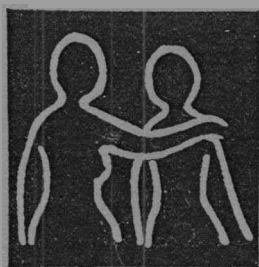


# *Vancouver*

## *Women's*

## *Health*

## *Collective*



*219 - 1675 West 8th Avenue  
Vancouver, B. C.  
V6J 1V2*

*Business: 736 - 4234  
Help Line: 736 - 5262  
Fax: 736 - 2152*



## WHO ARE WE?

Since 1972 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 . . . .

### Health Information Centre:

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.

*Alternative and Complementary Health*

### 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 - 8:30 pm 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 evalua-

tions of counsellors, psychologists, and others in the field of mental health. In addition, we file questionnaires completed by therapists describing the services they offer.

### **Educational work:**

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. Issues such as menopause, menstrual health, and hysterectomy can be addressed. Call for information.



### **Support Groups:**

We run a post abortion support group which meets Sunday evenings.

On the first and third Thursday of every month the information centre is open from 6:30 - 8:30 p.m. for women interested in the health of their uterus and ovaries. Especially relevant for women who are facing or have had hysterectomies.

## 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 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.

#### **Publications Committee:**

Develop your writing skills and become familiar with all of the health publications available to women; utilize your computer skills in layout, design, and desk-top publishing;

#### **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.

### **Fundraising Committee:**

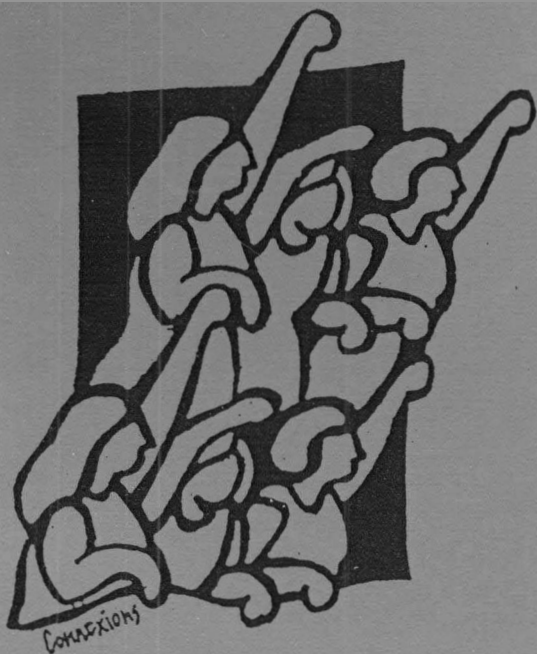
Fundraising can be fun, honest! We need your creativity to develop ideas for community events and any other fundraising activities you can think of.

### **Administration Committee:**

Deepen your understanding of how to run a non-profit organization by spending a few hours answering phones and expanding your office skills.

### **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.



## **Volunteer Committee:**

Volunteerism is the wave of the future. Get experience in designing, implementing and evaluating a comprehensive volunteer program.



## **Publicity Committee:**

Every event needs to be publicized! Learn about marketing the collective through events planning and gain exposure to differing media outlets - print, radio, t.v.

## **Research Committee:**

Gain experience with women centered research projects and learn about ongoing work around women's health issues in the community.

**don't be intimidated!**

**the vancouver women's health collective is  
non-profit, and non-hierarchical.**

**volunteer members become as involved as  
their time and interests allow.**

**give us a call @ 736 - 4234!**