

What is the cost of services at a Family Planning clinic?

Clients are charged for services according to their household income and family size. Private pay, insurance, Medicaid, Medicare and donations are accepted.

A trained and caring staff of health-care professionals provide these services.

Did you know?

The average woman has 32 or more years in her lifetime when she can bear children. The average male is able to father children from puberty throughout his lifetime.



**ALL SERVICES
ARE STRICTLY
CONFIDENTIAL.**

North Dakota Family Planning Clinics

Central Valley Family Planning Program

122 2nd St. NW

Jamestown, N.D. 58401 ~ 701.252.8130

*Carrington ~ 701.652.3087

*Ellendale ~ 701.349.4348

*Stutsman County Correctional Center

*Valley City Courthouse ~ 701.252.8130

*Valley City State University ~ 701.845.7212

Community Action Partnership

Family Planning Program

202 E. Villard

Dickinson, N.D. 58601 ~ 701.227.0131

*Scranton ~ 701.227.0131

Custer Family Planning Center

549 Airport Road

Bismarck, N.D. 58504 ~ 701.255.3535

*Fort Yates ~ 866.244.3535

Fargo Cass Public Health Family Planning Program

401 Third Ave. N.

Fargo, N.D. 58102-4811 ~ 701.241.1383

*Cass County Jail

First District Health Unit Family Planning Program

801 11th Ave. S.W., P.O. Box 1268

Minot, N.D. 58702 ~ 701.852.1376

Lake Region Family Planning Program

Ramsey County Courthouse

524 Fourth Ave. NE Unit #9

Devils Lake, N.D. 58301-2490 ~ 701.662.7046

*Rugby ~ 701.776.6783

*Spirit Lake Nation ~ 701.766.1251

Richland County Family Planning Program

413 Third Ave. N.

Wahpeton, N.D. 58075 ~ 701.642.7735

*Lisbon ~ 701.683.6145

Upper Missouri District Health Unit

Family Planning Program

110 W. Broadway, Suite 101

Williston, N.D. 58801 ~ 701.774.6400

*Crosby ~ 701.965.6813

*Stanley ~ 701.628.2951

*Watford City ~ 701.444.3449

Valley Health and WIC

1551 28th Ave. S.

Grand Forks, N.D. 58201 ~ 701.775.4251

For more information, contact the agency nearest you, visit www.ndhealth.gov/familyplanning or call 800.472.2286 (toll-free).

*Satellite clinics

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North Dakota Family Planning Program



*Helping women and men
to understand and take
responsibility for their
reproductive health.*



NORTH DAKOTA
DEPARTMENT OF HEALTH



A Title X-funded Family Planning Program

What is family planning?

Family planning helps you decide the number of children you want and when you want to have them. It is a decision for you and your partner to make together.

Who can use services at a Family Planning clinic?

Family planning services are available regardless of age, gender, race, nationality, religion, sexual preference, disability or ability to pay.

Why have Family Planning clinics?

- ◆ To help individuals who have health needs.
- ◆ To help individuals prepare for and plan pregnancies.
- ◆ To support healthier relationships.
- ◆ To promote healthier communities.



What services are available at a Family Planning clinic?

Clients may receive education and information about:

- All birth control methods, including abstinence and natural family planning.
- How to use the birth control method of their choice.
- “Safer-sex” practices.
- Sexually transmitted diseases (STDs).
- HIV/AIDS.
- Health promotion.
- Pregnancy.
- Nutrition.
- Fertility.
- Sterilization procedures.
- Breast self-exam.
- Testicular self-exam.

Clients may receive:

- ◆ An annual physical exam that may include:
 - Blood pressure.
 - Height and weight.
 - Urinalysis.
 - Sexually-transmitted disease (STD) testing and treatment.
 - HIV/AIDS testing.
 - Pap smear.
 - Physical examination.
 - Lab work.
 - Breast exam.
 - Testicular exam.
- ◆ A birth control method that best meets their needs.



- ◆ Basic fertility services, along with appropriate referrals.
- ◆ Pregnancy testing.
- ◆ Basic genetic counseling and referral for genetic evaluation.
- ◆ Emergency contraception.



What community services do Family Planning clinics provide?

- ◆ Speakers are available upon request by schools and community groups to discuss family planning services or related topics.