

How can I make an appointment?

Please call us:

(562) 281-0305

We are open:

Monday – Thursday 8 a.m. – 5 p.m.
1st and 3rd Saturdays of each month
8 a.m. – 12 p.m.



Our Doctors and Practitioners

Dr. I. Paja - Family Practice

Dr. S. Torre - Pediatrics

F. Zambrano, PA

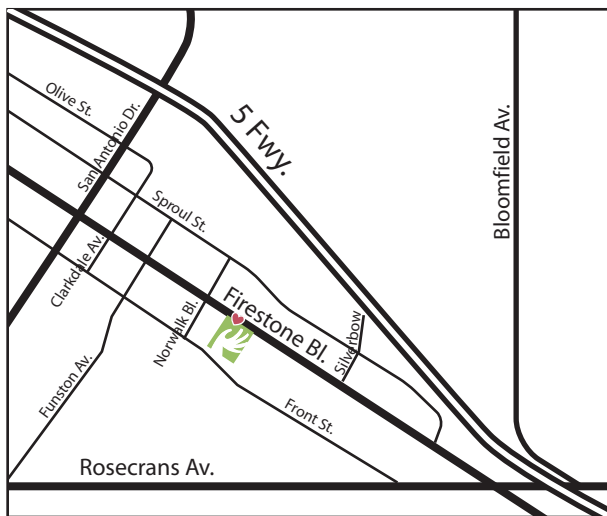
M. Bernal, PA

Who is JWCH?

JWCH Institute, Inc. is a nonprofit organization first established in 1960, providing health care services for underserved communities in Los Angeles County.

The mission of JWCH is “to improve the health status and well-being of underserved segments of the population of Los Angeles through the direct provision or coordination of health care, health education services, and research.”

Where is the JWCH Norwalk Regional Health Center?



The center is located at:

12360 Firestone Boulevard
Norwalk, CA 90650

...and is served by Metro lines 62, 270, 460, and Norwalk Transit lines 3, 4, and 5. Transportation assistance is available.



We look forward to serving your family's healthcare needs!



JWCH
INSTITUTE, INC.
John Wesley Community Health

Norwalk Regional Health Center



Now Offering

Family Planning Services

Make decisions today that benefit tomorrow's family!

What Family Planning services are available from JWCH?

Our clinic is equipped to help you find the right family planning solution for you, with:



- Annual gynecological examinations
- Men's Health screenings
- Emergency contraceptive pills
- STD screening and treatment
- Oral birth control prescriptions
- Depo-Provera shots
- Pregnancy testing and options counseling
- Hepatitis B vaccination
- Health Education
- And more!

Can I afford it?

No one is turned away for lack of ability to pay. JWCH uses a sliding fee scale and accepts:

- Health Plans
- Medi-Cal
- Healthy Families
- CHDP

Can you afford *not* to plan ahead for your family? The potential consequences of unprotected sex include debilitating diseases, relationship difficulties, and becoming responsible for a new child. Find out now what choices you have!

Why should family planning be a health care decision?

Although many methods of birth control are available at your local drugstore or through other non-clinical settings, talking with a health care professional about the effectiveness of various methods, the potential side effects, and STD prevention is of significant value. Some of the most effective birth control methods are available only via a doctor's prescription, or can be administered only in a clinic environment. Finally, regular gynecological and men's health examinations can ensure that you stay healthy and will be ready to have children when the time is right!



But Birth Control may conflict with my beliefs...

At JWCH, we pride ourselves on culturally-sensitive approaches to health care. Our Family Planning counselors can help you find solutions that are consistent with your beliefs and practices, as well as your health history.

How effective are various methods?

JWCH offers a full range of birth control options. When choosing, consider....

Method	Effectiveness
Tubal Ligation	99%+
Vasectomy	99%+
Essure	99%+
IUD	99%+
Skin patch	99%
Emergency Contraception	98-99%
Injection (Depo Provera)	97%
Condom with spermicide	95%
Birth Control Pills	92%
Cervical Cap	86%
Condom	85%
Shield	85%
Natural Family Planning depending on method	78%-88%
Diaphragm	84%
Sponge	84%
Withdrawal	73%
Spermicide	71%

Methods in **green** also offer some protection from STDs. Those in **red** are permanent.

