

*Vancouver
Women's
Health
Collective*



*Helping Women
Help Themselves!*

**Women ask us these
and many other questions...**

**Can I get information about holistic
therapies at the VWHC?**

**My gynecologist is recommending a
hysterectomy, do you have any
information about this so that I am
better informed?**

**What other birth control options are
available to me besides the pill?**

**Do you have information about
chronic fatigue syndrome?**

**Where can I get health information
in my language?**

**Do you know of a support group
which deals with pregnancy loss?**



...and the Vancouver Women's Health Collective provides information, options, and ideas through our various services and activities

- Information Centre volunteers help women help themselves by assisting women with their search for information about their health
- volunteers respond to information requests over the telephone, by e-mail, and carry-out health research for women living beyond the Lower Mainland
- our Information Centre offers women a health resource library, a health practitioner and therapist directory, and a health information telephone line
- our library has an extensive collection of books, files, journals, and newsletters on all aspects of women's health
- our health practitioner directory — from surgeons to naturopaths — includes evaluations completed by women who wish to share their experiences with other women

our therapist file includes evaluations completed by therapists about their services and their clients' evaluations of these services

VWHC volunteers also provide women with information about complementary services and support groups

- health practitioners offer monthly education sessions
- VWHC trains community health advocates to inform women about their health care choices

Please call the Health Information Line (604) 736-5262 for more information and for the Information Centre's hours of operation.

Our Purpose

We have all been taught that only medical experts know about good health care. In fact, health information has been passed down from one generation of women to the next for centuries. Since our founding in 1972, the Vancouver Women's Health Collective (VWHC) has promoted and supported women helping women to help themselves.

Our Mission Statement

The Vancouver Women's Health Collective provides education, resources and other support for women to empower themselves to take charge of their own health care.

Our Members

We are a charitable, non-profit women's organization, funded primarily by donations, membership fees, grants, and fundraising initiatives. Volunteer members are an essential part of the VWHC. There are many opportunities for volunteers to share their stories and enhance their skills. Please call us for more information.

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Are you interested in...

Doing research on complementary
therapies, reproductive issues,
or endometriosis?

Knowing about the health
resources available to you
in your community?

Finding a new doctor or therapist?

Attending the VWHC's
monthly health education sessions?

Inviting the VWHC to do a breast
health workshop for your organization?

**Please call our
Health Information Line:
(604) 736-5262**