

VANCOUVER WOMEN'S HEALTH COLLECTIVE
VOLUNTEER TRAINING SPRING 1987
OUTLINE OF SESSIONS

1. ORIENTATION - February 18
Basic Introduction to the Health Collective and to the women in the training group. We will take a closer look at what is done and have a tour of the office.
2. POLITICS OF THE HEALTH COLLECTIVE - February 20
A look at the political development of the Health Collective, particularly how feminism and anti-capitalism is integrated into Health Collective work. We will also see where the Health Collective stands now, and speculate where it may go in the future.
3. COMMUNICATION - February 25
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.
4. BIRTH CONTROL - February 27
A look at birth control and how it's perceived in our society. We will discuss various methods of birth control, and discover how information about them is passed on at the Health Collective.
5. SEXUALITY AND SELF ESTEEM - March 4
A discussion about what sexuality means to us, and also how we feel about ourselves in terms of body image and sexual preference. We will also look at how societal expectations affect our view of ourselves.
6. ABORTION - March 6
In Canada abortion is illegal. We will discuss the forces that have kept it that way for so long, and the forces that are creating change. We will also discuss the political, economic, and emotional parts of the abortion debate and examine how women in B.C. get abortions.
7. INFORMATION CENTRE - March 11
What do we really do in the information centre? We will practise getting what we need from the library, and go through step by step what to do when someone calls in for information.
8. BASIC SELF EXAM AND EVALUATION - March 13
The basic self exam of the cervix teaches us how to become more 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.