

**VANCOUVER
WOMEN'S
HEALTH
COLLECTIVE**

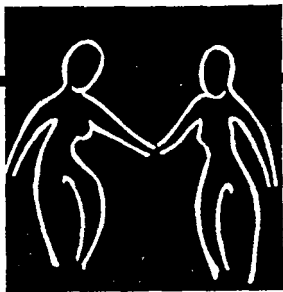


219-1675 West 8th Avenue
Vancouver, BC

V6J 1V2

business line 736-4234

Info line 736-5262



We do educational work on menopause, P.M.S. (premenstrual syndrome), hysterectomy, sexually transmitted diseases, and more. We offer information and referrals to women seeking advice on prenatal care, birthing and childcare. We also offer supportive help to those who are uncertain about continuing their pregnancy. For women who choose abortion, we provide information, doctor referrals, and supportive counselling.

We are affiliated with a cervical cap and diaphragm fitting collective. In addition, we teach the ovulation method of birth control. We have classes for women only, as well as classes for women and their partners. Separate sessions can be arranged for women wanting to use the method to conceive.



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, alternative insemination, and more.

Often, women come in to find out about a problem they have been diagnosed as having. We can often provide information on treatment options and their advantages and disadvantages.

Health Practitioner and Therapist Directory

We collect and file evaluation forms filled out by women relating their experiences with health practitioners, from surgeons to naturopaths. Our therapist directory 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.



Publications

Publications addressing a wide variety of women's health issues can be purchased in the Information Centre or ordered by mail. Selected titles are sold individually or in packets related to a single subject.

Many publications have been researched and written by women at the Health Collective, while others come from similar women's groups in Canada and from abroad. A list of available publications can be provided on request.

Education

We are available to speak or make presentations to groups of women interested in learning about women's health. Contact us if you have a specific topic in mind.

- Donate to the Vancouver Women's Health Collective -
INFORMATION IS ESSENTIAL TO GOOD HEALTH CARE.
CAN WE AFFORD NOT TO KNOW?

\$10

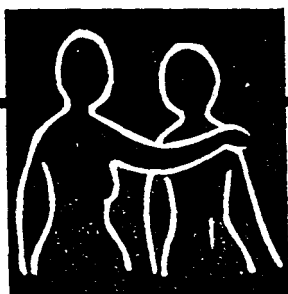
\$25

\$50

\$100

Other (amt.)

- All donations are tax deductible -



Why a Women's Health Collective?

We are used to thinking that only the medical "experts" know about good health care. In fact, health information has been passed from one generation of women to the next for centuries. We can all share valuable health information.

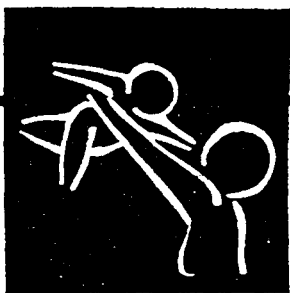
The Health Collective was founded on the principle of self-help, to promote women's active participation in and control of their own health care.

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

Wheelchair accessible.

Phone for our hours.

Illustrations by Maggie Kerneghan



Members

Most of us are not medical professionals but have learned skills through our own research and experience. In turn, we share this experience with women who come to the Health Collective seeking advice or information.

We are a non-profit organization, core-funded by donations and run largely by volunteers. Members become as involved as their time and interest allow, and as many as possible participate in decision making within the Collective.

We hold regular training and orientation sessions for women interested in working with us. Drop in or call if you think you would like to volunteer.

Fundraising

Since we have no core funding, we are always actively looking for money. Specific fundraising projects help to meet our operating needs, and donations are greatly appreciated.