

VANCOUVER WOMEN'S HEALTH COLLECTIVE VOLUNTEER TRAINING FALL 1986

OUTLINE OF SESSIONS

1. ORIENTATION Sept. 24 7-9.30pm
Basic Introduction to the Health Collective and to the women in the training group. We'll take a closer look at what is done and have a tour of the office.
2. COMMUNICATION Oct. 1st 7-9.30pm
Introduction to the tools of internal communication used at the Health Collective. Constructive Criticisms, Resentments, Paranoid Fantasies and Appreciations provide the means by which we maintain healthy working relations.
3. HISTORY AND POLITICS OF THE HEALTH COLLECTIVE Oct. 5th 10-2pm
Taking a closer look at the historical and political development of the Health Collective, particularly how feminist and anti-capitalism is integrated into Health Collective work. We'll also see where the Health Collective stands now and speculate on where it may go in the future.
4. SEXUALITY Oct. 8th 7-9.30pm
What do sexuality mean to us, and how are our perceptions of what it means shaped. We'll examine our personal thoughts on sexuality and discuss why an understanding of sexuality with all its facets, is important in the work we do at the Health Collective.
5. BIRTH CONTROL Oct. 15th 7-9.30pm
We'll look at birth control and how it's perceived in our society, where it came from and where it seems to be going. We'll discuss various methods of birth control and discover how B.C. information is passed on at the Health Collective.
6. ABORTION Oct. 19th 1 -3 pm
In Canada abortion is illegal, what are the forces that have kept it that way for so long and what are the forces that are creating change. We'll discuss the political, economic and emotional parts of the abortion debate and examine how women in B.C. get abortions.
7. INFORMATION CENTRE Oct. 22nd 7-9.30pm
So what really goes on in the information centre anyway? We'll walk through some common requests for information and practice getting what we need from the library. Steps on what to do when someone calls in for information, making referrals and so on.
8. BASIC SELF EXAM AND EVALUATION Oct. 26th 10- 3pm
The basic self exam of the cervix teaches us how to become familiar with our bodies and increase our comfort and awareness so that we can gain more control over our health care.

The later part of the session will be spent evaluating the whole training, where we are now and what we need to be comfortable in the Health Collective.