



A STEP AHEAD CHATTANOOGA

QUARTERLY *ACCESS* NEWSLETTER



ASAC staff and volunteers at the East Lake Community Resource Pop-Up this Summer.

All Access to A Step Ahead Chattanooga

It's beginning to (almost) feel like fall in the Tennessee Valley with our pumpkin chai candle lit and our lattes in hand. We are also entering the annual campaign season, and we have some exciting plans for the rest of the year, including our annual mailer! Keep an eye out for updates in

Here's a sneak peek at what you'll find in this edition of our newsletter:

Fast Facts

What's New on the Blog

TANF Update

Education Video Portal Launch

Client Testimonials

Fast Facts

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

7,000 individuals

In August 2023, we served the highest **number of clients**

in a single month since we began serving clients in 2014.



What's On The Blog

In case you missed it, check out our newest blog posts. We aim to provide you with valuable resources on contraception, sexual/reproductive health, and more. Make sure to follow us on social media to stay in the loop!



CLICK TO READ:

SEPARATING FACT FROM FICTION: BIRTH CONTROL MISCONCEPTIONS

CLICK TO READ:

THE LOWDOWN ON BIRTH CONTROL HORMONES

CLICK TO READ:

FINDING POWER IN THE PAUSE



Education Updates

At A Step Ahead Chattanooga, we believe in inclusivity and serving all communities and populations. We are thrilled to announce that members of our Education Team recently underwent a specialized training program for individuals with intellectual and/or developmental disabilities. This unique curriculum empowers us to lead sessions for staff, parents, and individuals on various topics related to reproductive health, specialized to the needs of individuals with disabilities. Our team is excited to expand our educational reach with this valuable addition to our program.



Intern Projects

We have recently had the opportunity to work with some interns from UTC's Master of Public Health Program and are excited about some upcoming projects they have helped us design.

We will implement a series of Community Needs Assessments in various communities to get feedback specific to Reproductive Health.

We will launch these first assessments throughout various college campuses in

New Education Portal



One of the pillars of our mission is education and making reproductive health info accessible to everyone. That's why we're excited to announce the launch of our Education Video Portal on our website.

Our objective is to provide individuals with knowledge that empowers them to make informed decisions about reproductive health. And we hope our education portal helps eliminate barriers to accessing reproductive health education.

Our videos will cover a range of subjects, from having open conversations with youth to understanding the menstrual cycle, contraception methods, setting personal boundaries, and much more.

Our first published series is the "Why To Have The Talk Series." We will discuss age-appropriate ways to start conversations and some common concerns caregivers may have about discussing reproductive health and relationships with their kids. We also review some tips for talking with your kids.

[Register Here For Video Content](#)

Client Testimonial



"I have endometriosis and PCOS, along with an inverted uterus. Because I have lost my health insurance coverage, getting this medical assistance is out of my budget.

Thanks to A Step Ahead, I have been able to have access to birth control and not have to worry about missing any bills."

Follow Us



Copyright © 2022 A Step Ahead Chattanooga, All rights reserved.

Our mailing address is:

P.O. Box 4212
Chattanooga, TN 37405

[unsubscribe from this list](#)