

## COMMUNITY HEALTH ADVOCATES

The Community Health Advocate Project, operated by the Vancouver Women's Health Collective, is founded on the need for safe, respectful, and appropriate health care for women. Fully-trained volunteer advocates will work within a grassroots community setting to help women empower themselves about their own health care. The Advocates will provide health information, resources, and support, as well as raising awareness about the needs that are not being met for women in their communities. Recognizing that women have the right to a health care system that meets their needs, Community Health Advocates not only provide information, they also speak out for women who feel they do not have a voice of their own that is loud enough to be heard. "I love the philosophy of women helping women help themselves."

Brenda Kent, Coordinator, has been involved with this project since its inception 9 months ago. She is fully committed to the vision of the project. Currently there are 10 Community Health Advocates working in various communities.



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## VANCOUVER WOMEN'S HEALTH COLLECTIVE

The Vancouver Women's Health Collective is a non-profit, volunteer organization, which has for 27 years been providing women with resources to make their own, informed, health care choices. In the fall of 1971, a woman angry and dissatisfied with the health care she had received from her doctor ran an ad in a local woman's paper hoping to meet other women who shared a similar experience. Today, women gather at the VWHC to share information, knowledge and experience. At the VWHC you will find a multi-faceted information centre complete with health/holistic/therapist files, resource library and supportive volunteers who are available to help you research your own health issues. Virtually every volunteer involved with the Collective would agree, the most rewarding aspect of what we do gives us not only a strong sense of purpose, but also that the work being done is rewarding and meaningful not only for today, but well into the future.



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