

Somos un centro para mujeres que cree en el control de la mujer sobre su propio cuerpo, antiracista, multilingüe.



Waxaanu nahay xarun haween oo luuqado badan ku dhaqanta, rumaysan ikhyaarka qofka, diidan takooridda qolada.



Tiri bato rinomirira zvido zvevakadzi vanemitauro yakasiyana pasina rusarura ganda:



We are a pro-choice, antiracist, multilingual centre for women.



Nós somos um centro que acredita que as mulheres têm o direito de decidir sobre o seu corpo. Um centro antiracista e multilingue para mulheres.



Siyi mbheleko ethethelela ukuzikhethela kwabafazi ngosapho lwabo, ukugcizelela amalwimi ethu enzaleni yethu, nokulwela ukungohlwaywa ngombala nobuntu bethu.



Nous sommes un centre de santé communautaire multilinguistique, antiraciste, et pour la choix des femmes.



Setšèng sena re thusa basahi ho ikhethela tlhahlamisong ya malapeng a bona, ho tsètèla tsebø ea maleme a bona baneng ba bona, re loantša le khethollo ea mmala.

Activities

We engage in outreach and community based activities which involve women in achieving change in the conditions that have adverse effects on their health.

We respond to the needs of women and encourage them to use the resources available within the Centre.

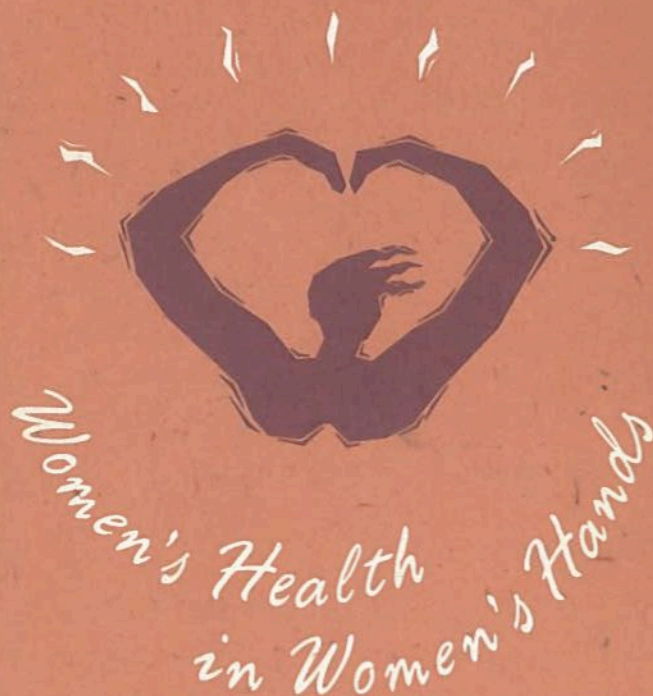
Benefits for You

Through our collective voices you can have a greater impact on government policies as they apply to women's health.

In a woman-centred environment, you can access support services, counselling, clinical services and other specialized services provided by women.

You can share your experiences and increase your awareness of women's health issues and build new skills.

Together we can better organize, coordinate and strategize on issues of concern to you.



Community Health Centre

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Basis of Unity

We are a participatory centre for women of diverse backgrounds and needs. We work towards enhancing our sense of well-being and health by placing women's health into women's hands. We constantly challenge our assumptions and analysis and we are committed to being a catalyst for change in our community.

Philosophy

Women's Health In Women's Hands is a prochoice, antiracist and multi-lingual centre for women. We are committed to working with women with diverse needs and backgrounds, particularly, immigrant/refugee women of colour, women with disabilities and women of all ages.

Health

Health is a resource for daily living which gives an individual the ability to have control over her own life. This includes having access to adequate housing, employment, childcare services, good nutrition, freedom of movement, equal benefits in our society and freedom from all forms of discrimination.



Community Health Centre

Services and Programmes
We offer a range of services and programmes to women:

Clinical Health Promotion

Self-Help Support Groups

**Female Genital Mutilation
Education and Advocacy**

**Networking with
Other Agencies**

**Education and
Training Workshops**

Advocacy Support

Mental Health Promotion

Pro-Choice

We will endeavour to provide the most up-to-date and accurate information, in our own languages, so that we can make informed choices about our reproductive health. We will support and facilitate access to a woman's choice.

Pro-Choice Means

The right to information, counselling and support about sexuality and reproduction in our own languages so that we can make informed choices.

The right to a full range of services that support our choice to:

- have a safe pregnancy, delivery and post-natal care
- have accessible safe, legal and affordable abortion services

Women's Health In Women's Hands will support a woman's choice to:

- have a child
- not have a child
- end a unintended pregnancy