Bringing New People to Family Planning: Fertility Awareness Methods Workshop for Trainers

Speke Resort & Conference Centre Munyonyo
Kampala, Uganda, November 14, 2009

In the last five years, simple and effective fertility awareness methods are being integrated into public and private sector programs in Africa and beyond. Ministries have developed policies and guidelines and have begun to offer the Fertility Awareness-Based Methods (FAM) as part of the FP method mix. Evidence shows that expanding family planning options by including FAM in programs contributes to address unmet need and improve birth spacing.

According to Family Planning: A global Handbook for Providers, "new fertility awareness methods are easier to use correctly than some of the older ones and thus could appeal to more couples." Reaching service providers with this new information is a key step in ensuring that we bring new people to family planning. As FAM are introduced into FP programs in countries across the continent, the need for trainers skilled in the Standard Days Method (SDM) and the Lactational Amenorrhea Method (LAM) and how to integrate them into FP program is growing.

In coordination with the International Family Planning conference in Uganda, the Institute for Reproductive Health at Georgetown University (IRH) has organized a one day workshop to offer trainers to a forum for learning about and discussing FAM and its integration into existing training and services. The workshop will be held on Saturday the 14th of November 2009 at the Speke Resort Hotel.

The goal of this workshop is to strengthen the capacity of a cadre of master trainers to support integration of FAM into existing training.

IRH and colleagues from several East Africa programs will facilitate sessions on the Standard Days Method and Lactational Amenorrhea Method. The latest simplified tools and resources will be shared and discussions with focus on the newest guidelines and issues related to integrating these methods into a Family Planning/health/development programs.

To register or for more information, please contact Ms. Dina Abi-Rached at: da262@georgetown.edu.

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Come and learn about:

- Newest guidelines and tools for offering Standard Days Method (SDM) & the Lactational Amenorrhea Method (LAM) to clients.
- Program pitfalls to avoid in integrating SDM & LAM into existing family planning, health, and development programs.
- User-friendly resources for training community-based health volunteers

Workshop Objectives:

After this workshop, participants will be able to:

- Master the counseling process for the SDM and LAM.
- Use simple tools for training service providers in the SDM and LAM based on the newest protocols.
- Learn about training resources available for various audiences and how to adapt them.
- Identify key issues in integrating FAM in training and service delivery programs.