

Planned Parenthood

Nassau County

Hempstead, Glen Cove & Massapequa

Appointments: 516-750-2500

Administrative Offices: 516-750-2600

What is PPNC?

- Planned Parenthood provides reproductive health care and comprehensive sex education to its local communities.
- The organization also reaches out to promote the support of reproductive justice.

Why does PPNC exist?

- “Planned Parenthood of Nassau County exists to make sure that all individuals have the **information, services, and freedom** to make healthy, responsible decisions in regards to sex, sexuality, and parenthood.”

- Planned Parenthood offers a number of services to the public.
- Their services are open to a wide range of people, in regards to age.
- Anyone can come in and take advantage of the great things PPNC has to offer.

- Services are affordable and confidential.
- Open to women, men, and teens.
- Most Health Insurance is accepted.
- Some may qualify for free birth control and examinations.
- Absolutely NO ONE is turned away for an inability to pay.

Services

- 1st trimester abortion (surgical and medication)
- Adoption referrals
- Birth control
- Breast & Cervical Cancer Screening
- Emergency Contraception (EC)
- Gynecological Exams
- HIV/AIDS testing & Counseling
- Pregnancy Testing & Options Counseling
- Prenatal care
- Sexuality Education
- Sexually Transmitted Infection Testing & Treatment
- Testicular Cancer Screenings

Planned Parenthood

- Planned Parenthood of Nassau County consists of three separate locations.
- There are clinics in Hempstead, Glen Cove, and Massapequa
- PPNC is just one branch of many throughout the country of the Planned Parenthood Federation of America.

Interning At PPNC

- As a Planned Parenthood Intern, I am part of the Public Affairs department of the Hempstead office.
- In this department, we focus on educating the public about the services that PPNC offers and we promote advocacy for several important issues.

What do I do?

- My main goal is to educate my peers, both at Adelphi and in my community, about the many services Planned Parenthood offers.

In doing so, my duties are:

- Tabling
- Making Goodie Bags
- Handing out PPNC literature
- Event Planning
- Collecting Donations
- Petitioning
- Computer/ Office Work

PPNC Culture

- Planned Parenthood's administrative department has a pretty laid back but productive atmosphere.
- The coordinators and vice presidents are all fun and friendly people.
- They provide all of the interns with moving stories and education on PPNC current events.
- My mentors, Candis Tolliver and Sarah Miller, are both energetic and inspirational.

Spring 2009 Projects

- Reproductive Health Act
- Pedro Watch Party & GYT09 (April 1st 8:00PM)
- Comprehensive Sex Education & Women's Health Petitioning
- Meetings with Nassau County Legislators (April 3rd, 2009)
- Condom Donations to raise \$ for PPNC services

What have I learned?

Planned Parenthood has taught me:

- How to create strong networks
- How to support ideas that you believe in
- How to find common ground with those with opposing beliefs
- How to come up with creative solutions for potential problems (ex. Condom donations)
- How to plan events properly
 - Which includes marketing our events to certain groups
 - How to work with a team

How does PPNC help me?

- Accounting Major with a focus in Health Care Services
- Interning at PPNC allows insight into the structure of the typical office.
- Teaches me office etiquette and public affairs work.
- Business is all about who you know, no matter the field, so PPNC has taught me the importance of having a strong network of relationships.

Who Would Thrive?

- PPNC Interns are those who a PRO choice in regards to women's health issues.
- PPNC Interns must have thick skin and be prepared to deal with opposing ideology.
- PPNC Interns are people who are truly dedicated to educating others about healthy and responsible decisions in regards to sex, parenthood, and freedom.
- PPNC Interns must be willing to dedicate time and energy into both planning and holding events that support the goals of the organization.

Would I Recommend it?

- ABSOLUTELY : I would recommend this internship to anyone!
- Interning at PPNC has been one of the best experiences of my life.
- The people, that you work with, are great and the purpose is truly important.
- PPNC and my experiences throughout the semester have had an amazing effect on my life and many of those around me.

Planned Parenthood of Nassau County

- Health Centers located at:
 - 540 Fulton Avenue, Hempstead
 - 110 School Street, Glen Cove
 - 35 Carmans Road, Massapequa

Call **516-750-2500** or visit **www.PPNC.org** to make an appointment or for more information.