

A STEP AHEAD CHATTANOOGA

QUARTERLY **ACCESS** NEWSLETTER



A few of our ASAC staff at the Lookout's game over the summer hanging out with a few of our biggest "fans".

All Access to A Step Ahead Chattanooga

It may be Fall, a time of the year known for colorful leaves and all things pumpkin spice, but we are still cooling off from our hot and busy

summer of outreach and education!

As we cool off from the summer season we are also falling in to annual campaign season. Make sure to keep an eye on your mailbox and inbox for this year's mailer, we pulled out all the "steps" for this one.



Plan Ahead Grant Update:

This summer, our Health Education Staff was busy working with youth throughout our community. Our staff of educators worked with youth from The Bethlehem Center, Reach One Teach One, Net Resource Center, and First Centenary in multi-session classes two days per week and covered a wide range of topics designed to equip youth with information about their bodies and their relationships while giving them the tools to make good decisions as they navigate their teenage years.

We also worked alongside the City of Chattanooga's Recreation Center to help provide similar information to the pre-teens in their Summer Camp Programs. We offered several of the same topics and got to hang out with and meet a lot of kids this summer.

Our staff taught **87** sessions to **897** youth this summer! ☀️



Birth Control Fast Facts

1 in 6

clients were not using contraception before coming to ASAC.

We've seen a 57% increase

in calls to our appointment line since June 2022 compared to the same period of time last year.

Since our founding we have provided **FREE** birth control access to over

5,770 individuals



We are looking for appointment line volunteers! Our appointment line is 100% volunteer-driven and vital to our work.

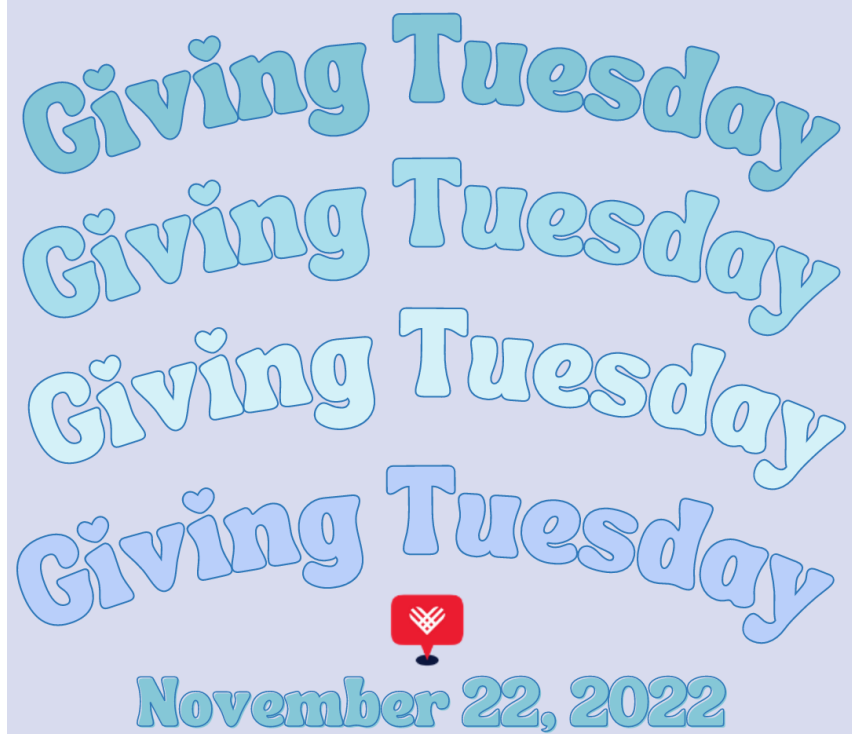
You can sign up for four-hour shifts at your convenience, **Monday through Friday, 9 AM – 1 PM or 1 PM – 5 PM** on days that work for your schedule!

Calls are routed to volunteers' cell phones. Volunteers answer clients' questions about our services and refer them to one of our partner clinics for an appointment.

This is 100% a remote volunteer opportunity you can do from the comfort of your home. The only requirement is access to a secure internet connection, computer or tablet, and smartphone with the ability to hold and merge calls.

If you are interested in learning more about this volunteer opportunity, please send us an email.

EMAIL US ABOUT VOLUNTEERING



Giving Tuesday

Save the date: November 22, 2022
Click to add to your calendar.

There's Black Friday and Cyber Monday, and then there is GivingTuesday. Giving Tuesday was created in 2012 as a simple idea: a day encouraging people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity. This Giving Tuesday, come support locally and give back! We will be partnering with local businesses to do a day of giving back for A Step Ahead Chattanooga.

Stay tuned for more information about our local partners!



Happy National Health Education Week

October 17th-21st

Health education specialists (health educators) teach people about behaviors that promote wellness. They develop and implement strategies to improve the health of individuals and communities. We've been lucky to have a great team of Health Educators on our staff that have educated over 6,000 individuals on a variety of topics and have had conversations with individuals at over 650 outreach events.

We offer a variety of free educational workshops for social service providers, clinic partners, community partners, parents, guardians, grandparents, youth and adults. Our workshops provide factual information about preventative birth control methods, healthy relationships, and overall reproductive wellbeing.

If you or your organization is interested in an educational workshop please take a look at our available curriculum!

AVAILABLE CIRRICULUM

Client Testimonial



"I first heard about A Step Ahead through a friend. I almost didn't believe that I could get access to free birth control. I called, and within 2 weeks, I had an IUD placed. Now I'm safe for 6 years.

They were incredibly kind and asked no questions about income or insurance. Now I don't have to worry about my reproductive health. I highly recommend A Step Ahead to every uterus owner."
-Lauren, ASAC Client

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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