



Your Health

Birth Control Counseling:

Everyone benefits from making a plan about when and if they want children. We are here to help you with your decision.

STI Screening:

Get tested for Sexually Transmitted Infections (STI). Learn about prevention and regular screening. Treatment is available.

Why is this important ?

- Get the facts about what works and what doesn't to avoid STI's and pregnancy.
- Many STI's have no symptoms so getting tested is important.
- Learn more about your body and how it works because knowledge is power.
- We value the men in our communities; we have men's health visits available.

Compassionate, Confidential, Non-Judgmental

Marin Community Clinics offers pregnancy services:

- Bilingual Prenatal Care
- Centering Pregnancy (group prenatal care)
- Prenatal/Postnatal Yoga
- Pregnancy/Postpartum Nutrition
- Childbirth Education Classes
- Infant Care and Feeding Classes
- Referrals to Acupuncture & Physical Therapy
- Car Seat Classes

Locations:

Medical Clinics in

Larkspur

5 Bon Air Rd., Bldg D, Ste 117

Novato

6090 & 6100 Redwood Blvd.

San Rafael

3110 Kerner Blvd.

San Rafael Campus

3260 Kerner Blvd.

Dental Clinics in

Novato

6090 Redwood Blvd.

San Rafael

3110 Kerner Blvd.

Fourth Street Clinic

411 4th Street

Teen Clinics in

Monday's in **Novato**

6090 Redwood Blvd

Tuesday's in **San Rafael** at

Huckleberry Youth - 361 3rd Street Ste G



Reproductive Health

Birth Control

Emergency Contraception

Breast Screening

Pap Smear Screening

General Medical Care

Routine Women's Health Care

Menopause Services

Options Counseling

LGBTQ services

STI and HIV screening

Pregnancy Planning

Counseling Services for Emotional Well-being

ALL MARIN COMMUNITY CLINICS PROVIDE:

- Interpretation services
 - Appointments for urgent medical & dental needs
 - An advice nurse, available to speak to you, when our clinics are closed.
- Please call 415-448-1500.**

Call for more information:

415-448-1500

About our Services



Birth Control and Options Counseling

Do you want to avoid unplanned pregnancy?

Talk to your health care provider about birth control options. We can help you choose a method that is best for you and your partner. All methods are available.

STI Testing

Tests and treatment are available for sexually transmitted infections.

Pregnancy

Are you thinking about getting pregnant?

Let us guide you towards and through a healthy pregnancy.

Cancer Screening:

1. **Pap Smears** are recommended every three years. Pap smears look for abnormal changes in the cells of your cervix. This allows us to find and treat changes so they do not become cancer.

2. **HPV Testing & HPV Vaccination**

We offer tests for the viruses that can cause cervical cancer as well as vaccines to protect you from getting the virus.

3. **Mammogram Referral & Breast Cancer Awareness**

Early detection of breast cancer.

Nutritional Counseling

A registered dietitian helps individuals to achieve a healthy and balanced diet. Ask your health care provider for more information.

Well Women & Men Care

This is a time to ask your provider the questions you have always wondered about and figure out what screening you may need.

Infertility Evaluation

Services are available for people who are having a hard time getting pregnant.



Women's Health Gynecologists are available

Appointments are available for help with complex gynecological need.

Counseling Services for Emotional Well-being

Services are available to help with stress, depression, anxiety, relationship issues, addiction, grief, parenting concerns, mood disorders and other concerns. Ask your provider for more information.

www.marinclinics.org/health-care-services/healtheducation/

Visit Marin Community Clinics online events calendar for dates, times and locations.

Do you know we have programs that may cover the full cost of your visits?

MCC Sliding Fee Discount Program

Partnership Medi-Cal

Pregnancy Medical

Family PACT

CDP

Not sure if you qualify for one of these programs?

Marin Community Clinics has **Certified Enrollment Counselors** available to help determine if you qualify for insurance or assistance. We also offer **financial assistance programs** to assess your ability to pay based on your income. We can put you in touch with these services when you call to make your appointment.

How to receive services:

- Call our appointment line at (415) 448-1500 to make an appointment.
- Request non-urgent appointments using MCC Medical Connect (Ask your provider about our patient portal, MCC Medical Connect).
- Same day appointments are available. **Call at 8:00 AM to schedule same day appointments.**

WE HAVE BOTH DEDICATED FAMILY MEDICINE AND WOMEN'S HEALTH PROVIDERS.

"...many people don't know where to go for support and help... The Clinic is an ideal place to get medical help and a place to learn about other resources that can help patients' health, like the Health Hubs."

— Clinics patient

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