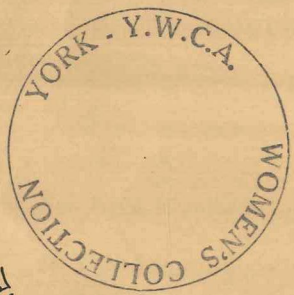


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# helping ourselves :

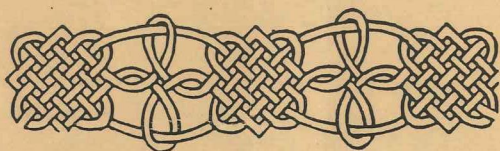


# A HANDBOOK FOR WOMEN STARTING GROUPS

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## What is it?

A down-to-earth practical handbook about women's groups. In part it is based on the experiences of many women's groups in Toronto.



## Who is it for?

The book is for women who want support, friendship and ways of coping with problems and stress. It will also be of interest to organizations and professionals who are interested in self-help groups from a women's perspective.

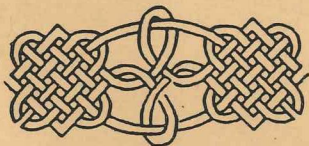
## What's in it?

The handbook covers such areas as:

- what women's groups offer
- whether a self-help group is for you
- how to start a group
- what to expect
- how to make it work
- additional references, reading and other goodies

## Who is it by?

The Women's Counselling Referral and Education Centre is a non-profit organization committed to developing and providing alternative mental health services for women.



How do I get a copy?

Just mail this form with  
a \$5.00 cheque or money order,  
payable to W.C.R.E.C.,  
348 College Street, Toronto,  
Ontario, M5T 1S4.

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- Helping Ourselves -  
A Handbook for Women Starting Groups

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