

VANCOUVER WOMEN'S HEALTH COLLECTIVE



Ideas are brewing

NEWSLETTER
December 1995

The Collective

The Vancouver Women's Health Collective is a volunteer based organization operating on the principle of self-help. The Collective has existed since 1972 to help women develop a more pro-active approach to their own health care. We work to provide a range of services to women in Greater Vancouver and across the province, including a Health Information Centre and Helpline, Directory of Health Practitioners and Therapists, and educational work.

#219 -1675 West 8th Ave.
Vancouver, BC V6J 1V2
(604) 736-4234
fax 736-2152

Newsletter

Welcome to the VWHC Newsletter, a forum to connect us with our members and the community at large around women's health issues and activities at the Collective. We would like to include more articles, reviews and events so please - send us your stuff! You can leave a message for Caitlin at the Collective, or drop a note in our box. Thanks.

Abortion - Sharing Our Stories

by Penelope Hutchison

Complaining to my mother about a few meddling relatives, I joke with her, "Can you imagine how they would react if they knew I'd had an abortion?"

You don't talk about something like that," my mother replies, and she's right. That's where abortion is in our society - as a Canadian woman, you can terminate a pregnancy without breaking any laws but you can't talk about it.

It is a bit like divorce was in the fifties, something a woman did because she had to but scandalous to her 'reputation' if word got out about it in the neighbourhood. Maybe it is because we are still haunted by the image of the back alley abortion where pregnancy terminations were performed without anaesthesia on kitchen tables by unlicensed doctors. Despite the fact abortion is now a safe and legal medical procedure, many people continue to view women who choose abortion as a little bit 'dirty,' as if a 'good' woman would not get herself into the position of being unexpectedly pregnant in the first place.

The anti-abortion movement plays a vital role in maintaining the stigma around abortion. They hold prayer vigils outside clinics, yell at women not to murder their babies

and wave their fetus-plastered placards on sidewalks. The more radical sect of the movement may go so far as to shoot abortionists in an attempt to stop abortion from happening. Their vocal and violent tactics mean that even though more than 80 per cent of Canadians are pro-choice, the anti-abortion movement's sentiments are given equal coverage in the media, helping the taboos and myths around abortion to flourish.

Faced with what appears to be a wellspring of dissent towards abortion, women who choose to terminate a pregnancy are subtly coerced into silence. Fearing reprisal from relatives or acquaintances who are against abortion, many women remain silent so they do not have to face the political heat of their choice.

The message women receive about abortion is - "If you choose it, keep it to yourself." That leaves little room to express the multitude of feelings a woman may have about her abortion, feelings that can range from a profound sense of relief to sadness, anger or ambivalence.

The taboo our society places around abortion means we give women no support to talk about their experiences, to share them

Please see ABORTION page 2

Lobby and Networking Action Update Vancouver Women's Health Collective November, 1995

Women's Centre of Excellence

Based on the federal Women's health Bureau's initiative to set up 5 centres of excellence across Canada, the Collective is participating in a process which is headed up by the BC Women's Hospital. A proposal is being developed focusing on developing, evaluating and communicating effective models of women-centred health research. VWHC has proposed to contribute a proposal around the use of the Women's Health Information Network/Community Health Advocate Program, as a communication tool for ensuring women get information, and has also voiced the need to continue to provide funding for research done in the same model as the grass roots research conducted by Core Women Care.

Canadian Women's Health Network:

VWHC is an active member in this coalition of grassroots women's health organization and has met twice nationally with the intent of developing an active communication network across the country. The steering committee is based in the Women's Health Clinic in Manitoba, but membership stretches across Canada. The WHIN database is being looked at for use as a national database of women's health information.

Community Breast Health Coalition:

This loose coalition of Vancouver based individuals and organizations that deal with breast health from a range of perspectives came together around the VWHC Breast Health Forum in May. The coalition has met twice to discuss ongoing

community action around breast health, and has decided to focus on the issues of environmental aspects of breast health, and the development of a central clearing house of breast health information.

BC Coalition for Health Care Reform

The BC Coalition, primarily made up of health care unions and community organizations dealing with determinants of health, came together to lobby the government to ensure that Medicare is preserved. VWHC is included to focus on women's issues specifically, and also as a non-union representative. A rally was held on October 26, 1995 to introduce Medicare week. If you are interested in being involved with this coalition, please call Raine at the Collective.

*Those who say
It cannot be done
should not
interrupt those who
are doing it*

BC & Yukon Women's Centre Association

VWHC is funded through this association. VWHC attends yearly AGM's and monthly regional meetings where information is shared.

ABORTION continued from page one

with each other, and essentially discourages women from fighting to maintain the right to an abortion.

When I had an abortion, I was terrified to talk about it with my friends and family. I didn't want to deal with their personal objections to abortion. I sought one-on-one counselling but I found it lacked the sharing and empathy that comes from peer support. I found myself yearning to talk with other women who had had abortions. I wanted to know what other women felt. I

wanted to know I wasn't alone.

But the stigma around abortion means it is not the kind of experience you can casually mention at a neighbourhood potluck, so I found it difficult to connect with other women. That is when I decided to start a post-abortion support group with Collective member Laurie Verhomin last fall. As two women who had had abortions, we wanted to offer women a safe place where they could talk about their own abortions without fear of reprisal.

In the group, we talk about everything from sexuality to birth control, motherhood to menstruation. We tell the intimate details of our abortion stories, as well as discuss the politics around choosing abortion. The support group helps women break the code of silence around abortion by sharing their stories with each other. Both Laurie and I believe that as more women talk openly about abortion, the stigma attached to it will disappear.

The group has spurred research towards a manual on abortion services in British Columbia as well as a book on women's experiences of abortion. I'm collecting stories from women across Canada about how they felt about their abortion, what it has meant to their lives, how they honoured their choice, and how its affected their sexuality, religious practices, choices of birth control and relationships. If any woman is interested in talking about her experience either for the manual or the book, you can write to Laurie Verhomin or myself at the Vancouver Women's Health Collective, 219 - 1675 West 8th Avenue, Vancouver, B.C. V6J 1V2, or phone (604) 736 - 4234.

Books, books, books

Two Reviews, Two Perspectives

WHERE THE RIVERS JOIN

by Beckylane

Subject: Satanic Ritual Abuse

Press Gang Publishers, Vancouver, B.C. 1995



Reviewed by Sandra Lynne

The writer states two objectives in the writing of this book stating that it is "... a way of reaching out to other people who were abused as children with a hope of helping them through the pain of their own healing." and "a way of reaching those people who were not abused themselves with a hope of helping them to understand some of its implications." I myself, as a satanic ritual abuse survivor, fall into the first category and it is from this perspective that I review this book.

When I read in the FORWARD "... it begs the reader to sit quiet and follow it through in one graceful movement," I was skeptical. As a survivor I was no stranger to the atrocities that could appear within these pages. I had never before been able to consume, in one sitting, a book about ritual abuse. Nor could I wrap my mind around the idea that ritual abuse and "graceful movement" have a connection. It was a healing experience to discover that they do. Indeed, it is just this graceful movement that makes this book stand out among those that I have read. It opens one's heart to the fact that "grace" is not only an elegance of manner. In "Where the Rivers Join," it is the healing power of self-empowerment born of strength, courage and love that knows no bounds. The power that comes from a belief in one's self in the face of emotional, spiritual and physical annihilation.

By weaving together her

own journal entries, quotes from other survivors, quotes from people educated on ritual abuse and sayings from fortune cookies (a technique I particularly enjoyed), the author leads us through her process. Not just the facts about what she endured, but the process by which she survived, the process by which she integrated her experiences of torture and terror in order to become whole. In doing so, she touches our hearts, not just our intellect.

As a survivor, I found it difficult to put the book down. I live in a society that, on a daily basis, denies the reality of my own abuse. A society that abuses me over and over again by refusing to believe. (A point the author brings home to us throughout the book.) To read Beckylane's book is to feel connected to my self. To be reminded that I am real. My experiences were real. To attend Beckylane's story is to be inspired to continue with my own healing process.

Thank-you Beckylane
Sandra Lynne



Reviewed by Lu Hansen

This is one of the most recent in the avalanche of books on ritual abuse and false memory syndrome that have been published during the past few years. It is also one of the best among those on the pro side (the believers).

The author's name is a pseudonym, based on the two children she created in order to survive, a syndrome commonly

found among the abused. "Lane" surfaced at age four, "Becky" at seven. The writer was abused from age two to eleven. In addition to retaining her privacy, concealing her identity protects her from cult members and her father's wrath. The book opens with a copy of a lawyer's letter from him (he remains anonymous) threatening a libel suit.

After the fifteen month period covered there appears an "afterword" which I found useful to read before beginning the main part of the book. It clarifies what exactly the author is presenting. The style is stream of consciousness, a poetic trail which the reader must follow. Present day happenings (references to her children, her siblings, her therapist), are intertwined with descriptions of dreams and emerging memories of childhood horrors. "Horrors" is too mild a word for what she relates. The Vancouver Sun preceeded all their articles on the Bernardo trial with the warning that "the following report contains details some readers might find disturbing." The

Please see REVIEWS page 4

New Books!

Canadian Patients Book of Rights: A Consumer Guide to Canadian Health Law by
Lorne Rozovsky

.....

My Body: Women Speak Out About Their Health Care by
Marion Crook

.....

Warrior Marks: Female Genital Mutilation and the Sexual Binding of Women by
Alice Walker and Pratibha Parmar

REVIEWS

continued from page 3

same would apply here.

*"I've been forced to eat raw
flesh . . . horse, cow, girl babies
. . ."*

*I've been lowered into
outhouses into faeces . . . into
graves. . ."*

A scene with a man and a
new born who has been stabbed
to death: *"he wants me to put
the baby in the bag . . . he
throws potatoes at me . . . see
you pack 'em all around fuckin'
pack kid .."*

Are such acts actually being
perpetrated? In the thousands
as survivors and a number of
therapists claim? There is no
evidence, only the alleged
memories of the victims. Who
would do things like that to
children? Religious and political
fanaticism have throughout
history led to violence. (The
Inquisition, The Holocaust).
Today we have Bernardo/
Homolka. There seems to be no
limit to the depths to which
some humans will sink.
Remember the New Brunswick
couple who tortured and starved
their baby to death?

And yet . . . ? I've read a
dozen books, pro and con, and I
highly recommend Beckylane's,
although not believing her
memories are strictly factual.

This issue requires much
more research and exploration.
Gruesome things are being done
to some children. We owe it to
them to find out exactly what,
how, and by whom.

Core Women Care Core Report on Women in Vancouver's Downtown Eastside.

This article is based on the
summary of the Core report on
health issues for women in the
Downtown Eastside.

"We need a real chance to
change our lives around..."

"We can't afford to wait for
action..."

"Waiting is costing women
their lives..."

Last year, the Vancouver
Women's Health Collective
sponsored a health care research
report that included the ideas of
street-level women in Vancouver's
Downtown Eastside. The report
"Ideas About Health Care From
Marginalized Women All Over
Vancouver" by K. Gould &
Friends, was submitted to the
Interim Regional Steering
Committee of the Regional Health
Board and various Community
Health Council Planning
committees. Since then,
however, no concrete action has
been taken to actualize anything
that the women asked for.

Frustrated with this lack of
response, women of the
Downtown Eastside have come
together to form an advocacy
group, Core Women Care. In late
spring of 1995, further research
was conducted in the hopes of
presenting a very focused report
that will lead to action by health
authorities under New Directions,
B.C.'s new decentralized health
care system.

The research was conducted
in ways that treated the street-
level women with dignity, respect,
and appreciation, and women
were very open about sharing
their health care priorities.

Through this process,
common themes about the
delivery of health care services
have emerged. These themes,
echoed by street-level women
and service providers alike,
include the need for: cooperative,
supportive teamwork among
service providers; a greater focus
on the quality of service rather
than on the number of women
processed; a balance amongst
agency staff between people who
have "been there" and people who
have not; a real commitment by
agency staff to mentor street-level
women; and more volunteer-run
drop-in centres.

Over the many hours of
passionate discussion with the

women, many different health care
concerns emerged. However, the
most commonly stated priorities
focused on the following
healthcare services:

Seventy-two percent (72%) of
the women stated that more/better
transition houses are a health care
priority;

Sixty-three percent (63%) of
the women added a new item,
street outreach workers, to the

Please see CORE page 7

CORE Women Care: Who We Are

CORE women are members
and supporters of Vancouver's
Downtown Eastside community.
Most of us "have lived the life."
Our work is focused on improving
women's health in Vancouver's
Downtown Eastside as that is
where positive change is most
desperately needed.

We feel deeply concerned about
the problems that are faced down
here on a daily basis. We
estimate that the life expectancy of
women in this part of the city is
only forty years old. Street-level
women in the Downtown Eastside
are not getting the health care they
need. There are no words to even
begin to describe the reality of
what these women's lives are like.
Diabetes runs out of control.
Untreated wounds fester,
abscess, and become
gangrenous; limbs are amputated
as a result. Women die from
overdoses or get beaten to death.
Half of the women who gave
information for this report identify
themselves as being HIV positive
or having full blown AIDS. There
is a growing epidemic of passive
suicide. Poverty, violence,
disease, and death reign in the
Downtown Eastside. Many have
given up hope of getting the help
they need from medical services.
As a result, many of the women
who gave information in last
year's health care research report
are now dead.

These things are an immediate
reality for us, neither theory nor
issues that can be dismissed as
being far away in another part of
town. We cannot afford to wait
years for positive changes in our
community. Change needs to
start happening now. This is what
we are working for.

Do you want to get to know your Body better?

Courses out of the Vancouver Women's Health Collective are interactive sessions designed to ensure that the participant leaves having acquired a solid base of information in the topic area and the skills to continue learning after the course is over. Our courses are based on the questions we often get asked on our help line - women need all the facts to make good health care choices. Fun and practicality is our approach to learning the answers to our questions!

Hormones: our bodies messengers

10am - 3pm Jan 27 \$35

This course will explore the impact of environmental toxins and everyday stress on our immune & reproductive systems.

Hysterectomy

10am - 2pm Feb 3rd \$32

This seminar is for women who are contemplating hysterectomy and who want more information.

Menopause: Making Decisions

7pm-9pm Jan 23, 30, & Feb 6 \$52

This course will deal with the cultural and medical context women in our society experience menopause.

Living with Breast Cancer

10am - 2pm Feb 10th \$32

This session will explore the various aspects of breast cancer. Prevention and traditional & complementary healing practices will be explored. The social and emotional costs of living with breast cancer will be discussed.

Breast Implants

10am - 1pm Feb 17 \$30

The session will examine the effects of having breast implants, looking at breast function, safety issues and living with the effects of breast implants will be explained. Breast function and how they are constructed will provide the basis for this session.

Your Muscles & How They Work

7pm - 9pm Jan 25, Feb 1, 8 \$52

If you are a women who wants to gain more of an understanding about the fascinating interaction, network & team play that takes place in your body's musculature, this is the course for you. This course will provide you with an inspiring and fun introduction to your muscular, nervous, meridian and chakra systems, drawing from both the Asian and western teachings.

All courses are offered through the Vancouver School Board. Facilitators are members of the Vancouver Women's Health Collective. Courses are held at the VWHC 219-1675 West 8th.

For more course information please call: 736-4234

To register call: Vancouver Community Education 733 - 1893

Don't Forget!

to attend
the wine and cheese reception for
"Action through Art"

on
December 6

The Life Quilt for Breast Cancer

This year, 17,700 Canadian women - our mothers, daughters, wives, sisters and friends - will discover they have breast cancer. Breast Cancer is a killer of women. This year over 5,000 women in Canada will die from breast cancer. In British Columbia alone, over 600 women will die.

Using the traditional quilt as a metaphor, the Life Quilt for Breast Cancer Project seeks to identify and increase public awareness of the needs of women, their families, friends and caregivers who are struggling in all stages of the disease. Coping with the realities of living with a life-threatening illness is overwhelming. Women with breast cancer often say they do not know where to turn for help.

The Life Quilt Project's focus is the day to day lives of people living with breast cancer. The project team are asking women and those close to them to tell about their experiences, with a focus on the need for support services. They are also conducting a needs assessment which will help in the work towards providing the help women and families say they need.

The Life Quilt itself is a triptych, composed of three painted cotton panels, that will be stitched to give a three dimensional effect. Each six-by-eight foot panel expresses the feelings many women experience when confronting the initial diagnosis, subsequent treatment and life changes associated with breast cancer. The first panel, *Cut in Prime* is an impressionistic portrait of the clear cut forest, painted in shades of purple, blue and gray. The second panel, in shades of pink, blue and magenta, *Call to Rebirth*, depicts the once clear-cut forest covered by Fireweed and other colonizing plants. Green Canopy, the third

panel, depicts the new forest canopy in shades of lush green and cobalt, and expresses re-growth, integration and healing.

The bordering squares surrounding each large panel, will be created by individual contributors from across Canada expressing individual thoughts and experiences about breast cancer.

Donations to the project are being collected to enable the Life Quilt to travel throughout the province and provide a forum for discussion of community support services for women with breast cancer.

Funds raised will also support research and will assist in providing services to women, families and caregivers based on the needs they voice. Volunteers are needed to help with the project.

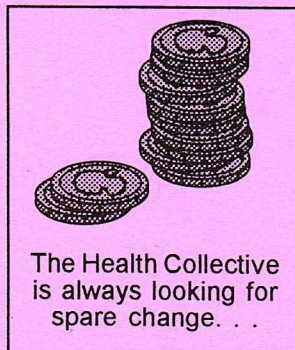
The project team are also seeking women interested in designing a square that tells their story about breast cancer. Kits are available for creating your own square, or if you can't sew but would like to contribute a design, quilting partners will create the square based on the design.

If you are available to volunteer or create a square, or if you would like to donate funds or bring the Life Quilt to your community, please contact:

The Life Quilt for Breast Cancer Project c/o Vancouver Women's Health Collective #219 - 1675 West 8th Avenue, Vancouver, BC, V6J 1V2 Phone: (604) 736-4234.

This year
over 5,000 women
in Canada
will die
from

breast
cancer



Action Through Art 'Our Bodies: Images for a Revolution'

On Wednesday December 6th following the candlelight vigil organized by WAVAW, the Vancouver Women's Health Collective is celebrating the opening of our art exhibit entitled "Action Through Art" 'Our Bodies: Images for A Revolution' featuring local women artists. This exhibit is a continuation of the work needed on both the social and political levels to create a safe world for women. Everyday, we need to believe this change is possible. How can we experience this possibility viscerally when we continue to move and interact within a world that condones violence against women just for being women?

The individual experiences of our bodies and how the world shapes our experiences is a powerful place to start reaffirming the possibility. In essence, our bodies reflect how women see the world and how the world views women. This art exhibit examines where we currently are and where we can go from here.

We must believe in our own innate right to live in a world based on the values that women can live and grow in. Women need to gain control over their bodies and by working through our bodies, we can find a place for change.

The VWHC hopes that you can lend support to this exhibit by attending our opening night fundraiser Dec. 6th or attending the following nights ending Dec 9. As part of the same community, we want you to be included in sharing the strength of the women's movement and celebrating our bodies and our empowerment through art.

For ticket information see Supporting Action Through Art on back page.

Women's Health Information Network Update.

By Heather, Lorna and Liz,
Vancouver Women's Health Collective.

After two years of hard work at the Vancouver Women's Health Collective, the Women's Health Information Network (WHIN) is finally ready to offer women an easy-to-use computer clearing house of health options and information. The funding proposal will be submitted within the month, and if we are successful, WHIN could be in place at women's centres and community health clinics across the province as early as Spring 1996.

To strengthen our argument for this woman-oriented health information source, we're asking women from the community to write letters of support for the project proposal. We feel that this is important as it is a way for women to help other women take charge of their health.

WHIN is designed to be a tool to help women take charge of their own health needs through access to information on wellness and prevention. The Network is based on input from a wide range of professional associations and special interest groups. The information will be simple to access and easy to read; there will be no intimidating "doctor-ese" to plow through.

WHIN is divided into two main databases: one provides a look at what kinds of information are out there; the other offers names and locations of support groups and people working in the health field throughout BC. Through WHIN's resource database, a woman can find thousands of brief summaries of books, articles and other materials, all critiqued from a woman-centred perspective. Our practice will be to identify any bias in the material, such as racism or sexism, and state it clearly in the review.

In the database on health practitioners and support groups, women can find what's available in any community, allowing them to investigate alternatives or supplements to regular treatment. To make it even easier for women to research health concerns, our proposal calls on the community health councils to fund a number of "community health advocates" who will be trained to assist women. The advocates will work in various regions of BC and among certain groups, i.e.: immigrant women, women with disabilities, etc., and will help women with their searches, assist with decision-making and will also be available to accompany women of visits to a health practitioner. An added task for the advocates

will be to train members of their community in advocacy work. This will widen the base of support available to women.

Information sent to us by advocates and other new material will be included in updated versions of the database which will be sent to the regions at regular intervals. Later versions of WHIN may include a third database that can match symptoms with illnesses.

As it is proposed, WHIN offers a powerful combination of a user-friendly, well-rounded information system accessible province-wide plus a network of hands-on help provided by advocates working at the grassroots level. We know what a profound effect this combination of information, access and approach can have on women's health because the Collective has been providing women in Vancouver with information and advocacy for twenty-three years. Our constant feedback from across the province tells us that more of the same is needed.

If you need any further information about the Women's Health Information Network, or if you would like to help support our proposal, please call the Vancouver Women's Health Collective at: (604) 736-4234.



CORE continued from page 4

original list of health items on the questionnaire and consider it a health care priority;

Fifty-two percent (52%) of the women stated that more/better alcohol and drug services are a health care priority.

Immediate and effective action is urgently needed. We cannot afford to wait five or ten years for these changes. Unable to access the needed services, an alarming number of women are literally dying of poor health, violence, and suicide.

We are asking service providers, the broader community, Community Health Councils, and the Regional health Boards to come together in teamwork with the street-level women.

Supporting Action Through Art

There are two exciting opportunities coming up that you can participate in and support local women artists and the Vancouver Women's Health Collective.

The Fundraising committee has been busy organizing the collective's first art exhibit celebrating women's body image. The date for this event is set to open December 6th to commemorate those women's lives lost in the Montreal massacre.

For our opening night - Wednesday December 6th - we will be having a wine and cheese reception where you can meet the artists and view their works. The ticket price for our opening evening is \$15.00. If you would like to reserve a ticket you can call the Vancouver Women's Health Collective at 736 - 4234, leave your name and number and Paula or Christine will call you back to confirm. There will be a sliding scale between \$2.00 and \$8.00 for the remaining dates of the exhibit which runs until Saturday December 9th.

We also have an event planned for the New Year on Saturday, January 6th. The Health Collective is presenting an evening of women and jazz at *The Glass Slipper* featuring local women musicians and vocalists. The cost will be \$6.00 at the door (the ticket price includes a membership to *The Glass Slipper*). Coco Love Alcom will be headlining with many other upcoming women performers.

So, we have two up-coming events in which you can not only support local women artists but can also support the Vancouver Women's Health Collective and your continuing commitment to promote access to health information for women.

Hope to see you there,
Christine and Paula

Groups

Drop-in Support Group for Women Struggling with Compulsive Eating

7:30-9:30 on the second and fourth Wednesday each month. Eating Disorder Resource Centre of British Columbia, St. Paul's Hospital 2nd floor, 2C-213 1081 Burrard St.

Free!!! (but donations are always very welcome)

Facilitators are Linda Neilson and Cynthia Johnston

For more information, call 631-5313

Menopause Support Group

usually meets the second thursday of every month at the Women's Health Collective, 219-1675 W. 8th Ave. 7p.m. For more info call Sharon at 879-3258

"Contact Point"

Mature Lesbian Association, 5:30-6:30 p.m. Thursdays at the Women's Health Collective, #219-1675 West 8th Ave. For more info leave a message with Raine at the Health Collective (736-4234) and Rhoea will get back to you ASAP.

Volunteers

The Collective is in need of volunteers with a wide range of skills and interests. There is plenty of opportunity (and need) to get involved in the many aspects of the Collective, including (but not limited to):

Administration: Help is needed with computer work, phones, in-house library system and general office work.

Fundraising: Help is needed with the upcoming art show, as well as with planning and organizing future events.

Information Centre: Volunteers are needed to work three hour shifts in the health information centre. We need your help in order to keep the Centre open more often.

**Please call Raine or Wendy
if you have some time to share.
736-4234**

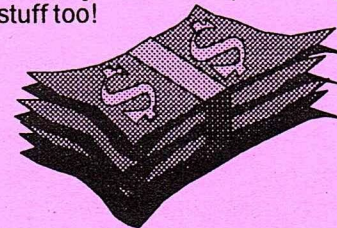
Free Counselling for Info Centre Users

Kate Laidlaw is a counselling student under supervision. She has been studying counselling psychology at the Wild Rose College for the past two years and has a Bachelor's Degree in psychology. She is presently working on her Master's degree. Kate has a small private practice as well as experience with support groups, particularly in the area of women and menstruation. She is also preparing to facilitate a group that deals specifically with women and epilepsy through the BC Epilepsy Association.

The type of counselling skills she offers are based on a humanistic approach and person-centred perspective. It is her goal to make sure that you feel you are in a safe environment and to support you wherever you are in your life. She can assist you with family of origin issues, emotional turmoil, relationship issues, anxiety and depression and communication skills. She is available for consultations and short-term counselling which means that an agreement would be made to meet for a period of 10 sessions. Her services are free of charge to users of the Health Collective's Information Centre.

For further details, contact
Wendy at the Health Collective

... No spare change? Not to worry. We accept the big stuff too!



Happy Solstice from the Health
Collective!



Vancouver Women's Health Collective

Membership & Volunteer Information

Since its beginnings in 1972, the Vancouver Women's Health Collective has actively promoted and supported the idea of women helping women to help themselves.

To achieve this goal, we have a variety of reference books, health information files, a doctor/therapist referral service, support groups, information telephone line, a newsletter and other publications, health events, and seminars and workshops.

Volunteer members are an essential part of the Collective, and there are many opportunities for volunteers to share and expand their skills and interests.

We are a charitable, non-profit organization, funded mainly by donations, grants and fundraising events.

Membership fees also contribute to our ongoing efforts to provide health information and support to women and to keep the doors of the collective open. Please support us by volunteering and/or donating.

Membership Categories:



Collective Members (\$0-25/yr)

- Newsletter Subscription
- Library privileges
- voting at committee & collective level
- volunteer: at least one committee & 3hrs/month fundraising

Volunteer Members (\$0-25/yr)

- Newsletter Subscription
- Library privileges
- voting at committee level
- volunteer: as available

Associate Members (\$10-15/yr)

- Newsletter Subscription
- Invitation to Special Events

Health Practitioner/Business (\$35/yr)

- Newsletter Subscription
- One free newsletter listing



Vancouver Women's Health Collective Membership Form

Please complete and return to: Vancouver Women's Health Collective
#219-1675 West 8th Ave, Vancouver, B.C., V6J 1V2

Name: _____ Phone: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Membership Category: _____ Amount enclosed: \$ _____

For more information about volunteering, please call 736-4234