

HEALTH MATTERS subscription \$15  Donation of

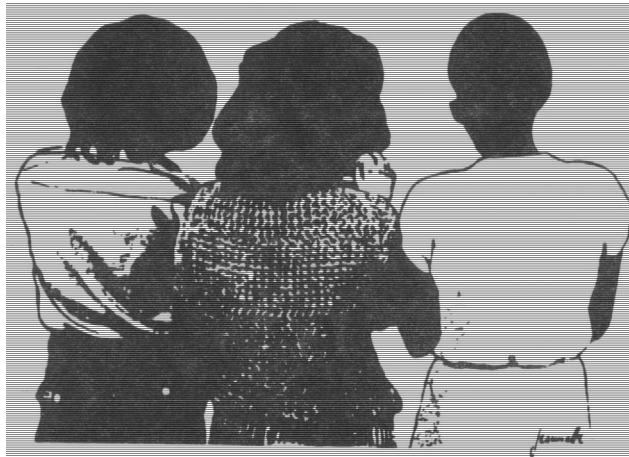
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 POSTAL CODE/ZIP CODE \_\_\_\_\_

For centuries health information was passed from woman to woman, from one generation to the next. As the medical profession took over health care late in the 19th century, this information became more and more its property, and consequently less available to women.

We have become used to thinking that only the medical 'experts' know about good health care. In fact, we all have valuable information and we can share it and learn together.

The Health Collective was founded on the principle of self-help, and thus promotes women's active participation in, and control of, their health care.

We try to look at why we get sick. Most people in the medical profession treat illness with drugs and surgery rather than encouraging prevention and self-help. In fact, hazards in our workplaces, stress, pollution of the air, chemicals in the water and the food we eat, lack of access to regular and quality health care, and poor living conditions are the major causes of illness in our society.



## WHO WE ARE

Most of us are not doctors or nurses, but have trained each other and learned our skills through our own experiences and by sharing those experiences with others.

As a non-profit organization, volunteers keep the Vancouver Women's Health Collective going. Women become involved as much as their time and interest allows. All members are valued and as many as possible participate in decision-making.

We hold regular training and orientation sessions for women who are interested in working with the Health Collective. Drop in or call us if you are interested.



Free Health Information  
 and  
 Counselling Services for  
 Women

### LIBRARY

Tues. & Wed. 11 am-6 pm  
 Thurs. 11 am-9 pm  
 Sat. 11 am-2:30 pm

### PREGNANCY TESTING

(by appointment)

### COUNSELLING

(by appointment)

### PHONE LINES OPEN

Tues. 11 am-2:30 pm  
 Wed. 2:30 pm-6 pm  
 Thurs. 6 pm-9 pm  
 Sat. 11 am-2:30 pm

888 Burrard Street  
 Vancouver, B.C.  
 V6Z 1X9

682-1633

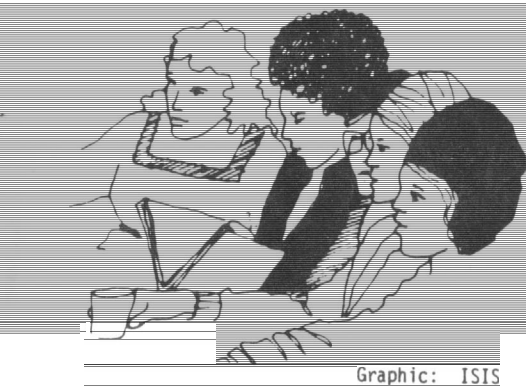
Wheelchair accessible

## WHAT WE DO

### Health Information Centre

We have extensive files, reference books and journals 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 and many more.

Often, women come in to find out more about a problem they have been diagnosed as having. We provide information on treatment options and the advantages and disadvantages of each.



### Health Practitioner & Therapist Directory

We collect and file evaluation forms filled out by women on their experiences with health practitioners, varying from surgeons to naturopaths.

### Counselling

For women with basic information on a health topic of concern to them, additional information and supportive counselling is available. Topics include abnormal pap smears, birth control, abortion, D.E.S., endometriosis, P.I.D., nutrition, menopause, P.M.S. and more. Phone to make an appointment.

### Pregnancy Testing

We use a two minute test that is accurate six weeks from the first day of your last period. Bring in a refrigerated, first morning urine sample if possible. We ask for a \$2.00 donation to cover the cost of the test. Phone us for an appointment.

### Pregnancy & Abortion Counselling

For women seeking advice on pre-natal care, birthing and childcare, we offer information and referrals. For women uncertain about continuing their pregnancy, we offer supportive help in making that decision. For women choosing an abortion, we offer information, doctor referrals and supportive counselling.

### Birth Control

We are affiliated with a **cervical cap** collective and have information on where to obtain **diaphragm fittings**.

We teach the **ovulation method** of birth control in classes held each month. Classes are open to women and couples. Separate sessions are available for women wanting to use the method to conceive.

### Speaking & Workshops

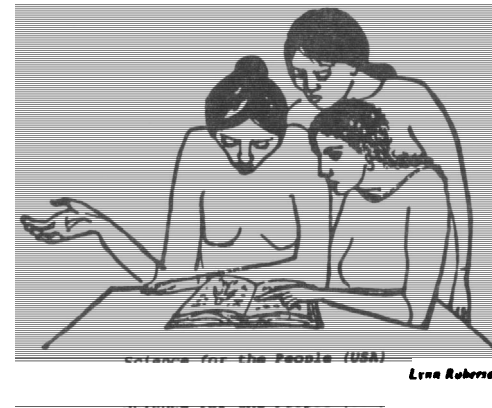
We are available to speak or present workshops to groups of women who are interested in learning about women's health. We have provided workshops on menopause, P.M.S., cervical and vaginal health, D.E.S., breast health, alternative insemination, V.D.T.'s, hysterectomy, sexually transmitted diseases, ovulation method and more.

### Lesbian Health

Women in the Health Collective are undertaking a study of lesbian health issues. We also present workshops on health issues of interest to lesbians.

### Publications

Many publications available have been written and researched by women at the Health Collective; many others come from similar women's groups in Canada and abroad. They can be purchased in the information centre and by mail order. A publication list is available on request.



### Newsletter

We publish a quarterly newsletter called HEALTH-MATTERS. Each issue carries news of the Health Collective and current information and opinions on a variety of women's health issues. Let us know if you want to subscribe.

### Fundraising

Without core funding, we are always actively looking for money. Women in the Health Collective work on specific fundraising projects to help meet our operating costs.

Scissors icon

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Account Number: \_\_\_\_\_

Date: \_\_\_\_\_ 19\_\_

**Your donations  
Keep us going**

PAY TO THE ORDER OF The Vancouver Women's Health Collective \$ \_\_\_\_\_

THE SUM OF \_\_\_\_\_ DOLLARS

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City: \_\_\_\_\_ postal code \_\_\_\_\_