



Mouvement Luxembourgeois pour le Planning Familial et l'Education Sexuelle is a non-profit organisation supported by the Ministry of Health (Convention SANTÉ-102/15)

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Monday to Friday: 9:00-17:00
Thursday: until 18:00
And by appointment

Centre d'Esch-sur-Alzette Centre Mercure

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T 54 51 51 **F** 53 15 69 **M** esch@planning.lu
Monday and Friday: 9:00-13:00 and 14:00-17:00
Tuesday, Wednesday and Thursday: 9:00-16:00
And by appointment

Centre d'Ettelbruck

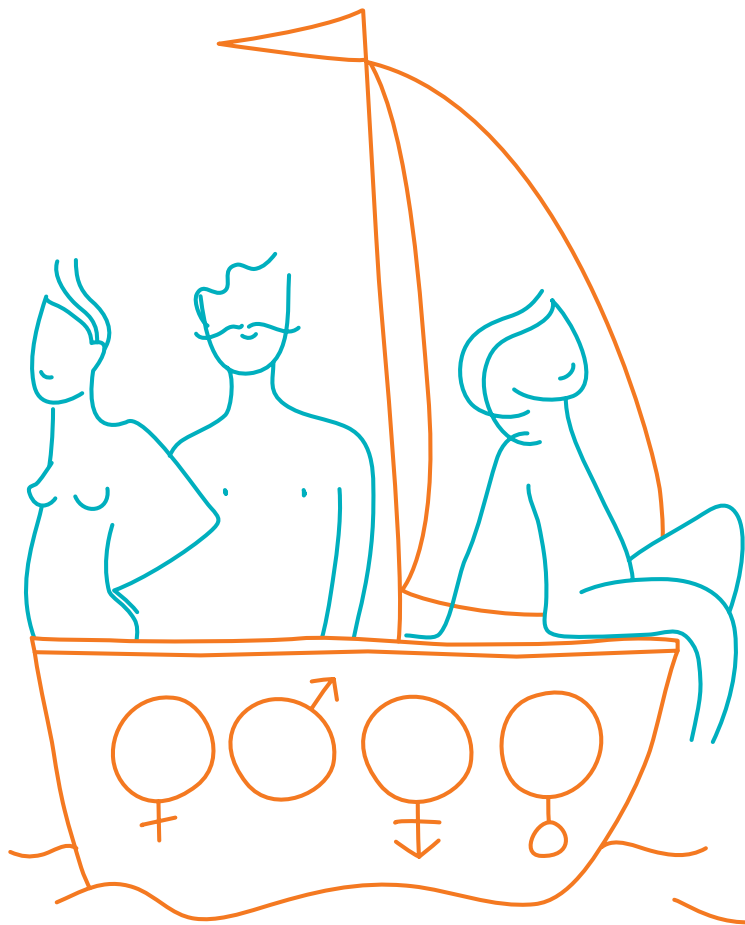
18, av. J.F. Kennedy L-9053 Ettelbruck
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Monday and Thursday: 9:00-12:30 and 13:00-17:00
Tuesday and Wednesday: 13:00-17:00
And by appointment

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English



The Family Planning: what we want to achieve

- > **To promote** sexual, reproductive and emotional health as a **fundamental human right**.
- > **To guarantee** universal **access** to quality information, physical and emotional health services in terms of sexuality and reproduction.
- > **To defend** the right of individuals to make personal, informed and responsible **choices**, free from any form of coercion and violence, founded on equality, respect and physical integrity and dignity.
- > **To treat** each individual **without any discrimination or stigmatization**, without reference to nationality, ethnic origin, age, marital, health or legal status, sex, sexuality, sexual, gender identity or orientation, disability, religious, philosophical or political orientation, financial or social situation.

Bienvuene(s)



The Family Planning: you matter to us

First of all, **we hear your story**, your questions, your doubts, sometimes your pain, with attention, kindness and utmost respect.

Feel free to talk about anything that worries you; there are **no taboos, no judgement or prejudice**.

In our centres, you will find help, guidance, care and information.

Our services are provided to the highest standards of care, hygiene, quality, comfort, security, privacy, dignity and are **respectful of all opinions**.

Our multidisciplinary team is bound by **professional confidentiality**. It offers a unique blend of expertise for an individual and comprehensive service.

- > **doctors**
- > **gynaecologists**
- > **psychologists**
- > **sex therapists**
- > **counsellors**
- > **nurse**
- > **social worker**
- > **emotional and sexual educators**
- > **trained help desk staff**



The Family Planning: a user's guide

Who is it for?

The Family Planning is **for everyone**, no matter how young or old you are!

- > **young people***
- > **women and men**
- > **parents, couples and families**
- > **students**, teachers and other education, social and health **professionals**

How much does it cost?

The Family Planning is for everyone, regardless of income!

Help desk services, medical services and consultations are free of charge.

Counselling related to pregnancy whether wanted or not, prior or after abortion and social services are free of charge.

Any financial support to our medical services will be greatly appreciated (usual contribution of 15€ if you can afford).

For psychological consultations or counselling, a financial contribution in line with your income is welcome, but it is entirely up to you.

How does it work?

For a medical or psychological **consultation**, for pre/post abortion care, you must **make an appointment**. We take emergencies into account, but it is necessary to inform the centre before you come.

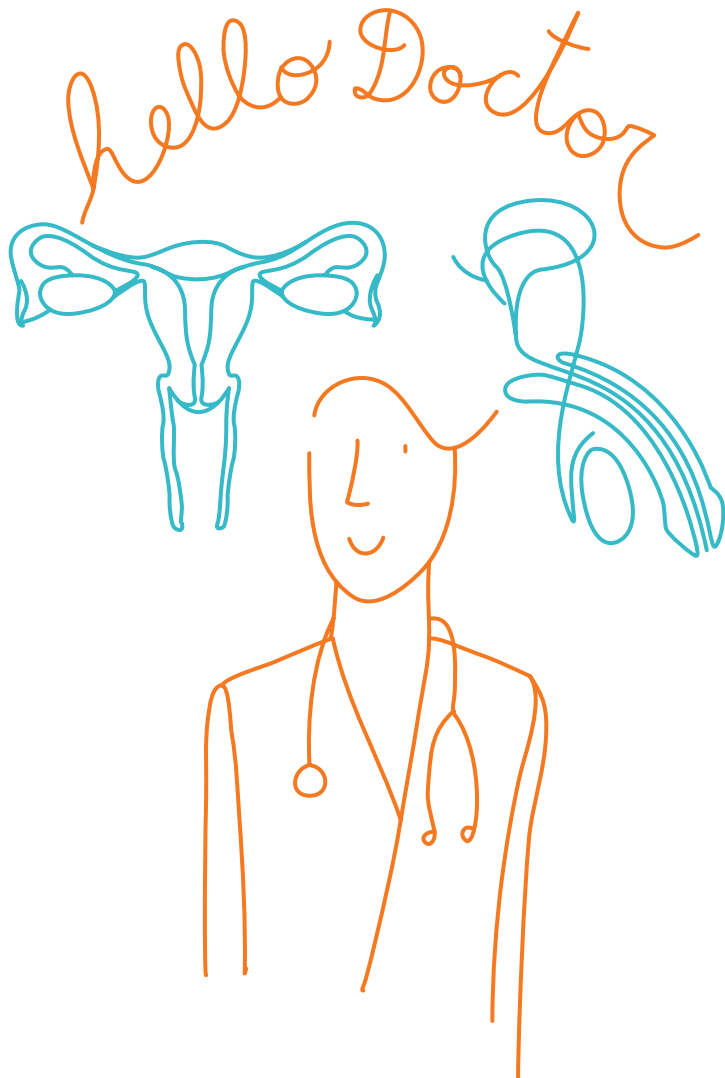


Help desk - reception

The staff at our centres will handle your questions, requests and problems. If necessary, they will direct you towards one of our services or to an external service provider.

At our help desk, you will find:

- > **Information** about contraception, sexually transmitted infections (STIs), periods, sexuality, abortion, etc.; and if needed, brochures and information on other more appropriate service providers.
- > **Condoms and lubricants**: the only effective protection against HIV/AIDS and STIs!
- > **Pregnancy test**: in case of a late period or at least two weeks after having unprotected sex!
- > **Emergency contraception** (morning after pill)*: do not wait at all after having unprotected sex! It is not 100% effective; the longer you wait, the lower the chance of avoiding an unwanted pregnancy!
- > **Contraception**†: **possibility of free birth control methods** at the Family Planning if you are not covered by the National Health Insurance or you are undergoing financial difficulties. Note that some contraceptives for woman < 25 years old reimbursed at a rate of 80%.
- > **Chlamydia screening** (urine).



Medical Activities

Our doctors and gynaecologists offer comprehensive gynaecological follow-up.

Contraception and emergency contraception: information and access to all family planning methods according to your personnel situation and needs.

STI screening for women and men (Hepatitis B and C, HIV/AIDS, chlamydia,...).

Gynaecological screening for cancers and pre-cancerous conditions (cervical and breast cancer).

Counselling and administration of **HPV vaccination:** free vaccine for girls 11 to 13 years of age (Ministry of Health 2016).

Pregnancy, wanted or not:

- > **Pregnancy counselling and 1st trimester monitoring**
- > **Abortion care^{*}:** voluntary pre- and post counselling, medical abortion at our premises and facilitation of surgical abortion in a hospital
- > **Infertility:** initial consultation and assessment, referral whenever required

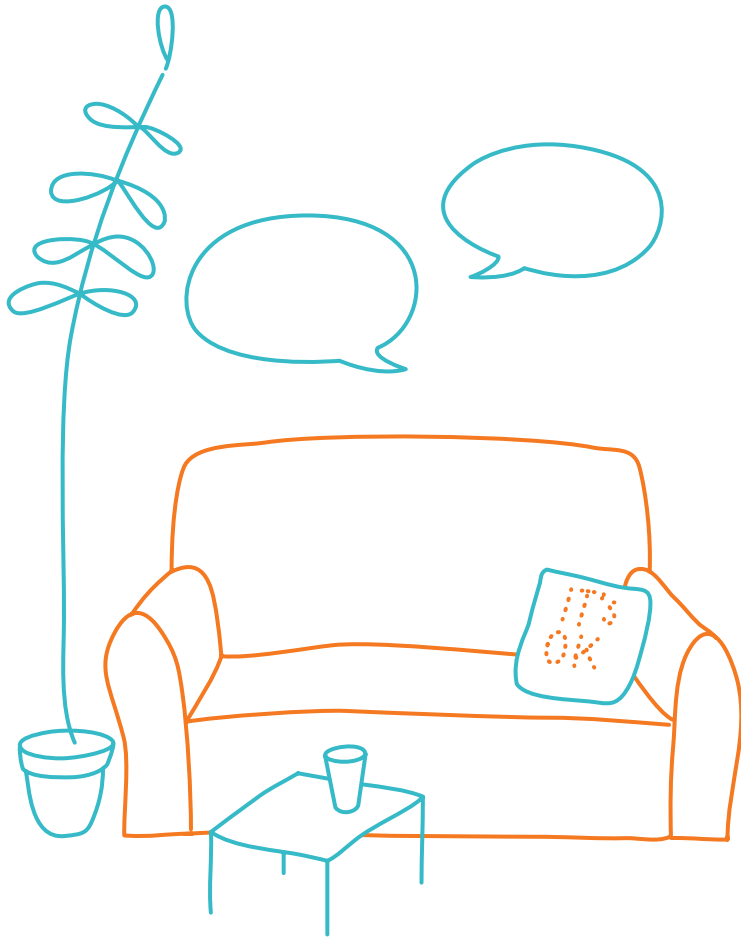
Consultations on **sexuality**, regardless of orientation.

Information on changes related to **puberty** and counselling before the first love and sex relationship.

Menopause counselling and follow-up.

Support of victims of **violence** and **sexual abuse**.

Support of all victims of **sexual mutilations** (genital, trans⁺, intersexe, etc.)



Psycho-social and counselling activities

Our psychologists, sex therapists, counsellors and social workers offer:

Various kind of sessions, duration and frequency according to your needs:

- > **individual** sessions
- > **couple or family** sessions
- > sessions for **parents and adolescents**
- > **group** sessions

A wide range of issues:

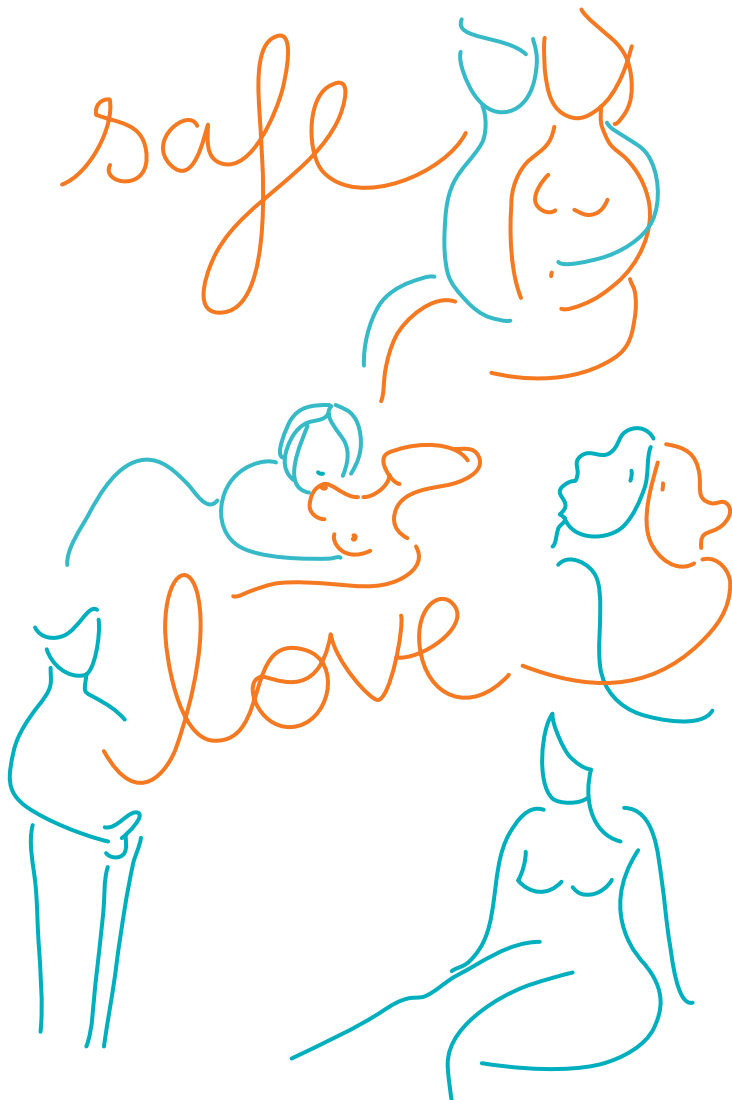
Violence and aggression problems: sexual abuse, rape, bullying, harassment, discrimination, other violence issues, ...

Personal problems: unplanned pregnancy, pre/post-abortion counselling, new forms of parenthood, being a new parent, life stage crisis, puberty, menopause and andropause, loneliness, ...

Relationship and emotional problems: couple issues, separation and divorce, social, family pressure, education or identity crisis, ...

Sexual problems, both for men (premature ejaculation, erection, ...) and women (lack of desire, orgasm, ...), questions about sexual or gender identity, ...

The **social worker** helps you take stock of your social and financial situation as well as your rights. If needed, the team will direct you to the appropriate place.



Sexual and emotional education and training

The team in charge of sexual and emotional education consists of a variety of professionals, psychologist, nurse, and educators.

Different offers for various contexts and various audience:

Sexual and emotional sessions

For young and old:

- > **formal education:** primary, secondary, special needs education, ...
- > **informal education:** youth centres, day-care centres, boarding schools, homes, ...
- > **social, special needs, health, and youth institutions, ...**

Training and supervision of trainers: teaching, educational, health staff, ...

Conferences for parents, professionals and tailor-made events, ...

Organization, participation in specific working groups

Resource centre and thematic database, educational tools, books. Loans for professionals only.

Condoms and lubricants available