

**This week**, at FPA Sri Lanka, we celebrated connection, marked important milestones, and continued advancing inclusive conversations on sexual and reproductive health and rights across communities.



## Celebrating Tradition, Strengthening Bonds

The FPA Sri Lanka team welcomed the New Year on the 20<sup>th</sup> of April at the Head Office, with fellowship games and festive treats, celebrating unity, cultural pride, and the spirit that drives our work.



## Nuwara Eliya SDP Marks 15 Years

FPA Sri Lanka's Nuwara Eliya Service Delivery Point celebrated its 15th anniversary, commemorating years of dedicated service to plantation communities since April 2011. The milestone was marked with appreciation for partners and a joyful celebration with staff who continue to make this impact possible.



## SOGIESC Awareness Workshop

In collaboration with the 'Leo Club of Attanagalla Victory', FPA's Youth Team successfully conducted a Sexual Orientation, Gender Identity, Expression, and Sex Characteristics (SOGIESC) awareness workshop. The session created space for dialogue on inclusivity, diversity, and building safer communities, with strong engagement from Leo members nationwide.

Online

### Cognitive Behavioral Therapy

**COURSE CONTENT**

- Introduction to CBT
- Recognizing Cognitions
- Behavioral Activation Records
- 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

077 462 5485

Book & Enrolments

Commitment	What	Duration	Sessions
02 <sup>nd</sup> May	Monday	4 Months	16

Online Course

### Certificate Course in Sex Therapy

**Course Content**

- Basic concepts
- Etiology
- Treatment
- Other issues addressed through sex therapy
- Sexual dysfunctions in both partners
- Results of sex therapy
- Family Planning Methods

**Conducted by**  
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Book & Enrolments

Commitment	What	Duration	Sessions
20 <sup>th</sup> April	Every Saturday	6 Months	24

## CENTERING SEX WORKER LEADERSHIP TO ADVANCE SRHRJ: LEARNINGS FROM THE IPPF SEX WORK CONSORTIUM FROM SRI LANKA

24 April 2026 | 11 AM IST | 1:30 PM MYT



## Centering Sex Worker Leadership for SRHRJ

A webinar held on 24<sup>th</sup> April highlighted key learnings from the IPPF Sex Work Consortium in Sri Lanka. Led by FPA Sri Lanka alongside community-based and sex worker-led organizations, the session explored progress, challenges, and insights to strengthen rights-based approaches across contexts.

## Now Enrolling: SRH Institute Courses

The SRH Institute is offering two specialized courses designed to build professional capacity in mental and sexual health.

### Certificate Course in Cognitive Behavioral Therapy

Covers core CBT principles including cognition recognition, emotional management, stress reduction, and practical applications for problem-solving, sleep, and chronic conditions.

### Certificate Course in Sex Therapy

Explores key areas such as basic concepts, etiology, treatment approaches, sexual dysfunctions, and family planning methods.

For more information and registration, contact Badra on **077 462 5485**.

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## IPPF-SPRINT Team visits Batticaloa SDP

The IPPF team, Dr. Diana Pulido - Head of Humanitarian, Ms. Apurva Rastogi - AOC - IPPF SARO visited the Batticaloa Service Delivery Point from April 21<sup>st</sup> to 23<sup>rd</sup>, 2026. The team engaged with government authorities, healthcare providers, and local CBOs. They also met directly with beneficiaries including youth, pregnant mothers, and the LGBTQIA+ community, to review project impact and success stories from the SPRINT emergency response efforts by FPA carried out after Cyclone Ditwah.

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