

VANCOUVER WOMEN'S HEALTH COLLECTIVE

WOMEN'S HEALTH...

Ideas are
brewing.



WOMEN ASK US THESE AND MANY OTHER QUESTIONS...

- **Do you have listings of female doctors?**
- **I'm menopausal and considering hormone treatment. Can you send me some information on this?**
- **Is there a free clinic in town?**
- **I wish to have an abortion. What are my options?**
- **My gynecologist is recommending a hysterectomy. Do you have any information on this?**
- **I have a chronic yeast infection. Do you have information on alternative and holistic methods of treatment?**
- **Can I still file a Dalkon Shield IUD Action claim?**
- **I've had a terrible experience with my doctor. Can I lodge a complaint?**
- **Can you give me more information about cervical caps and who presently fits these?**
- **I have a family history of breast cancer. Do you have information and resources?**
- **Can you give me information on the side effects of a certain drug I am taking?**
- **Do you know of any PMS support groups?**

...AND WE PROVIDE A AND IDEAS THROUGH SERVICES AND



HEALTH INFORMATION CENTRE Our centre includes a library, a health practitioner and therapist directory and an information helpline.

OUR LIBRARY has an extensive collection of books, files, journals and newsletters on all aspects of women's health.

OUR HEALTH PRACTITIONER DIRECTORY has files on a variety of health care practitioners, from surgeons to naturopaths, where women have evaluated their experiences and offered their comments through filling out our questionnaires.

OUR THERAPIST FILES contain questionnaires filled out by therapists, giving details of their services, as well as their clients' evaluations.

Trained volunteers on our health information helpline provide the following:

- peer counselling
- answers to questions pertaining to women's health
- health information research and mailout
- referral to other affiliated services and support groups.

THE HEALTH INFORMATION CENTRE is open several times a week. Call us for more details.

ANSWERS, OPTIONS THROUGH OUR VARIOUS ACTIVITIES.

PUBLICATIONS We have publications on a variety of women's health issues, most of which have been researched and written by women at the Health Collective. These can be purchased through the Information Centre or ordered by mail.

OUR NEWSLETTER offers women's health news and information, book reviews, upcoming health events, our current activities, and more. Associate memberships and subscriptions are available.

EDUCATIONAL WORK We offer workshops and seminars to organizations and groups who are interested in learning more about women's health issues. Topics such as menopause, hysterectomy, menstrual health, safe sex, doctor shopping, and stress, can be presented.

SUPPORT GROUPS Various groups on topics such as menopause, post abortion, fibroids, and hysterectomy are occasionally set up through us.

ADVOCACY WORK We ensure that women have a voice in the healthcare reform process and we also organize action around health issues which affect woman.



WHO WE ARE

WE ALL HAVE BEEN TAUGHT through social conditioning 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, and we believe we all have valuable information to share through our experiences and research.

Since its beginnings in 1972, the Health Collective has actively promoted and supported the idea of women helping women to help themselves.

OUR MISSION STATEMENT:

“WOMEN’S EXPERIENCES SHOW THAT THE ESTABLISHED HEALTH CARE SYSTEM UNDERMINES AND DENIES THE NEEDS OF WOMEN; THEREFORE, THE VANCOUVER WOMEN’S HEALTH COLLECTIVE WILL LOBBY AND ADVOCATE TO CHANGE THE ESTABLISHED HEALTH CARE SYSTEM AND PROVIDE WOMEN WITH RESOURCES TO MAKE THEIR OWN HEALTH CARE CHOICES.”

We are a charitable, non-profit organization, funded mainly by donations, grants and fundraising events, and run largely with the assistance of volunteers.

Volunteer members are an essential part of the Collective and there are many opportunities for volunteers to share and expand their skills and interests.

We hold regular training and orientation sessions.



VANCOUVER WOMEN'S HEALTH COLLECTIVE

INTERESTED IN...

Getting health information,
Subscribing to our newsletter,
Volunteering,
or Networking with us?

CONTACT US AT

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