Family Planning Services Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Family Planning Services Training Course is designed to strengthen the knowledge, skills, and competencies of healthcare providers, community health workers, and program managers in delivering high-quality, rights-based reproductive health services. The course emphasizes modern contraceptive technologies, reproductive health counseling, informed choice, client-centered care, and integrated sexual and reproductive health (SRH) services. With increasing global demand for sustainable population health solutions, this training integrates evidence-based family planning strategies, SDG 3.7 alignment, and universal health coverage (UHC) frameworks to improve accessibility, equity, and service delivery outcomes.

In today’s rapidly evolving healthcare landscape, family planning is a critical pillar of maternal health improvement, adolescent reproductive health empowerment, and gender equality advancement. This training course leverages digital health tools, data-driven decision-making, supply chain management for contraceptives, and community outreach innovations to ensure impactful service delivery. Participants will gain practical insights into addressing unmet contraceptive needs, reducing unintended pregnancies, and promoting sustainable reproductive choices through high-impact, culturally sensitive, and rights-based interventions.

Programme Curriculum

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Course Duration

5 days

Course Objectives

1. Strengthen knowledge of modern contraceptive methods and technologies
2. Build competency in client-centered reproductive health counseling
3. Improve understanding of adolescent sexual and reproductive health (ASRH) services
4. Enhance skills in informed choice and voluntary family planning decision-making
5. Promote integration of gender equality and reproductive rights frameworks
6. Develop capacity in community-based family planning outreach programs
7. Strengthen contraceptive supply chain and logistics management
8. Improve data use for family planning monitoring and evaluation (M&E)
9. Enhance awareness of postpartum and post-abortion family planning services
10. Build skills in digital health and telemedicine for reproductive health
11. Strengthen HIV and SRH integrated service delivery
12. Promote strategies for reducing unmet contraceptive need and teenage pregnancy
13. Support implementation of WHO family planning quality-of-care standards

Target Audience

1. Nurses and midwives
2. Clinical officers and medical doctors
3. Community health workers (CHWs)
4. Public health program managers
5. NGO and humanitarian health workers
6. Reproductive health counselors
7. Policy makers and health administrators
8. Medical and nursing students specializing in SRH

Course Modules

Module 1: Foundations of Family Planning & Reproductive Health

- Concepts of reproductive health and rights
- Global family planning trends and SDG alignment
- Types of contraceptive methods overview
- Cultural and ethical considerations in FP services
- Case Study: Addressing low contraceptive uptake in rural communities

Module 2: Modern Contraceptive Technologies

- Hormonal and non-hormonal methods
- Long-acting reversible contraceptives (LARCs)
- Emergency contraception protocols
- Method effectiveness and side effects management
- Case Study: Increasing LARC adoption in urban clinics

Module 3: Client-Centered Counseling Skills

- Effective communication techniques
- Informed consent and shared decision-making
- Managing myths and misconceptions
- Youth-friendly service delivery approaches
- Case Study: Counseling adolescents with unmet contraceptive needs

Module 4: Maternal, Postpartum & Post-Abortion Family Planning

- Integration of FP into maternal health services
- Immediate postpartum contraception strategies
- Post-abortion care and counseling
- Risk reduction for repeat unintended pregnancies
- Case Study: Reducing repeat pregnancies after unsafe abortion care

Module 5: Adolescent & Youth Sexual Reproductive Health (AYSRH)

- Youth-friendly service models
- Addressing stigma and cultural barriers
- School and community outreach programs
- Digital SRH education platforms
- Case Study: Reducing teenage pregnancy rates in high-risk areas

Module 6: Supply Chain & Logistics Management

- Forecasting contraceptive needs
- Stock management and distribution systems
- Preventing stockouts in rural facilities
- Cold chain and storage standards
- Case Study: Solving contraceptive stockouts in district hospitals

Module 7: Monitoring, Evaluation & Data Systems

- FP indicators and performance tracking
- Data collection tools and digital dashboards
- Quality assurance frameworks
- Evidence-based decision-making
- Case Study: Improving FP service delivery using data analytics

Module 8: Community Engagement & Digital Health Innovation

- Community mobilization strategies
- Male involvement in family planning

- Mobile health (mHealth) solutions
- Telemedicine for reproductive health access
- Case Study: Increasing contraceptive uptake using SMS health campaigns

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com