

# Women's Counselling Referral and Education Centre

## WHO ARE *We?*

- WCREC is for women who want help in finding a therapist, joining a group or coping with problems.
- WCREC started in 1975 and has screened over 300 non-sexist therapists in Toronto.
- WCREC has assisted over 10,000 women in finding a form of help and support to suit their needs.
- WCREC encourages and supports self-help groups for women who want to help each other.

As women we have special needs arising from the multiple roles we play in today's world. In taking care of others we often lose sight of the primary need of taking care of ourselves.

WCREC advocates a consumer approach to mental health. WCREC helps women help themselves by providing information about mental health services and women's groups.

## FUNDING

WCREC was originally funded by the federal government as a demonstration project. Since that funding expired in 1978, WCREC has been dependent upon the financial support of the community.

We would like to thank the following groups for their support: City of Toronto, Doctors Hospital, Metro Social Services, Ministry of Health, United Church and the United Way.

## HOW TO USE WCREC

- All women are welcome at WCREC. Phone us at 924-0766.
- Ask for information about services for women in Toronto.
- Meet with a referral counsellor to talk about your problems and discuss ways of solving them.
- Join a self-help group to meet other women and help each other.
- Read our Therapist Directory and select a therapist or ask us to help you make this choice.

## HOW TO HELP WCREC

Use our service and tell your friends about us.

The donations of women in Toronto are crucial to the continued existence of WCREC.

Supporting members who donate \$50. will receive free copies of WCREC publications.

Send the coupon attached to: WCREC, 348 College St., Toronto M5T 1S4. Donations are tax deductible.

**You** can support the Women's Counselling Referral and Education Centre.

Name \_\_\_\_\_

Address \_\_\_\_\_

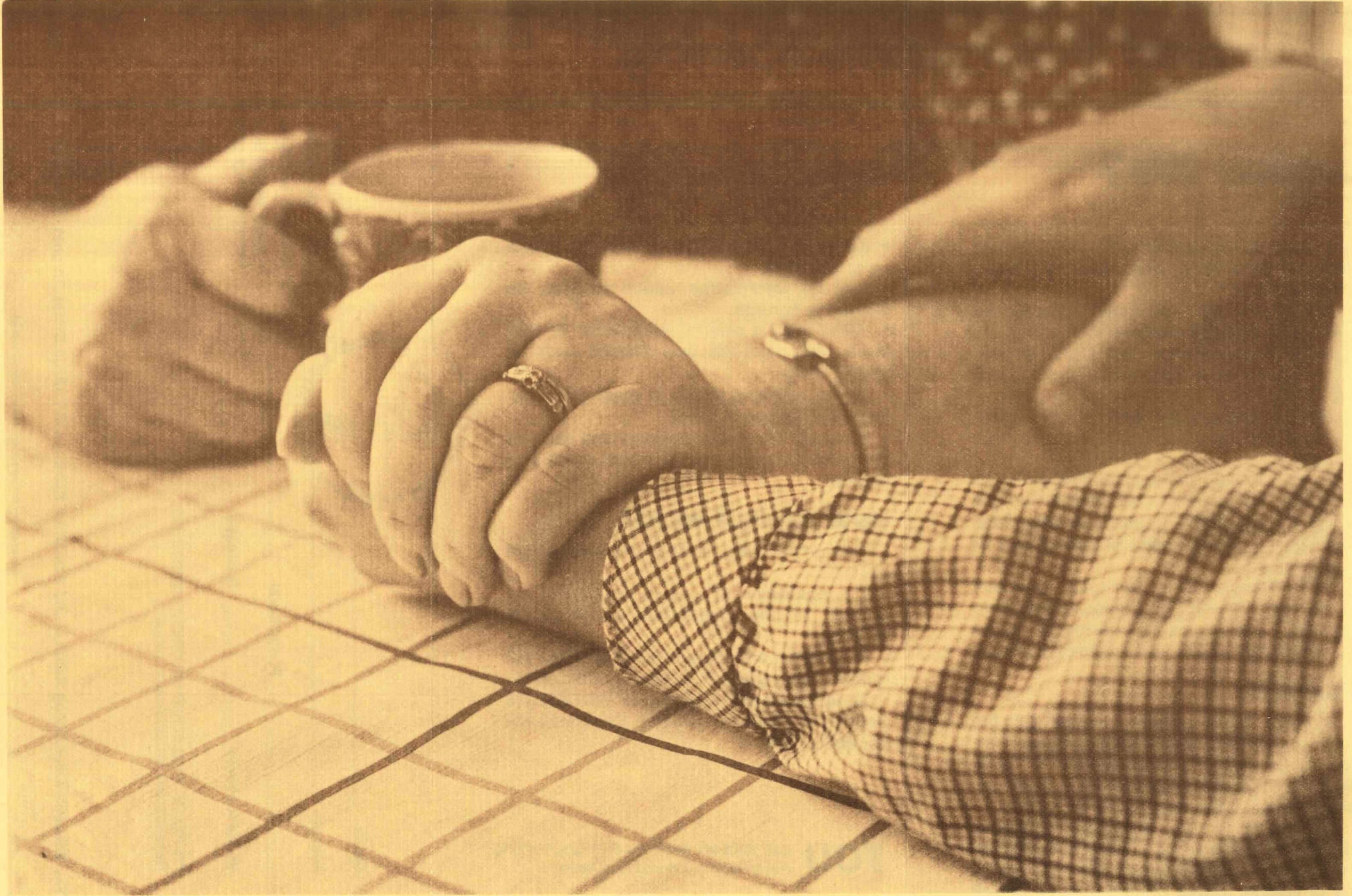
Postal Code \_\_\_\_\_

Phone Numbers \_\_\_\_\_ Business \_\_\_\_\_

WCREC is a registered charitable organization. Receipts will be sent upon request.

- Supporting Membership Fee \$50. enclosed.
- Associate Membership Fee \$10. enclosed.
- Donation enclosed.
- I would like to be a Volunteer. Send me more information.





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