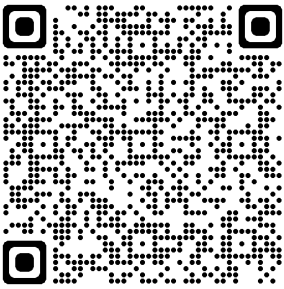


Reproductive Health Sessions Series

Organized by the Refugee Reproductive Health Network
(ReproNet) & the Sacramento Public Library

Join us at the North Highlands-Antelope Library, 4235 Antelope Rd, Antelope, CA 95843, for three presentations on women's health issues in Pashto.

[Register here](#)



For registration by phone or e-mail and additional information please contact Asiya Yama, ReproNet project coordinator at (916) 678-0838 or ayama@hs.uci.edu

www.repronet.org

We will have refreshments and prizes available.

The Reproductive Health Literacy Training is funded with grant G08 LM014109 from the National Library of Medicine

<p>May 1st, 2024, 10:00am-12:00pm Understanding Cervical Cancer Prevention</p>	<ul style="list-style-type: none"> • What is cervical cancer, and how can I prevent it? • What is a Pap smear test? • What happens if the Pap smear is abnormal? • What is the HPV vaccine, and why should I get it?
<p>May 8th, 2024, 10:00am-12:00pm Family Planning and Contraceptive Methods</p>	<ul style="list-style-type: none"> • What is a menstrual cycle and which days can I get pregnant? • What increases the chances of pregnancy? • What contraceptive methods are available? • How can I decide which method is best for me?
<p>May 15th, 2024, 10:00am-12:00pm Maternal Health and Postpartum Care</p>	<ul style="list-style-type: none"> • Why are prenatal and postpartum clinic visits important? • What happens when I have a miscarriage? • What health issues are common after delivery? • How can I take care of myself after delivery?

The Program will include:

- Guided discussion about women's experience with accessing health care and/or preventive services and clarification of myths about cervical cancer.
- Time for Q&A throughout the presentation
- Review and practice of digital materials to obtain information (accessing YouTube, internet searches, and library collection searches)

About the presenter: Asiya Yama received her Bachelor of Science degree in Communication Sciences and Disorders from California State University, Sacramento, and worked as a medical assistant at Sacramento primary care clinic for 2 years. She has been working with ReproNet as a project coordinator for 3 years and co-developed many of the health education resources that is used in the training sessions. She has facilitated multiple reproductive health literacy training sessions offered by ReproNet and World Relief. She is fluent in Pashto, Dari, Urdu, and English.

June Health Literacy Training in Pashto online via zoom

June 5: Understanding Cervical Cancer Prevention

June 12: Family Planning and Contraceptive Method

June 19: Maternal Health& Postpartum Care