NEW BOOK SERIES FROM THE VANCOUVER WOMEN'S HEALTH COLLECTIVE



Talking about Periods

- how to have healthier periods
- period problems including pain, heavy periods, missed periods, pms, endometriosis, and fibroids
- self-help and medical treatments
 ISBN 0-92147-18-0/ 1988/ 150 pages

Avoiding Pregnancy:

Choosing Birth Control That's Right for You

- birth control methods and how to use them
- effectiveness, side effects and effect on future fertility
- sharing responsibility between partners ISBN 0-921497-14-8/ 1988/ 122 pages

Miscarriage:

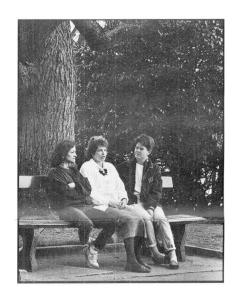
You're Not Alone

- feelings after a miscarriage
- causes of miscarriage
- early, late and repeated miscarriage, tubal pregnancy and stillbirth ISBN 0-921497-16-4/ 1988/ 142 pages

Infertility:

Problems Getting Pregnant

- feelings and social pressures
- causes of infertility in women and men
- testing, medical treatment, adoption, fostering and living without children ISBN 0-921497-22-9/ February, 1989



Women Talking About Health:

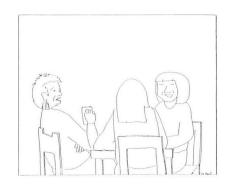
Getting Started With Workshops and Groups

- general information on how to organize and facilitate women's health workshops and support groups
- specific agendas for workshops on periods, avoiding pregnancy, infertility and miscarriage
- how your values and background affect facilitation ISBN 0-921497-20-2/ 1988/82 pages

IMPORTANT SPECIAL FEATURES

These books provide clear and comprehensive information to help women make informed choices about their health.

- ~easy to read
- ∼ numerous clear illustrations
- ~ glossary
- ∼ detailed table of contents
- ~ section on patient's rights





Vancouver Women's Health Collective Le Collectif de la Santé des Femmes de Vancouver

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