



**Free  
Health Information  
for Women**

**#302—1720 Grant St.**

**Vancouver, B.C.**

**V5L 2Y7**

**255-8285**

## WHAT WE DO

### Health Information Centre

We have extensive files, reference books and journals on all aspects of women's health. Topics include breast health, menopause, D.E.S., vaginal and cervical health, pregnancy and childbirth, P.M.S., abortion, alternative healing, drugs, sexuality and many more.

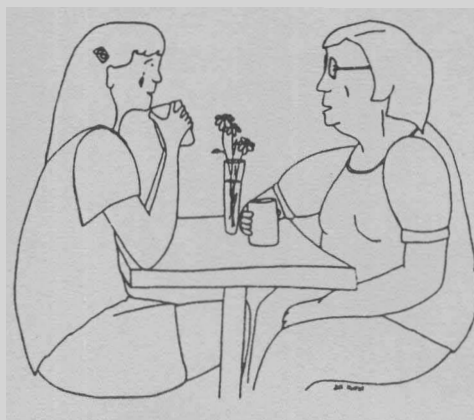
Often, women come in to find out more about a problem they have been diagnosed as having. We provide information on treatment options and the advantages and disadvantages of each.



Source: Lynne Roberson in SCIENCE FOR THE PEOPLE

### Health Practitioner & Therapist Directory

We collect and file evaluation forms filled out by women on their experiences with health practitioners, varying from surgeons to naturopaths.



Graphic: Jill Hurst

### 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 that decision. For women choosing an abortion, we offer information, doctor referrals and supportive counselling.

### Birth Control

We are affiliated with a **cervical cap** and **diaphragm fitting** collective.

We teach the **ovulation method** of birth control. Classes are open to women and couples. Separate sessions are available for women wanting to use the method to conceive.

### Speaking & Workshops

We are available to speak or present workshops to groups of women who are interested in learning about women's health. We have provided workshops on menopause, P.M.S., cervical and vaginal health, D.E.S., breast health, alternative insemination, V.D.T.'s, hysterectomy, sexually transmitted diseases, ovulation method and more.

### Publications

Many publications available have been researched and written by women at the Health Collective; many others come from similar women's groups in Canada and abroad. They can be purchased in the information centre and by mail order. A publication list is available on request.



Source: TAPESTRY

### Fundraising

Without core funding, we are always actively looking for money. Women in Health Collective work on specific fundraising projects to help meet our operating costs.

## WHO WE ARE

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 its property, and consequently less available to women.

We have become used to thinking that only the medical "experts" know about good health care. In fact, we all have valuable information and can share it and learn together.

The Health Collective was founded on the principle of self-help and thus promotes women's active participation in, and control of, their health care.

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 workplaces, 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.

Most of us are not doctors or nurses, but have trained each other and learned our skills through our own experiences and by sharing those experiences with others.

The Vancouver Women's Health Collective is a non-profit organization, and is kept going with volunteers. Women become involved as much as their time and interest allow. All members are valued and as many as possible participate in decision making.

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 are interested.



Source: ISIS



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Phone for our hours

Wheelchair accessible

*Help secure a lasting voice  
for women's health needs!*

*Donate to the Vancouver Women's Health Collective*

*All donations are tax deductible*

- \$10     \$25     \$50     \$100     \$200     other

**MAIL TO:**

Vancouver Women's Health Collective  
# 302 -- 1720 Grant St.  
Vancouver, B.C.  
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Source: ISIS