



February at KBFPC: Trivia, Life Lab and so much more!

Jane Rohr, KBFPC <info@kbfpc.org>
Reply-To: info@kbfpc.org

Fri, Feb 13, 2026 at 9:48 AM

"My favorite part of my visit was that I was heard and what I wanted for my healthcare was taken as priority."

- a KBFPC Client



February Newsletter Highlights:

- National Condom Month
- Between the Sheets Trivia- Valentine's Day Edition!
- Parent Corner
- Life Lab - NEW!
- Birds, Bees, and Beyond
- Healthy Relationships Workshop
- Reproductive Health in the News

Hi Claudia,

As we reflect on last year, the successes and the challenges – we are particularly grateful for our clients. **In 2025 KBFPC's clinical team provided care for 748 people, completed 180 annual wellness visits, and administered 1,451 tests for sexually transmitted infections.** That alone is a lot to celebrate. And yet, we know these stats will likely look very different in 2026. This year [marketplace insurance enrollment is down by over 1 million people](#) - meaning many people across the country, the state, and within our community are without adequate healthcare coverage for 2026, and are more in need of low-cost services.

At KBFPC, we recognize the impact being uninsured or underinsured can have on someone and their family. Often, family planning clinics nationwide are the "entry point" to the health care system for these folks. We work within the rural health network to creatively leverage resources and develop innovative solutions

– ultimately coming together to care for the whole person. We strive to meet people where they are at, not only from an informational standpoint, but also physically through our Pop-Up Clinic programs.

We look forward to caring for you in 2026 in whatever way we can – by providing a listening ear, offering preventative services on a low barrier sliding-fee scale, or offering connections to community resources and educational opportunities.

We're here for you – come say hello!

[Jane Rohr](#), Community Liaison
907-235-3436 x108

Happy National Condom Month!

When used correctly, condoms are [more than 90% effective](#) in preventing the spread of sexually transmitted infections (STIs) like HIV, Gonorrhea, and Trichomoniasis. But since some STIs can spread through skin-to-skin contact and condoms do not cover the entire genital area - they offer less protection against Human Papillomavirus (HPV) and Herpes. Talk to your doctor about other prevention options like the HPV vaccine!

Check out our free condom dispensers around town at local institutions like: Alice's Champagne Palace, Grace Ridge Brewing, Down East Saloon, The Grog Shop, The Porcupine Theater, and Kachemak Bay Campus.



KBFFPC PRESENTS
BETWEEN THE SHEETS
TRIVIA NIGHT



SATURDAY | **7:00 - 9:00 PM**
FEBRUARY 14 | *Alice's Champagne Palace*

\$20 per person, max 6 people per team
Gather your friends for an epic trivia event filled with fun sex & culture questions* and cheeky laughs...



*Includes some mature content, may not be suitable for all ages

Between the Sheets Trivia

Join us for a special Valentine's Day edition of Between the Sheets Trivia **this Saturday, February 14, 7:00pm** at **Alice's Champagne Palace** in Homer.

Come for laughs and stay for NEW saucy and informative questions. Table space available on a first come first serve basis, pay \$20 entry at the door. Max 6 people per team.

Don't miss this opportunity to learn something new and support reproductive health access in our community!



Parent Corner

We all have questions about our bodies – especially as we go through periods of drastic change like in puberty, pregnancy, and menopause. There is a constant wondering – is what I am experiencing normal? Luckily, we now have the internet around to provide an answer. Unluckily, that answer isn't always credible or correct.

To help teens navigate this issue, KBFPC Teen Health built a feature into our website that gives teens the opportunity to ask Anonymous Questions, just like in our health classes, and receive trustworthy answers from our education team!

How does it work? Teens can submit questions 100% anonymously through the "Ask A Question" button on [one of our webpages](#). KBFPC gets the question via email with no name or identifying information attached, our team does some research, vets the sources, and posts an answer to the question on [our blog](#). Teens can peruse the blog and read answers to their own questions and their peers! Check it out and share it with the young people in your life. Extra credit: you could even use some of the questions/responses as conversations starters with your own family!

A colorful poster for 'Life Lab After School' for grades 5 & 6. The poster features a purple speech bubble with the text 'LIFE LAB After School' and 'GRADES 5 & 6'. It also includes the text 'FREE!', 'Empowering students with knowledge about their changing bodies', 'Wednesdays 3:00 - 5:00 PM Starting February 18 3957 Nielsen Cir. FREE! Drop-ins welcome!', and 'Learn More & Sign Up' with a QR code. The KBFPC logo is in the bottom left corner, and the website 'WWW.KBFPC-TEENHEALTH.ORG' is at the bottom.

Life Lab - New!

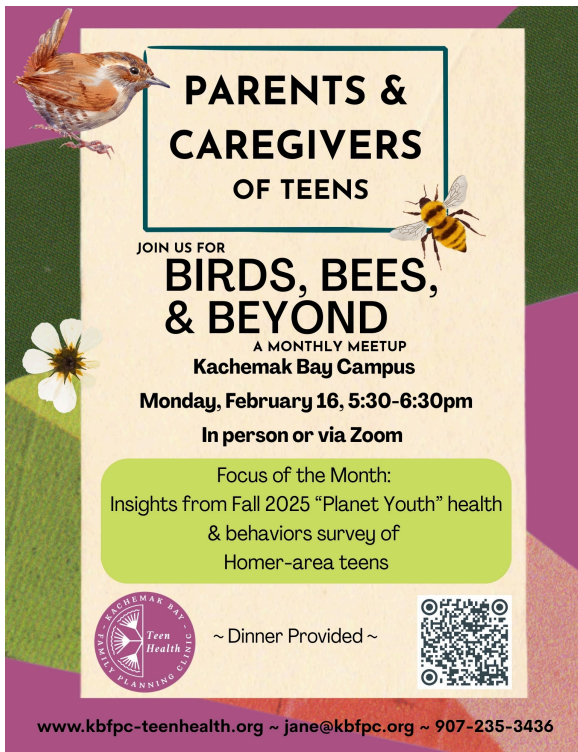
Would your kiddo benefit from learning about puberty, their emotions, and bullying in a safe learning environment outside of home?

KBFPC Teen Health is launching a new FREE after school offering for 5 & 6 graders. Weekly on **Wednesdays**, students will enjoy activities, art projects, and discussions centered on health topics like stress, media literacy, and the reproductive system.

Exploring these topics in early puberty helps students better care for themselves, their health, and their community! Program starts **February 18th**, drop-ins welcome.

Plus there will be snacks!

[Learn more & sign up here >>](#)



PARENTS & CAREGIVERS OF TEENS

JOIN US FOR
BIRDS, BEES, & BEYOND
A MONTHLY MEETUP
Kachemak Bay Campus

Monday, February 16, 5:30-6:30pm
In person or via Zoom

Focus of the Month:
Insights from Fall 2025 "Planet Youth" health & behaviors survey of Homer-area teens

~ Dinner Provided ~

www.kbfpc-teenhealth.org ~ jane@kbfpc.org ~ 907-235-3436

Birds, Bees, and Beyond

Join KBFPC Teen Health for "Birds, Bees, & Beyond," an event designed to support parents/caregivers and connect them with others in their community.

Our next meetup is on **Monday, February 16 from 5:30 - 6:30pm in person at the Kachemak Bay Campus or via Zoom**

This month we'll discuss insights from the Fall 2025 "Planet Youth" health & behaviors survey of Homer-area teens

[Learn more here >>](#)



Win Prizes **Free Food**

Bring a friend!

Healthy Relationships Workshop for 12-14 year-olds

FREE Saturday, March 21
10:00am - 3:30pm
KBFPC Education Space

Evidence-based information in an inclusive environment

SIGN UP

Contact Us
www.kbfpc-teenhealth.org
jane@kbfpc.org
907-235-3436

Healthy Relationships Workshops

Don't miss the last opportunity of the school year for 12-14 year old teens to gain foundational, age-appropriate healthy relationships knowledge!

This FREE Saturday workshop is convenient for families with busy after-school activities, who still want access to this unique health education opportunity for your teen. Sessions will use the district-approved health curriculum. Participants will receive a gift card and a goodie bag!

Lunch and snacks provided.

[Learn more here >>](#)



M Factor Movie Screening

Join us at the **Porcupine Theater** for a **FREE Screening on Wednesday, March 18 at 6pm.**

A first-of-its-kind film that challenges the silence surrounding menopause and advocates for a revolution in women’s healthcare.

The film sheds light on the real-life experiences of women and the urgent need for change in how we address this critical phase of life, Menopause.

[Watch the trailer here >>](#)

~ Save the Date ~

More details about these other exciting opportunities coming soon!

- Vasectomy clinic in April - Call today to schedule your consultation!
- Wellness Wednesday: A Panel Discussion on Infertility - 04/22
- Virtual Breast Cancer Run on Homer Spit - 05/31

Reproductive Health in the News

Stateline

Breast cancer survival rates higher in Medicaid expansion states, study finds.

[Find out more >>](#)



VIGILANT AS ALWAYS

The State of Black Maternal Health in America.

[Find out more >>](#)

THE 19th*

The truth about HIV phobia in gay dating

[Find out more >>](#)

Pick. Click. Give.

...and KBFPC

Don't forget to add KBFPC to your PFD pledge list!

DONATE



This publication is supported by the Office of Population Affairs (OPA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,236,255 with \$1,081,320 (88%) funded by OPA/OASH/HHS and \$154,935 (12%) funded by non-government source(s). The contents are those of the author (s) and do not necessarily represent the official views of, nor an endorsement, by OPA/OASH/HHS, or the U.S. Government. For more information, please visit: <https://opa.hhs.gov/grant-programs/title-x-service-grants>.



Our Contact Information

Kachemak Bay Family Planning Clinic

[3959 Ben Walters Lane](#)

[Homer, AK 99603](#)

907-235-3436

<http://www.kbfpc.org>

[Unsubscribe](#) | [Manage email preferences](#)