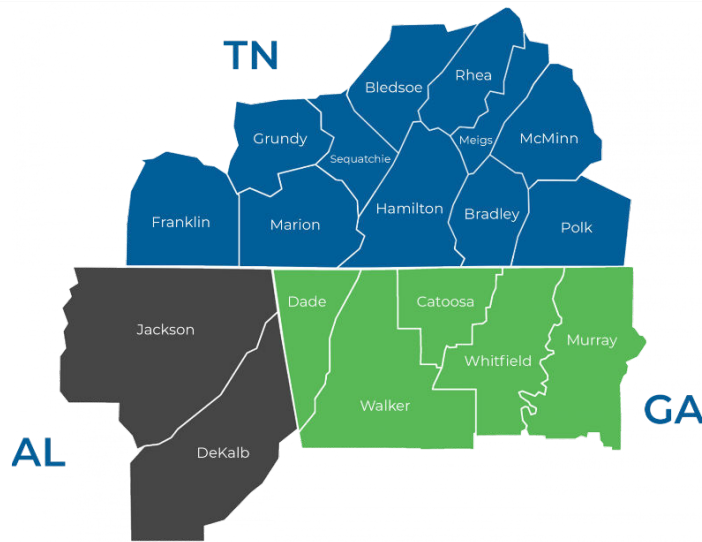
**Bilingual Health Educators, Dorca
Rose and Melissa Rodriguez at
Mercadito in Highland Park.**

Health Educators, Mandi Easterly
and Rachel Endo at Shine Bright 5K
in Jasper, TN



Health Educator Robyn Monroe and
Winston Tramble in Bradley County
educating youth from "The Bridge".

18 COUNTIES SERVED



Tennessee Counties:

Bledsoe, Bradley, Franklin,
 Grundy, Hamilton, Marion,
 Meigs, McMinn, Polk,
 Rhea, and Sequatchie

Georgia Counties:

Catoosa,
 Dade, Murray, Walker, and
 Whitfield

Alabama Counties:

DeKalb
 and Jackson

Client Testimonials

We love hearing stories from our clients that have benefited from our outreach, education, and access to FREE birth control.

We believe When individuals have access to accurate information and access to contraception, they are better equipped to make decisions right for themselves.

Every individual should be able to select the birth control method that is best for them.

"I'm so glad I made the decision to get my birth control! It was the easiest process and everyone was so kind! Thank you!"

"The process was surprisingly easy and I'm glad that the women of the Tennessee Valley have access to long-acting reversible birth control!"

Our work is powered by your generosity. Thank you for making it possible for people across our service area to access vital reproductive health resources.

MAKE A DONATION



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Our mailing address is:

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