

vancouver women's health collective

#219-1675 West 8th Avenue

Vancouver, BC V6J 1V2

Business: (604) 736-4234

FAX: (604) 736-2152

Helpline: (604) 736-5262 (limited hours)

WHO ARE WE?

For the past 23 years, the Vancouver Women's Health Collective has existed to help women develop a more pro-active approach to their own health care. Operating on the principle of self-help, we offer services that the traditional medical establishment does not adequately provide.

WHAT DO WE DO?

We provide a range of services focussing on women's concerns about health.

Educational Work:

Questions about menopause? P.M.S. (premenstrual syndrome)? Sexually transmitted diseases? Hysterectomy concerns? Aside from personal advice, the Health Collective offers workshops and seminars to organizations and groups in the community who are interested in learning more about women's health issues.

Supportive Counselling:

Uncertain about continuing your pregnancy?
Need to speak to someone about options?

Information and Referrals:

Seeking advice on prenatal care,
birthing and/or childcare?
Wondering about birth control?

Health Information Centre:

Questions about women's health? We operate a health information centre with extensive files and resource materials 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, alternative insemination and more.

Health Information Helpline:

Staffed by trained volunteers, we can answer queries about health care and tell callers about the many support groups we are affiliated with. Call the Helpline for info at 736-5262 between 10-1 pm Mondays & Thursdays; 6:30-8:30pm Wednesdays; 1-4 pm Saturdays.

Health Practitioner & Therapist Directory:

Need some information on health practitioners? We have extensive files on a variety of health care practitioners (from surgeons to naturopaths) where women have evaluated their experiences. We also have a Therapist Directory which contains evaluations of counsellors, psychologists, and others in the field of mental health. In addition, we file questionnaires completed by therapists describing the services they offer.

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HOW DO I GET INVOLVED?

Aside from phoning to check out our hours of operation and utilize our resources, the health collective is always looking for volunteers! Volunteers can get involved in any number of our committees, we offer extensive training to improve your skills from research, to public speaking, to letter writing campaigns.

WHAT WILL VOLUNTEERING DO FOR ME?

Here's a list of the various committees at the health collective and what skills you can improve or gain through involvement.

Education Committee:

Use and develop your public speaking skills, and organizational skills around planning and implementing dynamic workshops

Information Centre Committee:

Gain valuable experience in public service by answering the Helpline. Learn about library systems and ways to organize, catalogue and file information. Network with others in the book ordering field.

Publications Committee:

Learn computer skills including layout, design, and publishing skills; develop research and writing skills become familiar with all of the health publications available for women.

Advocacy and Lobby Committee:

Are you political? Want to get some hands on experience in working for positive social change in women's health?
This committee's for you!

Fundraising Committee:

Fundraising can be fun, honest! We need your creativity to develop ideas for community events and any other fundraising activities you can think of. If you don't have the time to volunteer, but you've got the cash, why not donate some money to help us help women help themselves!

**don't be intimidated! the vancouver women's health collective is non-profit, and non-heirarchical.
volunteer members become as involved as their time and interest allow.
give us a call @ 736-4234!**