

about the

Women's Counselling Referral and Education Centre

The Women's Counselling Referral and Education Centre was developed four years ago to create more choices for women seeking counselling.

We attempt to provide women with referrals to therapists and counsellors who are aware of the struggles that women are presently going through in redefining themselves.

As women, our self-images are often clouded by what we have learned we should be and should think as good wives, mothers and workers.

Our efforts to live up to the feminine ideal, or to change it, have frequently left us confused or unhappy, and in many respects traditional therapy has advocated adaptation to our roles rather than challenging us to grow, change, and develop.

False solutions range from being told to "buy a new spring hat, dear" to prescriptions for extended use of mood-changing drugs.



At WCREC, we

- offer women referrals to non-sexist therapists who have been carefully interviewed
- offer one free counselling session to provide information about different forms of counselling to help women sort out their immediate and long-term needs
- provide a telephone information line, public education, and an active volunteer program
- sponsor self-help groups run by the women themselves

From 1976 to November 1978, WCREC operated on a non-renewable grant from the Non-Medical Use of Drugs Directorate (Health and Welfare Canada).

Upon the termination of this grant, the centre almost closed its doors. But women's services, social agencies, clients and the media were adamant that WCREC must continue. This support resulted in the Ministry of Health providing a six-month grant which expires on May 31st, 1979.

WCREC's budget for the remainder of 1979 will be met by donations from individuals, corporations and foundations. We have also applied for United Way membership in 1980.



To become part of our support system, you can help us in several ways. One is to remember who and where we are, should you or someone you know ever need us. Another is to offer your time on a volunteer basis. It is also possible to become one of our Associate Members. For the \$10-a-year fee, you will receive a membership card, our newsletter, information about special meetings or workshops, and a tax-deductible receipt. Please fill out and send the attached coupon and let us know you're behind us. If the coupon is missing, just call or send in your fee or donation with your name and address. Help us to continue to be here for you.

The Women's Counselling Referral and Education Centre • 348 College Street Toronto Ontario • 924-0766

You can support the Women's Counselling Referral and Education Centre by becoming one of our Associate Members. For the Associate Membership fee of \$10 a year, you will receive a membership card, our newsletters, and information on any special meetings or workshops.

Name: _____

Address: _____

Phone Number: _____

WCREC is a registered charitable organization. Associate Membership fees and donations are tax-deductible and a receipt will be sent to you.

Sent to you by _____

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Associate Membership Fee \$10 (or more) enclosed

While it doesn't suit me to become an Associate Member at this time, I would like

to offer the enclosed donation

to offer my time on a volunteer basis to help WCREC