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VANCOUVER WOMEN'S HEALTH COLLECTIVE - 146 E 18TH, VANCOUVER - 604-873-3984

HEALTH PHONE LINE	HEALTH GROUPS	WOMEN'S SELF-HELP CLINIC
1873-3984 Monday-Friday, 10am-6pm Doctor referral. Abortion information, referral, counselling. Information on women's health concerns, other health resources.	Meetings at the Health Collective, 146 E 18th, or in the community. Call 873-3984 for more information	1952 West 4th Friday, 6:30 - 10 pm. Pap tests and pelvic exams, vaginitis, VD, birth control, breast and cervical self-examination, nutrition, etc. Emphasis on involving women in their own health care.

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With the emergence and growth of the Women's Movement has come a growing awareness on the part of many women that we have had little knowledge and control over our female physiology. Menstruation, contraception, pregnancy, childbirth and menopause are functions a woman deals with in the office of her doctor - and a total dependence on the doctor reinforces the ordinary person's lack of knowledge of and responsibility for her own health care. With this as a focus, a group of women began meeting almost 2 years ago in an attempt to learn more about their bodies - through the sharing of experiences common to all women and through study. Those meetings were the start of the women's self-help movement in this area, and the beginning of the Vancouver Women's Health Collective.

As an extension of our conviction that women have a great deal to offer each other in health and in illness, a weekly women's self-help clinic which deals specifically with women's concerns and is oriented around health education was opened in December, 1972. Some women come to the clinic with a health problem and have the opportunity to participate in the procedures involved in resolving the problem. The doctors who work with the clinic appreciate the importance of the woman-patient's involvement. Other women come to the clinic for information about their health and the emphasis is to demonstrate how we can learn about ourselves: in understanding our menstrual cycles, in breast self-examination, in making choices about birth control or pregnancy, in our sexuality and in our use of available preventive services such as the Pap test for detection of cervical cancer. At the clinic a woman may learn how to look at her own cervix in order to detect its routine changes, thereby reclaiming the right to be familiar with her own body without shame or fear.

The Health Collective organizes health education groups - women who are interested in learning and sharing information about health care meet regularly to discuss topics of concern, including sexuality and nutrition along with aspects of female physiology. Resource people from the Collective and from the community are available, although the commitment to self-education includes them in a way which is different from the usual guest lecturer situation. In fact, groups have been quite different from one another - some focus more on study and action, others are involved in sharing personal experiences and cultivating the intimacy that grows when women come to trust each other.

There is also a Health Phone Line. We have information available on good doctors in Vancouver, women's health concerns, other health resources available, and abortion referral and counselling. The phone is open weekdays from 10 am to 6 pm.

For additional information about any of our activities call us at 873-3984 or come by 146 East 18th (near main, bottom floor, side door).