

This week our teams worked across districts, supporting young people in crisis-affected communities, strengthening school leadership, expanding digital access to services, and deepening grassroots outreach.



UNFPA-Supported Youth Camps Launched

Youth Camps began in Cyclone Ditwah - affected areas under the theme “Youth Action for Crisis Response.” The initiative equips displaced and affected young people with essential knowledge and leadership skills in safe, interactive learning spaces.

Sessions this week were held in Gampola, Nuwara Eliya, and Badulla.

[Click to View](#)



Building Stronger School Communities

The Monaragala Centre conducted an awareness session at Royal College, Monaragala, engaging Principals from across the district. The programme highlighted available health and educational services and strengthened school linkages to better support student well-being.



Kilinochchi Centre Strengthens Outreach through IPPF SPRINT Project

The Kilinochchi Centre continued its community outreach with impactful programmes across the district.

A mobile clinic and outreach session at the RDS Building in Pannangkandy and Thirunagar Common Hall delivered essential services to the community. An engaging SRH session for newly married couples in Shanthapuram promoted informed choices for healthy families, while an awareness programme at VTA Kilinochchi equipped participants with vital SRH knowledge for a healthier future.

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Bloom by FPA Sri Lanka Now Available on eChannelling

We are excited to share that Bloom by FPA Sri Lanka, our Head Office clinic is now onboard with eChannelling by SLTMobitel, expanding access to our services through one of Sri Lanka's largest doctor channelling platforms. Clients can now conveniently book appointments via the eChannelling app or website, making it easier than ever to connect with trusted SRH care at FPA.

Online

Cognitive Behavioral Therapy

COURSE CONTENT

- Introduction to CBT
- Recognizing Cognitions
- Behavioral Activation Benefits
- Understanding and Managing Emotions
- CBT for Stress
- CBT for Problem-Solving
- CBT for Managing Chronic Diseases
- CBT for Promoting Sleep
- Practical Sessions & Exams

Conducted by
Dr. Neil Fernando
Consultant Psychiatrist

For more information and to register:
077 462 5485

One Day Session

Relax, Breathe, Prepare, Heal

A special physical session designed for:

- Pregnant mothers
- Women planning to conceive
- Mothers after childbirth

What to expect:

- Clients pregnancy safe yoga
- Risk-free pregnancy care
- Sexual & Reproductive Health (SRH) knowledge
- Relaxation & Breathing Techniques
- Body & Mind wellness guidance

Conducted by
Dr. Neil Fernando
Ms. Nirupama Mulsapenna
Yoga Instructor

For more information and to register:
077 462 5485

Upcoming courses at the SRH Institute

Advancing knowledge, strengthening practice, and shaping confident professionals in sexual and reproductive health.

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SRH Awareness Programmes

The Batticaloa Centre, conducted Sexual and Reproductive Health (SRH) awareness sessions in Arayampathy and Kattankudy.

The programmes engaged local youth communities, shared vital health information, and strengthened access to reproductive health services for all.