

# WHAT WE DO

## Pregnancy Testing

We use a two minute test that is accurate six weeks from the first day of your last period. Bring in a refrigerated, first-morning urine sample if possible. We ask for a \$2.00 donation to cover the cost of the test.

## Pregnancy & Abortion Counselling

For women seeking advice on pre-natal care, birthing and childcare, we offer information and referrals. For women uncertain about continuing their pregnancy, we offer supportive help in making the decision. For women wanting an abortion, we offer information, doctor referrals and supportive counselling.

## Diaphragm & Cervical Cap Fitting

We are affiliated with two collectives that fit diaphragms and cervical caps. Call us for information.

## Ovulation Method

We teach the ovulation method of birth control in classes held each month. Classes are open to women or couples. Separate sessions are available for women wanting to use the method to conceive. Phone the Health Collective for more information.

## Lesbian Health

Lesbians affiliated with the Health Collective are undertaking a study of lesbian health issues. We also present workshops on health issues of interest to lesbians.

## Fundraising

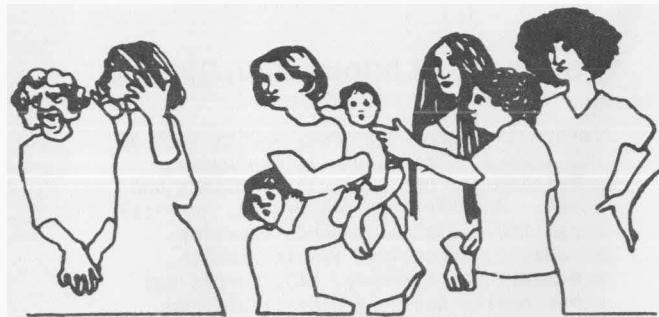
Women affiliated with the Health Collective work on specific fundraising projects to meet our operating costs.

## Research

We research particular women's health issues from a feminist perspective, and publish information sheets and books.

## Newsletter

We publish a quarterly newsletter beginning Spring 1985. Each issue will carry news of the Health Collective and current information and opinions on a variety of women's health issues.



# WHO WE ARE

Most of us have not had professional training as doctors or nurses, but have trained each other and learned our skills through our own experiences and sharing those experiences with each other.

We try to look at why we get sick. Most people in the medical profession treat illness with drugs and surgery rather than encouraging prevention and self-help. In fact, hazards in our workplace, stress, pollution of the air, chemicals in the water and the food we eat, lack of access to regular and quality health care and poor living conditions are the major causes of illness in our society.

Volunteers keep the Vancouver Women's Health Collective going. Continuity is maintained through monthly meetings. Women participate according to how much time they are able to put in and what they are willing to do.

We hold regular training and orientation sessions for women who are interested in working with the Health Collective. Drop in or call us if you have some spare time.



**888 Burrard Street  
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**(604) 682-1633**

## HOURS

### LIBRARY

Tues. & Wed. 11 am - 6 pm  
Thurs. 11 am - 9 pm  
Sat. 11 am - 2:30 pm

### PREGNANCY TESTING (by appointment)

### COUNSELLING (by appointment)

### PHONE LINES OPEN

Tues. 11 am - 2:30 pm  
Wed. 2:30 pm - 6 pm  
Thurs. 6 pm - 9 pm  
Sat. 11 am - 2:30 pm

# INFORMATION

For centuries health information was passed from woman to woman, from one generation to the next. As the medical profession took over health care late in the 19th century, this information became more and more their property, and consequently less available to women.

We have become used to thinking that only the medical "experts" know about good health care. One way women have begun to take back control of our own health care is to collect and write good information and to share it with each other. In fact, we all have valuable information and we can share it and learn together.

When we are faced with an illness or a health problem, we need to have information on various kinds of treatments in order to decide what to do. We need to be able to make truly informed choices about our own health care. The Health Collective has information about both conventional and alternative treatments.

We have a library and an extensive set of files which anyone can come in and use. We also have a copying machine for public use. Health Collective workers are available to help you find information.

## Library

We have extensive files on all aspects of women's health. Topics include: breast lumps and treatment, urinary tract infections, abnormal Pap smears, DES, vaginal infections, birth control, PMS, menopause, pregnancy and childbirth, abortion, the drug industry and many more.

Reference books, magazines and journals on women's health, medicine, drugs, sexuality, childbirth, alternative healing, mental health, children's health and more. Books are available for reading at the Health Collective.

We have a separate set of files on women's occupational health, with extensive sections on video display terminals and on health hazards faced by health workers.

## Pamphlets & Information Sheets

Information sheets on many topics such as Pap smears, birth control, menopause, nutrition and DES. We sell pamphlets and books. Pamphlets on diaphragms, cervical caps, the ovulation method, abortion, menopause, sexuality, lesbian health, pre-menstrual syndrome, PID, herpes and other health topics are available. We stock Our Bodies Ourselves, How to stay out of the Gynecologist's Office and A New View of a Woman's Body.

A publication list is available for mail orders.

## Speaking

We are available to speak or present workshops to groups of women who are interested in learning our perspective on women's health care.



## Health Practitioner Directory

We collect and file evaluation forms filled out by women on their experiences with doctors, chiropractors, massage therapists, et.al. Another part of the directory shares women's experiences with doctors who assisted at their births.

## Health Workshops

We facilitate workshops on specific health topics: Menopause, PMS, Vaginal and Cervical Health, DES, Breast Health, Birth Control, Alternative Insemination, VDT's, Women's Work and Technological Change, Hysterectomy, Sexually Transmitted Diseases, Ovulation Method and more.

## Resource People

Sharing experiences is as important as sharing information. We encourage women with experience and/or information in a certain area to be a resource person for others. For example, a woman with endometriosis and a woman with chronic PID who have learned about these conditions have valuable information for other women facing the same health problems. A woman who has had a hysterectomy or a mastectomy is a valuable resource woman for another woman about to experience the same operation.

## Counselling

For women with basic information on a health topic of concern to them, additional information and supportive counselling is available. Topics include: Abnormal Pap Smears, Birth Control, Abortion, D.E.S., Endometriosis, Nutrition, Menopause, P.M.S. and more. Phone to make an appointment.