

Family Planning *is for* You

Your time. Your choice.



Your life, your decisions, and your well-being matter most to us. You may know someone who got help when they thought they had an STI—or needed help to prevent or plan a pregnancy. They may have visited one of New York State’s many Family Planning Program clinics.

We provide sexual and reproductive health services (listed below). Our services are free or low-cost—and confidential. Information about your visit will not be shared without your permission. Our services are also wide-ranging and available to everyone.

Family planning is about more than your reproductive health—or planning when or whether to have a family. It’s also about your sexual health. If you need services or advice, we can help.



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Our services include:

- Birth control
- Free condoms
- Pregnancy testing
- Testing and treatment for sexually transmitted infections, or STIs/STDs
- Routine reproductive health care/annual visits
- Basic infertility services
- Human papillomavirus (HPV) vaccination
- Cervical and breast cancer screenings
- Other related services, health education, and referrals



health.ny.gov/familyplanning

