A note from Tess Barker
President & CEO

Dear Friends,

As we emerge from this pandemic, I want to tell you how grateful I am to you. The past year presented challenging and unforeseen circumstances, including the loss of loved ones and neighbors, businesses, jobs, and any sense of security. We’ve all had to make sacrifices, both small and unimaginably large. Despite those sacrifices, Planned Parenthood of the North Country New York’s frontline staff continued to deliver high quality, compassionate health care in person and via telehealth. You were here with us. In fact, your support made it all possible.

In a post pandemic environment, we are embracing opportunities to be innovative in serving our north country communities. We are looking forward to a promising year ahead with you. There are so many ways to help support our mission as we move ahead. Here are 5 Things You Can Do Now!

1. DONATE
Your dollars help sustain our mission and allow us to care for every person who walks through our doors. Donate here!

2. VOLUNTEER
Becoming a volunteer and advocate for Planned Parenthood allows you to participate in our daily mission. Call Shelby at 518-561-0605 x128 to find out about volunteer opportunities in your area.

3. SHARE YOUR STORY
Sharing your Planned Parenthood story and/or why your support us inspires everyone involved and brings us closer together. Email your story to stories@ppncny.org

4. HOST A VIRTUAL OR IN-PERSON EVENT
Like trivia games? Have great cocktail recipes? Let us join you and a group of your friends to support Planned Parenthood locally. Call Shelby at 518-561-0605 x128

5. ENGAGE
Hear the latest via our social media work. Join the conversation, share with friends, help spread the word!

In this together,

Tess Barker
President & CEO
PP DIRECT is now available!

WE HAVE SOME EXCITING NEWS!!

PP DIRECT is now available in the North Country!!

What is PP DIRECT?

With PP DIRECT you can request a prescription for the birth control pill to be mailed to you or delivered to your pharmacy without having to see a provider! It is even delivered in a discreet white envelope!

In the app, you can learn about different types of birth control and their effectiveness. Download the PP DIRECT today via the app store or google play or visit the link below for more information!

https://plannedparenthooddirect.org/

Sexual Assault Services Updates:

April was Sexual Assault Awareness month!

Our Sexual Assault Services team spent the month raising awareness for sexual assault and supporting survivors.

The team held a workshop via zoom that discussed how to be safe online. Several community members attended and discussed various ways to stay safe and keep your kids safe while online.

Nathan Niles, our Sexual Assault Prevention Educator has a YouTube channel with learning tools in regard to Sexual Assault Prevention. We encourage you to watch and share these lessons with friends & family!

Sexual Assault Services at PPNCNY offers free, confidential counseling to individuals in Clinton, Franklin and Essex counties. These counseling sessions can be via zoom or over the phone.

Our free, confidential hotline is available 24/7 at 1-877-212-2323.

While things may look a little different, we want you to know that we are still here for you!

If you would like brochures/flyers about Sexual
Assault Services for your organization or business please reach out to shelby.gonyo@ppncny.org

Join our 2021 Spring Plunge

Our 2021 Virtual Spring Plunge is one of our top fundraisers of the year, find out how you can participate below!

We would love to see you and your friends/family participate in our plunge by jumping into Lake Champlain, a pool, or maybe a hot tub if that is more your style. Follow the link below to get your friends and family to donate pledges to plunge. We look forward to, hopefully, meeting again in person in 2022, but until then send us pictures of your plunges and enjoy the frosty waters of the North Country!

Donate to the Plunge!  Visit our Facebook event page here!

Be a PPNCNY Superhero!

Donating to PPNCNY

Want to make a one-time gift to PPNCNY?

Your donation will go towards helping your friends, family, co-workers and neighbors get the care that they need and deserve at little to no cost to them. Thank you for taking care of our patients, we couldn't do this without YOU!
In Case you missed it:

News about abortion:


Planned Parenthood Press releases

LGBTQIA+ news
https://www.cnn.com/2021/05/18/health/gender-diverse-high-school-study-wellness/index.html