

**FPAM**  
**ON**

JAN - DEC 2022

**THE GO**

ANNUAL PROJECTS NEWSLETTER



# HELLO LILONGWE



## OPENING HOURS

MON - SAT  
08:00 - 1700HRS

Clinic Opens During  
Public Holidays

## KAWALE

Near Engen  
Filling Station

### Contact Us

**0999 339 484**



@FPAM\_



Family Planning  
Association of Malawi



[www.fpamalawi.org](http://www.fpamalawi.org)

## KODI MUKUDZIWA?

Chipatala cha FPAM Ku Kawale  
chimapereka thandizo la sikelo  
ya amai apakati.

## MUSAZENGEREZE TIPEZENI LERO!

### Other Services

- General Medical Services
- Family Planning
- Post Abortion Care (PAC)
- HIV Testing & Services
- ART
- Cervical Cancer Screening
- STI Screening & Treatment
- Youth Friendly Services



JAN - DEC 2022

# FPAM ON THE GO

ANNUAL PROJECTS NEWSLETTER

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## OUR MISSION

To provide quality, accessible and affordable, comprehensive Reproductive Health and Rights information and services to young people, women, men and the underserved.

## OUR VISION

A Malawian society with access to quality and comprehensive sexual and reproductive health information and services.

## CORE VALUES

- >>> Diversity
- >>> Social Inclusion
- >>> Partnerships
- >>> Volunteerism
- >>> Accountability

## MOTTO

Centre of Excellency in the Provision of Sexual Reproductive Health Services

## WHO WE ARE

An Indigenous, non-profit making and non-political Malawian local Non-Governmental Organization established in 1999 and registered under the Trustees Incorporation Act.

FPAM is affiliated to International Planned Parenthood Federation (IPPF) as a member association.



## EDITORS NOTE

I am pleased to bring you the FPAM 2022 annual Projects Newsletter. We are glad to be bringing you the newsletter dubbed FPAM On The Go to highlight, inform and alert our valued clients, stakeholders, and donors about FPAM project activities and the direction the association is taking to grow in an ever-changing Sexual Reproductive Health work environment.

We have compiled a list of project briefs comprising our work, FPAM annual year service delivery statistics and other infomercials.

Kindly subscribe to our Website newsletter from <https://www.fpamalawi.org> to get this information.

I hope you enjoy this issue.

**Faith Kadzanja**

### EDITORIAL TEAM

Donald Makwakwa  
Faith Kadzanja  
Andrew Bishop Mkandawire

### CONTRIBUTORS

David Mwale -  
FPAM Monitoring and  
Evaluation Officer  
FPAM project coordinators

### DESIGN

Design and Printing PLUS  
+265 998 311 666  
info@designandprintingplus.com

# EXECUTIVE DIRECTOR MESSAGE



In 2022 FPAM registered several achievements in the areas of institutional capacity building, programming, partnership, finance, and resource mobilization.

FPAM has managed to attract additional new donor (USAID) through the Momentum project, which is being led by the Palladium and Amref Health Africa. With this additional funding, FPAM will increase its footprint across Malawi as it continues to provide high quality comprehensive and integrated sexual and reproductive health information and services.

The organisation also managed to maintain some old funding partners such as the International Planned Parenthood Federation (IPPF), UNFPA, Global Fund through Action Aid and Christian AID, FCDO and Global Affairs Canada through OXFAM.

In addition to the current donors, FPAM also received funds for emergency response for Cyclone Ana from the International Planned

Parenthood Federation (IPPF) and UNFPA to support the humanitarian support in Chikwawa, Nsanje, Mulanje and Phalombe.

FPAM has also through IPPF started implementing LAD (Post abortion care project) in Ntcheu and Lilongwe. FPAM is still a significant player in the Sexual Reproductive Health Rights (SRHR) field such that the organisation is a successful member of stakeholder engagement meetings as well as many Technical Working Group meetings.

FPAM is still vice chair of the Malawi SRHR Alliance as well as the focal organisation for the parliamentary caucus on population which has just been re-launched in 2022. The organisation is geared to ensure that Malawians have access to quality sexual reproductive health rights for everyone, everywhere through barriers.

**Donald Makwakwa**

# 2022 ANNUAL AGGREGATE PERFORMANCE



CYP



POST ABORTION  
CARE (PAC)



HIV ONLY



STI ONLY



CERVICAL CANCER



GBV



FAMILY PLANNING



SRHS TO YOUTH



OTHER SRHS



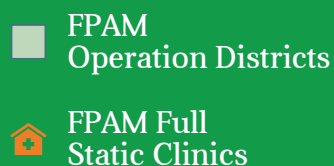
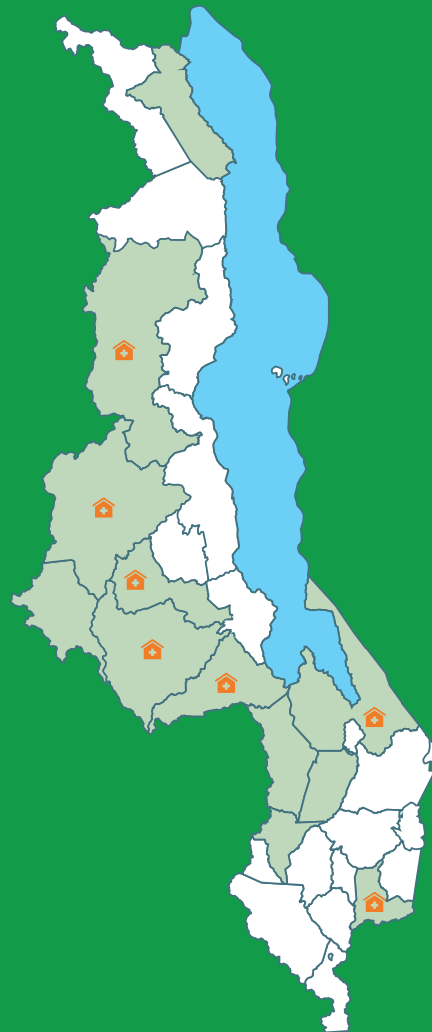
TOTAL SHR SERVICES

# ABOUT FPAM

Family Planning Association of Malawi (FPAM) is an organization that provides integrated comprehensive Sexual Reproductive Health and Rights (SRHR) services to young people aged 10-24, men, women and children and other high-risk key populations such as People Living with HIV (PLHIV) and female sex workers.

FPAM operates in 13 districts: Mulanje, Balaka, Dedza, Dowa, Karonga, Kasungu, Lilongwe, Mangochi, Mchinji, Mzimba North, Neno, Ntcheu, Salima and across all 3 regions of the country. FPAM also has static clinics which provide general medical services. The static clinics are based in Lilongwe, Kasungu, Ntcheu, Kasungu, Dowa, Dedza and Mzuzu.

All the clinics are fully certified by Medical Council, Nurses and Midwives council of Malawi, and Pharmacy and poisons board and HIV department to stock commodities and provide a full range of SRHR and HIV including ART services.



## FUNDERS

- **International Planned Parenthood federation (IPPF)** - Core grant, MA governance initiative, Digital Health Project from IPPF voucher fund and Cyclone Ana, AHF)
- **UNFPA (KOICA & JPGE, cyclone Ana and Continuity of care)**
- **DFID (WISH2ACTION), the Global Fund through Action Aid (Covid Response mechanism)**
- **Global Fund through Christian Aid (FSW)**
- **Global Affairs Canada through OXFAM (HFHC)**
- **KfW (Nzatonse-Service delivery and Covid 19) through Population Services International (PSI)**
- **LAD through IPPF**

# PROJECT 01

## GALVANIZE COMMITMENT AND SECURE LEGISLATIVE, POLICY AND PRACTICE IMPROVEMENTS (ADVOCACY AND COMMUNICATION)



**Project Coordinator**  
Faith Kamtambe Kadzanja

FPAM's advocacy initiative aims at Strengthening capacity of FPAM and other advocacy actors to undertake advocacy initiatives supporting access to Sexual Reproductive Health Rights (SRHR) and Comprehensive Sexuality Education (CSE) with an aim of influencing action towards policy change: harmonization of SRHR financing by law and policy makers.

The organisation uses several media channels to reach out to its target audience including mainstream media, Social media and digital media.

### MAIN ACHIEVEMENTS

FPAM uses radio Jingles to reach out to the masses. The jingles that are aired using local media have proven to be an effective advocacy tool as many have understood FPAM and the services it provides.

In 2022, FPAM also used animated series of Temzu on it's Facebook page and the series played a significant role in changing the mind set of people on family planning issues. Temzu Town is a cartoon series that has attracted myriad Facebook users with its story line, presentation, and animation.



### CAMPAIGN SUCCESSES

The campaign has proven to be a success because uptake of family planning services among the youth has now gone up owing to the changes in behavior and attitudes of people as learnt through the series.

Temzu series has proven to be a good campaign to reach out to people and a good tool for social behaviour change.

### OTHER ADVOCACY INITIATIVES

FPAM participated in an advocacy meeting to lobby for the increase in budget allocation of family planning commodities. FPAM shared several communication articles locally and at IPPF level.

FPAM managed to raise its followership on Facebook from 10,000 to 17,000 followers.

#### Increased Media Visibility

Through the advocacy initiatives that are being implemented, the masses are now aware of the organization and the services it renders.

#### Demand Creation

Many young people are now demanding SRH services in FPAM static clinics and outreach clinics because of the information they get on radio and social media platforms regarding SRHR.

# PROJECT 02 UNFPA

The 2022 Annual Work plan (AWP) between FPAM and UNFPA focused on ensuring that girls and boys in targeted schools and out of schools have access to youth friendly sexual reproductive health rights information and are empowered to take action on their sexual reproductive health issues within and outside the school and are able to access YFHS.

The interventions were aimed at increasing the range and availability of Family Planning (FP) commodities for marginalized groups in line with reproductive rights and improved supply chain management, minimizing school dropout rate and incidences of unwanted pregnancies as well as HIV and STIs amongst the youth aged 10-24 and making SRHR/HIV/GBV integrated services available to the key populations in hard-to-reach communities.



**Project Coordinator**  
Jimmy Kachale

“ These interventions were implemented through provision of youth friendly SRHR mobile outreach clinics, provision of door-to-door SRHR services by CBDAs, and demand generation for the provision of the integrated services and capacity building through mentorship and training sessions. ”



FPAM service provider assisting a client during an outreach clinic in Mangochi District

## MAIN ACHIEVEMENTS

### 1. JPGE III

In the year 2022, FPAM with funding support from the UN JPGE III through UNFPA provided integrated SRHR services ranging from Family Planning, Post Abortion Care (PAC), HTS, STI, VIA, GBV, PGT, and General Medical Cases to 113,161 clients through mobile outreach clinics and mobile vans. Of these clients, 73,549 were young people in the age range of 10-24 years in the project targeted districts of Salima, Dedza, Mangochi and Kasungu.

### 2. Action for teen mothers and adolescent girls in central region, Malawi

FPAM with financial support from Korean International Cooperation Agency (KOICA) through the United Nations Population Fund (UNFPA) implemented interventions under the Action for Teen Mothers and

Adolescent Girls in Central Region, Malawi project in Dedza and Mchinji districts. Through the integrated SRHR services provided through the mobile outreach clinics reached out to 62,649 clients, of which 42,715 clients were young people aged 10-24 years.

### 3. Support to Ministry of Health- Reproductive Health Directorate

UNFPA supported the Ministry of Health- Reproductive Directorate through FPAM with resources to implement five broad activities aimed at building the capacity of government health care workers in Blantyre, Dowa, Kasungu, Salima, Chiradzulu, Balaka, Karonga, Nsanje, Mzimba North, Phalombe, Nkhhotakota, and Mchinji districts. A total of 493 health care workers have been trained on logistics and supply chain management, list mile assurance and incorporated family planning



service delivery issues. Furthermore, a total of 348 health care workers have been on Long-Acting Reversible Contraceptives (LEVOPLANT) for family planning providers from the above-mentioned districts.

**4. Support the continuity of care for SRHR and Family planning services.**

In the year 2022, FPAM with funding support from

UNFPA provided integrated SRHR services ranging from Family Planning, Post Abortion Care (PAC), HTS, STI, VIA, GBV, PGT, and General Medical Cases to 12,481 clients through mobile outreach clinics. Of these clients, 8,532 were young people in the age range of 10-24 years in the project targeted districts of Lilongwe and Mulanje.

**PROJECT  
03**

**GLOBAL FUND FSW  
HIV/TB MODULE**

The current HIV National Strategic Plan (2021-2026) highlights the priority population groups for HIV interventions, and highlights their specific needs, in terms of the drivers of the epidemic, the barriers that put them at risk of infection, as well as the proposed combination prevention packages for each. The goal is to reduce risky sexual behaviors and increase uptake of services by targeting specific populations that are most at risk; one of the identified groups is Female Sex Workers (FSWs).

With funding from The Global Fund through World Vision and Christian Aid, FPAM is implementing a three-year (2021-2023) HIV prevention project targeting female sex workers in Dowa, Dedza, Kasungu, Karonga, Mchinji, Ntcheu and Salima. The project seeks to reduce new HIV infections among female sex workers. This will contribute towards the elimination of HIV transmission by 2030 and reduce HIV related morbidity and mortality among female sex workers in the targeted project sites.

The project aims at reaching FSWs with a minimum complete package of; risk assessment (including violence)/risk reduction or counseling, HIV status ascertainment ,STI Screening/referral for treatment, provision of condoms and lubricant and Family Planning methods. It also aims at providing HTS to female sex workers so that 95% know their status, 95% of those diagnosed with HIV are initiated on ART and 95% of those on ART have their viral load suppression (95-95-95 strategy).



**Project Coordinator**  
Saukira Sitima

**Duration**  
1st April 2021 - 31st  
December 2023

**Management location:**  
Lilongwe

**Implementation Location:**  
Kasungu, Dowa, Salima,  
Mchinji, Dedza, Karonga  
and Ntcheu

**MAJOR SUCCESSES**

- The project has reduced stigma and discrimination among female sex workers.
- Female sex workers are able to access health services right in their hotspots without being ashamed.
- More female sex workers who defaulted Antiretroviral Therapy (ART) have been re-initiated.



A female sex worker receiving a service at a Moonlight Clinic

# PROJECT 04

# COVID 19 RESPONSE MECHANISMS (C19RM)



**Project Coordinator**  
Saukira Sitima

Family Planning Association of Malawi (FPAM) with support from Global Fund through Ministry of Health and Action Aid is implementing a COVID-19 response mechanism project as a Sub- Sub Recipient in the 11 districts namely Salima, Ntcheu, Karonga, Kasungu, Dowa, Nkhatabay, Nkhotakota, Mchinji, Thyolo, Mulanje and Dedza. The Principle Recipient for the grant is the Ministry of Health and Action Aid is the Sub Recipient. Other Sub-Sub Recipients in the grant include SAT, ECM, CRECCOM and MANET +.

The C19RM project is specifically targeting the general population, people living with HIV, TB patients, Key Populations, Adolescent Girls and Young Women, Community Based Organizations (CBOs), support groups, volunteers, community leaders, faith and religious leaders, health facility advisory committee members, judiciary, men in uniform, journalists and peer educators.

## GOALS

- To mitigate the impact of COVID-19 on HIV, TB and malaria disease programs.
- To reinforce the response to COVID-19.
- To make urgent improvements in health and community systems, including laboratory networks, supply chains and engagement with vulnerable communities.



Participants of a Health Facility Observatory Meeting being drilled on C19

## ACHIEVEMENTS

- Enhancing community empowerment on resource management and accountability for COVID 19, HIV, TB and Malaria resources.
  - Achieved community awareness on COVID-19, HIV, TB related GBVs.
  - The project also distributed enablers to volunteer frontline workers and communities to ease mobility challenges and promote infection prevention.
- The project has managed to reduce new HIV infection and other sexually transmitted infections



# HELLO DEDZA

## DEDZA FPAM CLINIC

M1 Road Opposite Kapesi Road

**MONDAY - SATURDAY**  
**08:00 - 17:00**

## OFFERS GENERAL MEDICAL SERVICES

### OTHER AVAILABLE SERVICES

- Family Planning
- Post Abortion Care (PAC)
- HIV & ART Services
- Cervical Cancer Screening
- STI Screening & Treatment
- Youth Friendly Health Services

FOR MORE INFO

📞 0999 292 156

✉ fpam@fpamalawi.org

🌐 www.fpamalawi.org



# PROJECT 05

# HER FUTURE, HER CHOICE



**Project Coordinator**  
Esther Moyo

**Funder**  
Global Affairs Canada.

**Management location:**  
Lilongwe

**Implementation Location:**  
Lilongwe and Balaka.

FPAM with funding from Canada’s Foreign Policy – Global Affairs Canada through Oxfam in Malawi, is implementing the project with other partners, including the Centre for Alternatives for Victimized Women and Children in Balaka and Point of Progress in Lilongwe.

The project promotes knowledge on provision of gender-responsive and youth-friendly comprehensive sexual reproductive health services among health service providers.

It also helps to improve the ability of health systems and institutions to provide gender-responsive, youth-friendly comprehensive SRH information and services.



FPAM Service provider counseling clients at an outreach clinic

## PROJECT OBJECTIVES

Increased knowledge and skills of health service providers to deliver gender responsive,youth friendly comprehensive SRHR services.

Improved capacity of health systems and institutions to enhance gender responsive, youth friendly comprehensive SRHR services and policies.

## ACHIEVEMENTS

- The project has trained 12 members of DHMT for Balaka and Lilongwe on oversight health management of SRHR/GBV Services at health facilities.
- The project has trained 100 service providers on Values Clarification and Attitude Transformation (VCAT).
- The project supported the Ministry of Health through Reproductive Health Directorate to Orient/Train 28 Post Abortion Care (PAC) national Coordinators on new PAC guidelines.



**HELLO MANGOCHI**

**MANGOCHI FPAM CLINIC**

📍 Monkey Bay Road Near Mkambiri Lodge

**MONDAY - SATURDAY**  
**08:00 - 17:00**

**OFFERS GENERAL MEDICAL SERVICES**

### OTHER AVAILABLE SERVICES

- Family Planning
- Post Abortion Care (PAC)
- HIV & ART Services
- Cervical Cancer Screening
- STI Screening & Treatment
- Youth Friendly Health Services

**FOR MORE INFORMATION**

📞 0995 342 255 | 0881 932 615 ✉ fpam@fpamalawi.org 🌐 www.fpamalawi.org



# PROJECT 06

## NZATONSE PHASE IV



**Project Coordinator**  
Jayne Mwalabu

The overall project goal aimed at strengthening informed demand for and access to high quality SRHR information, products and services. The project ensured that access to quality, affordable SRHR services in rural areas is improved. In addition to serving men and women in the reproductive age (15-49), the project had a special focus on youths (aged 10-24 years), improving their access to SRH services.

### Duration

March 2021 - January 2023

### Management location:

Lilongwe

### Implementation Location:

Ntcheu and Neno

### KEY ACHIEVEMENTS

- Continuation of service delivery throughout the project period despite challenged by COVID 19 pandemic.
- More SRH services (59%) were provided to young people (10-24 years).
- Integration of SRH services with COVID 19 services inclusive of health talks and vaccination. Through COVID 19 vaccination campaign under the same project, 441 people got COVID 19 vaccine.



FPAM outreach clinic setting

# PROJECT 07

## IMPROVING ACCESS TO POST ABORTION CARE (PAC) AND POST ABORTION FAMILY PLANNING



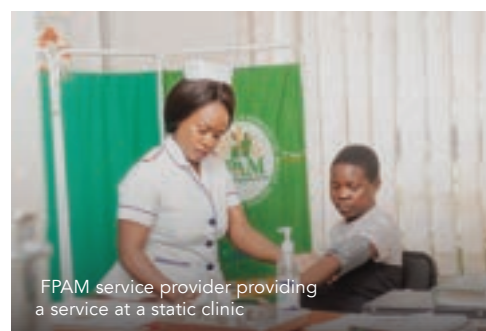
**Project Coordinator**  
Modetsa Kasawala

FPAM with support from LAD through IPPF is implementing a project aiming at improving access to Post Abortion Care (PAC) and post abortion Family Planning. The project is being implemented in 12 health facilities in two districts of Lilongwe and Ntcheu. Of the 12 facilities, two are FPAM clinics, one in each district.

The project targets all women who have had abortion and need Post Abortion Care to be provided by health professionals. In addition, the project targets community health workers to create demand for people by notifying them about the availability of PAC in the nearest facilities and telling them the advantages of seeking medical care post abortion.

### GOAL

To improve access to PAC and post abortion FP services for all women and girls in the impact district communities.



FPAM service provider providing a service at a static clinic

### ACHIEVEMENTS

- 3,590 clients were provided with post abortion care in the impact facilities.
- 46,439 clients were provided with modern Family Planning methods.
- 80 gate keepers were trained in Values Clarification and Attitude Transformation (VCAT).

# PROJECT 08

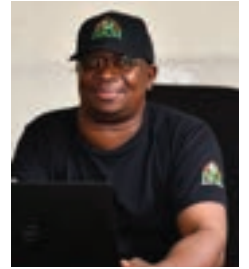
# WISH 2 ACTION

With funding from Department for International Development (DFID) through International Planned Parenthood (IPPF), FPAM is implementing Women's Integrated Sexual Health (WISH) project in Kasungu and Lilongwe districts. Overall, the project aims at attaining improved Sexual and reproductive health and rights of poor, socially excluded and or underserved people, especially women, girls, youth, and people with disabilities in Malawi.

The project is operating across 27 countries, 24 in Africa and three in Asia, to deliver life-saving family planning services to previously underserved women and men.

In Malawi, the project is implemented by consortium partners of Options and Development Media International (DMI) and FPAM in delivering the WISH programme in Lilongwe and Kasungu districts. The project also engaged ePACT as a third-party monitor.

Activities under WISH are done with the involvement of all key implementing partners at national, district and community levels. These include the Ministry of Health (MOH), faith-based health facilities such as (CHAM) facilities and other service delivery partners under the social franchise network for the service delivery component.



**Program Manager**  
Gerald Maulidi

## ACHIEVEMENTS

- Improved quality of service delivery related to provision of LARC, Youth Friendly Health Services (YFHS), quality of care & adverse events reporting & learning, and data management and reporting in hard-to-reach areas through public and private health facilities.
- Strengthened collaboration and networking among stakeholders at district and community levels.
- Increased access to quality SRHR services by communities in hard-to-reach areas through improved demand creation and linkages to related services using the cluster structure model.



Service provider providing a family planning service to young client



# HELLO MZUZU

## MZUZU FPAM CLINIC

📍 Luwinga, Nkhorongo Road  
Habitant Stage

**MONDAY - SATURDAY**  
**08:00 - 17:00**

## OFFERS GENERAL MEDICAL SERVICES

### OTHER AVAILABLE SERVICES

- 👉 Family Planning
- 👉 Post Abortion Care (PAC)
- 👉 HIV & ART Services
- 👉 Cervical Cancer Screening
- 👉 STI Screening & Treatment
- 👉 Youth Friendly Health Services

FOR MORE  
INFORMATION



0999 621 017 | 0881 481 217



fpam@fpamalawi.org



www.fpamalawi.org



# FPAM GOVERNANCE REFORM INITIATIVE

## OBJECTIVES OF THE FPAM GOVERNANCE REFORM INITIATIVE

To analyse the FPAM's governance structures, systems and processes against international governance best practices, evaluating their cost-effectiveness, and the fulfillment of their governance roles including but not limited to setting the strategic direction, approving policy frameworks, managing risks, mobilizing resources and overseeing the financial situation of the organization.

To provide recommendations and an action plan to improve FPAM's governance.



## SCOPE OF THE INITIATIVE

- Conducted a thorough diagnosis of the governance of FPAM through a SWOT analysis and other similar tools, appreciative inquiry analysis (learning from what works well and exploring how to scale up FPAM own good practice at the different levels)
- Conducted an analysis of the different roles and responsibilities (including communication flow) – between governance and management as well as among Governing Body organs; this could include: the official and formal roles and relationships within FPAM but also all informal roles and practices that play a key role in the governance dynamics.
- Conducted an analysis of the national and branch governance structures, systems and processes and their functions and relevance.
- Reviewed FPAM constitution / regulations / statutes / by-laws / meeting minutes etc.
- Conducted an analysis of Board selection / recruitment / appointment / election / evaluation process and challenges related to the appointment of the relevant profiles or “talents” – making FPAM responsive to the needs of its beneficiaries and anticipating future trends.
- Conducted an analysis of good governance practices including governance models relevant for similar governance dynamics in comparison with global and national good practices.



## OUTPUTS

- A reorganized fit for purpose FPAM governance structure
- An amended FPAM constitution and regulations responding to the reorganized FPAM governance structure

# PICTORIAL FOCUS



1



2



3



4



5



6

**1** FPAM nurse at Kawale Clinic providing a service.

**2** FPAM service provider providing a service to a young client at an outreach clinic.

**3** Provision of SRHR services at a camp in Phalombe - Cyclone Freddy emergency response.

**4** Participants of an observatory meeting under COVID-19 response mechanism project discuss solutions in Nkhotakota.

**5** A peer educator distributing condoms to a student during a condom distribution exercise at the University of Malawi.

**6** Provision of general medical services underway at a camp in Blantyre - Cyclone Freddy Response.

## QUOTES



**DONALD MAKWAKWA**  
FPAM Executive Director.

"FPAM is committed to the provision and promotion of youth friendly health services which are easily available to all young people irrespective of their age, sex, marital status, or financial situation. FPAM has adopted IPPF's Youth Policy which states that IPPF is committed to promoting, protecting, and upholding the sexual and reproductive health rights of all young people,"



**TAZIRWA CHIPETA**  
FPAM Director of Programs.

"FPAM provides HIV Testing services, Family Planning contraceptive methods, information and counseling, and services, cervical cancer counseling, screening, and treatment, STI counseling, screening, and treatment, provision of ARVs, GBV case management and referral, Youth friendly Health services to young people aged between 10 and 24, and general medical services through its 7 static clinics, 20 outreach clinics and using community based health workers as well as government outreach teams,"



# HELLO NTCHEU

## NTCHEU FPAM CLINIC

Ntcheu Boma Along M1 Road  
Behind Standard Bank

**MONDAY - SATURDAY**  
**08:00 - 17:00**

☎ 0990 903 199  
0881 932 615

✉ [fpam@fpamalawi.org](mailto:fpam@fpamalawi.org)

🌐 [www.fpamalawi.org](http://www.fpamalawi.org)



## OFFERS GENERAL MEDICAL SERVICES

### OTHER AVAILABLE SERVICES

- Family Planning
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- HIV & ART Services
- Cervical Cancer Screening
- STI Screening & Treatment
- Youth Friendly Health Services

### Family Planning Association of Malawi (FPAM)

FPAM House, Area 10, Plot No. 10/447

Private Bag B424, Lilongwe, Malawi

+265 (0) 999 771 031

[fpam@fpamalawi.org](mailto:fpam@fpamalawi.org)

🐦 @FPAM\_

f Family Planning Association of Malawi

🌐 [www.fpamalawi.org](http://www.fpamalawi.org)

