

EMOTIONAL HEALTH, SEXUAL HEALTH

Where can I talk about sex? Where can I get information?

You can go to the Women's Services Centre (**CAM**) to get information about everything related to sexuality, contraception, abortion, sexually transmitted diseases...

e-mail: *aSEXOrate@baragazte.org*

Is it only for women?

It is open to everybody regardless of gender, age, marital status, sexual orientation, place of origin...

And what if I'm pregnant?

Pregnancy health care should begin during the first 3 months in order to gain maximum benefit for your baby's health. You will be visited every month. It is very important that you keep these appointments.

And what about gynaecological check-ups?

Ask your family doctor.

Who can I get in touch with?

CAM Barañáin

Plaza Caimito Guayabal

31010 Barañáin

APPOINTMENTS: 948 198 656

e-mail: *cam.baranain@cfnavarra.es*

What is the Service for Equality?

The Service for Equality is a resource provided by the Council to promote equal opportunities for women and men who live in Barañáin.

It works in a range of fields (Education, Health, Youth, Employment, Culture, Immigration, etc.) to improve the situation of women and encourage both their participation in the public domain and the participation of men in the private domain.

Who is it aimed at?

- To everybody in Barañáin with a proposal or concern related to this subject.
- To all departments of the Council and the different municipal services.
- To any public or private organisation in the municipality which provides the public with services and wishes to work for the equality of men and women.

Social, Cultural and Sports Associations and Organisations.

What is the purpose of it?

- To favour coeducation and equal opportunities for women and men.
 - To promote the participation of women in public life.
 - To reduce and eliminate gender inequality.
- To promote a healthy balance between the professional, family and personal lives of the citizenry.
 - To eradicate violence against women.

How to get in touch

Servicio Social de Base

Plaza de la Paz s/n

31010 Barañáin

Tel: 948 265 558/ 948 199 870

E-mail: pio@baranain.com

Web site: www.baranain.es

What is Barañáin Council's Women's Services Department?

It is a free service which aims to provide integral, personalised assistance to adults in Barañáin whose situations require special measures of protection and social, legal and/or psychological support.

It tries to seek out alternatives when solutions to problems cannot be found, when you have looked for solutions without success. It helps you reach decisions regarding your goals in life.

In situations of:

- Psychological and/or physical abuse.
- “Problematic” separation and family conflicts arising as a result.
 - “Deciding to separate” processes.
 - Sexual violence.
- Prevention of violence and Promotion of Good relations.

It provides:

- Legal advice.
- Psychological support.
- Social support.

How to access the Service

- On you own initiative.
- Through other local health and social services and bodies.
Through the Council.

Who can I get in touch with?

Servicio Social de Base

Plaza de la Paz s/n

31010 Barañáin

APPOINTMENTS: 948 199 870

e-mail: ssb@baranain.com