

Over the past week, our teams have continued to respond, adapt, and deliver across service provision, youth engagement, and emergency response.

SPRINT Emergency Response

We conducted dignity kit distributions following the recent floods, in the Puttalam District, reflecting FPA Sri Lanka's commitment to ensuring access, care, and dignity, especially for those most at risk. Similar distributions are planned in the Gampaha and Kandy Districts.

Kits Distributed
Colombo - (06/01/2026)

1. MOH Gothatuwa - 15
2. MOH Kolonnawa - 35

Puttalam - (06/01/2026)

1. MOH Nattandiya - 30
2. MOH Chillaw - 39
3. MOH Arachchikattuwa - 32



Youth Volunteers Driving Community Awareness

FPA Sri Lanka Youth Club volunteers in Wathupitiwala strengthened their knowledge of Sexual and Reproductive Health and Rights, learning how to support and educate their communities as informed advocates.

Cervical Cancer Awareness Month: Screening Saves Lives

As part of Cervical Cancer Awareness Month, FPA Sri Lanka encourages women aged 30-65 years to take action through routine cervical cancer screening. Cervical cancer screening services, including Pap Tests and HPV PCR Tests, are available at Bloom by FPA at the Head Office and clinics islandwide.

Cervical cancer is preventable with routine screening.

Recommended for women 30-65 years, especially if you've never been tested.

Cervical Cancer screening is Available at Bloom by FPA
- PAP Test
- HPV PCR Test



Call 077 955 2979 to book your screening appointment!



★ Special Mens Clinic ★ — Wathupitiwala —

- 📅 Date: January 11, 2026 (Sunday)
- 🕒 Time: Starting from 8:00 AM
- 📍 Location: Wathupitiwala FPA Center



FREE Services Provided!

- ✓ PrEP & PEP (HIV Prevention)
- ✓ Professional Counseling
- ✓ Condoms & Lubricant Gels
- ✓ Hepatitis B Vaccine

💰 Everything is 100% FREE!

📞 Call or WhatsApp
070 222 0930

Stay Safe & Stay Healthy!

"UNLOCKING RESILIENCE - STAYING POSITIVE UNDER PRESSURE"
Strengthens your inner resilience and maintain a positive outlook by learning to effectively manage stress in difficult situations, both at work and in life.

Awareness Lecture
Resource Person: Ms. Hema Ranawake
MSc in Psychology
BEd in Counselling Psychology
MEd in Professional Psychology
Certified Counsellor

Service Provider: Alokaya Counselling Centre - FPA Sri Lanka
Date: Friday, 09th January 2026
Time: 12.30 p.m. - 1.30 p.m.
Venue: Alokaya, Central Bank of Sri Lanka

Open to all employees - Join us for this inspiring session on cultivating resilience and positivity for better well-being of work and in the Staff Services Management Department

"Unlocking Resilience – Staying Positive Under Pressure"

Ms. Hema Ranawake from Alokaya Counselling Centre, conducted a session at the Central Bank of Sri Lanka, sharing practical strategies for stress management and building resilience in high-pressure environments.



Under the Global Fund HIV Prevention Project, the National STD/AIDS Control Programme/MOH, in partnership with FPA Sri Lanka and SARD, conducts a dedicated Sunday Community Clinic in Gampaha.

The clinic is held at our Service Delivery Point in Wathupitiwala and offers free HIV screening and PrEP-related services for young men.

Call **070 222 0930** for more information.

This Week's Reads - Click to View



Sex, choice, and contraception: New WHO research shows sexual well-being plays a key role in contraceptive use. World Health Organization news release about a global systematic review on how perceived sexual side effects affect contraceptive use and family planning outcomes.

[Read More](#)



Read our latest blog: **'Body positivity and embracing your size.'** [Read More](#)

Opportunities to Join Us

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