



# KNOW FREHA BETTER

A guide on who, what, why,  
where, when & how of **FREHA**

WHO  
are we?



SELANGOR &  
WILAYAH  
PERSEKUTUAN  
FAMILY  
REPRODUCTIVE  
HEALTH  
ASSOCIATION  
**SWP FREHA**

Est. in  
**1953,**

**FREHA\*** aims in educating individuals around Selangor & Kuala Lumpur on their **Sexual Reproductive Health**.

promoting and supporting effective family planning and sexual reproductive health services. FREHA is officially working with Federation of Reproductive Health Association Malaysia (FRHAM\*) since 1958.

\*\* formerly known as Federation of Family Planning Associations, Malaysia (FFPAM)

## WHAT IS OUR MOTTO?

*Every child is a wanted child  
Every family a happy family  
Every mother a healthy mother*

## WHAT is our vision?

To be an effective, caring and self-reliant NGO in the field of population, family planning, and sexual reproductive health.

## WHAT is our mission?

To improve the status of Sexual and Reproductive Health in Selangor & Wilayah Persekutuan and provide clinical services to marginalized communities.



# What do we provide?



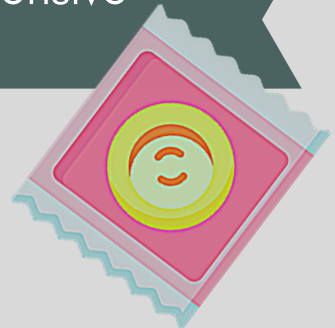
- Women's Health Services (Ultrasound, Pap Smear, etc.)

- Contraception Counselling & Prescription

- Men's Health Services (Andrology)

- Youth-friendly services (We are a non-judgemental organization!)

- Talk/Workshops on Comprehensive Sexuality Education



# Outreach work

Our outreach work consists of mobile clinic, factory visits & talks on Sexual Reproductive Health & Rights.

Afghani Refugee  
Community Mobile Clinic



Pakistani Refugee  
Community Mobile Clinic



Mobile Clinic for Muslim  
Myanmar Refugees in  
Selayang



S.E.H Pap Smear  
Campaign



# Fundraising

Fundraising has been integral part in sustaining our work for the marginalized communities.

**Umbrella Walk - Awareness on  
Child Sexual Abuse**

**Sponsors:**

Gardenia, Milo

**Partners:**

QNET, Vijayaratnam  
Foundation



# Talks & Seminar

With a pool of passionate volunteers and staff, we've conducted several talks & seminar on Sexual Reproductive Health & Rights.

Sexual Reproductive Health  
Talk @ Karex

Sponsored by:  
KAREX



# Talks & Seminar

We conduct programmes of different age and refine our content according to age, context or background.

Ageing Sexual Reproductive  
Health Seminar

Sponsored by:  
Japanese Embassy

Partners:  
Yakult, IMU





# Be a part of FREHA!

Passionate about the cause we are championing?  
Join us and be a part of FREHA family!.



## SWP FREHA Office & Clinic

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Selangor & WP Family Reproductive Health  
Association - FREHA



*Selangor & Wilayah Persekutuan  
Family Reproductive Health Association  
(SWP FREHA)*