

**DOWNTOWN EASTSIDE WOMEN'S CENTRE**  
**44 East Cordova Street, Vancouver**  
**JUNE 1996**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Monday 10:30-5 Tues. 11:30-5 Weds. 10:30-5	Thurs. 10:30-5 Fri. 10:30-5 Sun. 12:00-5	LUNCH SERVED DAILY AT 12:30				1
2 1:30 Work on Garden Plot 2:00 Video	3 1:30 AIDS Vancouver 3:00 LIFE SKILLS - Mental Health 5:00 Learning Group	4 11:30 ESL 2:00 CANOEING 5:00 BWSS	5 11:00 VIDEO - Self Defense 1:30 Beading 5:00 Alcohol and Drug Support Group	6 1:00 Ellie the Nurse 1:30 Women's Voice 2:00 Native Carving 3:30 ESL 5:00 Women Surviving Together	7 11:00 Drugs and Pregnancy Workshop 2:00 RAFFLE 2:30 Video 5:00 Vol. Nite	8
9 1:30 BINGO	10 11:00 AIDS Workshop in Cantonese 1:30 AIDS Vancouver 1:30 AIDS Workshop First Nations AIDS Society 5:00 Learning Group	11 11:30 ESL 2:00 Work on Garden Plot 2:00 SWIMMING 5:00 BWSS	12 1:30 Beading 5:00 Alcohol and Drug Support Group	13 1:30 Women's Voice 2:00 Lantern Making 3:30 ESL 5:00 Women Surviving Together	14 1:30 Pride Presentation 2:00 RAFFLE 2:30 Lantern Making cont. 2:30 Video 5:00 Vol. Nite	15 CENTRE CLEANING
16 1:30 Work on Garden Plot 2:00 Video	17 1:30 AIDS Vancouver 3:00 LIFE SKILLS - Grief Workshop 5:00 Learning Group	18 11:30 ESL 2:00 GAMES + BBQ At Strathcona Gardens 5:00 BWSS	19 1:30 Beading 5:00 Alcohol and Drug Support Group	20 11:00 BC Housing Info. 1:00 Ellie the Nurse 1:30 Women's Voice 2:00 Dreamcatchers 3:30 ESL 5:00 Women Surviving Together	21 2:00 RAFFLE 2:30 Video 5:00 Vol. Nite	22 POSITIVE WOMEN'S SUPPORT GROUP 12 - 2:30
23 1:30 BINGO	24 1:30 AIDS Vancouver 2:00 HEALTH WORKSHOP - Tattoo Facts 3:00 LIFE SKILLS 5:00 Learning Group	25 11:30 ESL 5:00 BWSS	26 CHEQUE DAY 1:00 Theater Outing 2:00 Video 5:00 Alcohol and Drug Support Group	27 1:30 Women's Voice 2:00 Woodworking Workshop 3:30 ESL 5:00 Women Surviving Together	28 2:00 RAFFLE 2:30 Video 5:00 Vol. Nite	29
30 1:30 Work on Garden Plot 2:00 Video						

note\*\*\* - sometimes things get canceled or set up on another day make sure to check  
"Update sheet" on the front chalk board and Activities Board\*\*\*

JUNE IS THE BEGINNING OF BBQ SEASON, WE HOPE THE WEATHER WILL COOPERATE AND SEND THE SUN ALONG. WE WILL BE HAVING A BBQ EACH MONTH IN JUNE, JULY, AUGUST AND SEPTEMBER, WEATHER PERMITTING. THIS MONTH WE WILL BE GOING TO STRATHCONA PARK TO SEE THE WOMEN'S CENTRE GARDEN PLOT PLAY GAMES AND EAT HAMBURGER, HOT-DOGS AND OTHER SNACKS.

## GREAT NEWS!

THE WOMEN'S CENTRE IS STARTING A HIV AND AIDS WOMEN'S SUPPORT GROUP.  
EVERY OTHER SATURDAY FROM 12:00 - 2:30 STARTING JUNE 22  
FACILITATED BY WANDA FROM HEALING OUR SPIRIT AND NANCY FROM THE POSITIVE WOMEN'S NETWORK  
THERE WILL BE REFRESHMENTS AND SNACKS.

### WORKSHOPS

**SELF DEFENSE** - Wednesday, May 5th at 11:00, there will be a video on self defense.

**ALCOHOL AND OTHER SUBSTANCES AND PREGNANCY** - Barb Porter from the YWCA will be here to lead a workshop on the effects of alcohol and drugs on pregnancy and the implications - not only for pregnant women but anyone who has concerns for questions for themselves or their children.

**AIDS WORKSHOP (CANTONESE)** - Monday, May 10 at 11:00, for Cantonese speakers. Information about AIDS.

**AIDS WORKSHOP** - Monday, May 10 1:30 - 4:00, The First Nations AIDS Society will have an afternoon long information session on AIDS. It's about all of us and how AIDS has impacted us.

**PRIDE PRESENTATION** - Find out about what Pride is and how their job training programs can help you.

**BC HOUSING INFO. SESSION** - A rep. from BC Housing will be in to talk about the process, availability and how to's.

**TATTOO FACTS** - Mon. June 24 at 2:00. Its more than a pretty picture, there are healthy issues like getting safe tattoos. And taking care of your tattoo. Infection facts and how to do it properly.

### REGULAR PROGRAMMING

**Battered Women Support Services** ON TUESDAY FROM 5:00 - 8:00, assisting women who have experienced violent relationships, directly or indirectly.

**Alcohol and Drug Support Group** ON WEDNESDAY FROM 5:00 - 8:00, do you have a drug and/or alcohol problem? Are you trying to clean up? This may be the place to get some support, no preaching on guilt trips just sharing.

**AIDS** - Margareth from AIDS Vancouver will be here every Mon. At 1:30. To answer your questions or for support.

**Life Skills** - on Mon. 3:00 - 5:00, dealing with issues facing women living in the Downtown Eastside. Share experiences and find creative ways to solve problems. Different topics each week. See Kathleen.

**Learning Group** - The Group meets every Monday night at 5:00, a meal is served, to help with the different issues associated with learning. This is where you can improve your memory, math and writing skills-and other learning areas.

**ESL** - Tues. 11:30 with Bronwen and Thurs. 3:30 with Jennifer. Helping women with limited English skills.

**Battered Women Support Services** - Tues. 5:00 - 8:00 Support Group for women affected by violence in their lives.

**Alcohol and Drug Support Group** - Wed. 5:00 - 8:00 Support Group for women trying to live clean and sober.

**Ellie the Nurse** is in every other Thurs. from 1:00 - 2:00.

**Law Student** To be announced. They are here to help with all your legal needs if they can't help you they will know who can. This includes help with Welfare, MSS, Handicapped etc.

**Women's Voice** - Thurs. 1:30. Let us know what you think about the Centre. Your opinions and ideas are needed to make the Centre better.

**Women Surviving Together** - Thurs. 5:00 - 8:00 Healing Circle and support group for women.

**Raffles** - We have a raffle every Friday at 1:30. Through the week we get donations that are not clothes that women may 'win' on Fridays. You need to enter your name during lunch before the raffle.

**Volunteer Nights** - Every Friday from 5:00 - 9:00 just for volunteers to hang out and do activities.

**Bingo** - There is Bingo every other Sunday, this month it is on June 9 and 23 at 1:30.

**CRAFTY WORKSHOPS** - At least twice a week including Beading every Wed. At 1:30. All materials provided.

June 6 at 2:00 - **First Nations wood carving workshop** with Diane Green! Learn to carve using red and yellow cedar.

June 13 and 14 at 2:00 - **Lantern Making** - Learn to make your own 'lighting fixture' out of wire and paper.

June 20 at 2:00 - **Dreamcatchers** - Make a dreamcatcher to trap those bad dreams.

June 27 at 2:00 - **Woodworking**, make a decorative mirror or picture frame.

**OUTINGS** - Usually on Tuesdays except Theater Outings which are on Wednesdays.

June 4 at 2:00 - **Canoeing** at Deep Cove. We will be leaving at 2:00 pm sharp to have the most time possible. There will be a Picnic. If you are not interested in Canoeing there are nice walking paths as well.

June 11 at 2:00 - **Swimming at the New Brighton outdoor pool** - Clean suits, towels, soap and shampoo provided.

June 26 Wed. at 1:00 - **Theater outing** to Tapestry, a repeat performance. There will be tea and cookies after.

**Garden work** will also happen on June 2, 11, 16 and 30. Spring has sprung and Summer is well under way!!

LADIES LADIES LADIES  
PLEASE PLEASE PLEASE

*DO NOT TAKE*  

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*CUPS AND PLATES  
OR UTENSILS  
FROM THE CENTRE*  
**WITHOUT THESE ITEMS WE CANNOT  
GIVE YOU, YOU, YOU AND YOU  
PROPER SERVICE**

THANK YOU · ANNE WILSON

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# GROUPS UPDATE

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## THE WOMEN'S CENTRE NOW FACILITATES 5 GROUPS!!

<b>MONDAY</b> <b>3:00 - 5:00</b>	<b>LIFE SKILLS SUPPORT - KATHLEEN</b> There will be specific issues discussed. This is a support group as well as a resource place for women dealing with 'life' issues. If you have questions about Social Assistance, Health questions, History etc.
<b>MONDAY</b> <b>5:00 - 8:00</b>	<b>LEARNING GROUP - CYNTHIA</b> Helping meet the educational goals of women in the Downtown Eastside. Literacy, technology, life. Cooperative, alternative learning. Definitely not by the book. Monthly 'mini-courses'.
<b>TUESDAY</b> <b>5:00 - 8:00</b>	<b>BATTERED WOMEN SUPPORT SERVICES - BWSS</b> A support group for women who have been affected by violence in their lives. Assist to deal with the cycle of violence and recover from the trauma.
<b>WEDNESDAY</b> <b>5:00 - 8:00</b>	<b>ALCOHOL AND DRUG SUPPORT - KATHLEEN</b> Support group for women dealing with the complexities of living a clean and sober life. Share experiences and strategies.
<b>THURSDAY</b> <b>5:00 - 8:00</b>	<b>WOMEN SURVIVING TOGETHER - ELAINE</b> Healing circle for women in support of the kind of lives we live in this society. Surviving, Struggling and Fighting.

**THERE ARE A NUMBER OF NEW GROUPS AND NEW STAFF MEMBERS. THE CENTRE IS TRYING IMPROVE THE PROGRAMMING AND SUPPORT SERVICES OFFERED. THERE WILL BE SOME CONFUSION AND A PERIOD OF ADJUSTMENT SO PLEASE BE PATIENT AND OF COURSE YOUR SUGGESTIONS ARE VERY WELCOME TO HELP US DEFINE THE GROUPS AND DEVELOP STRUCTURES THAT MEAN SOMETHING.**

## **NEWS FROM THE LEGAL ADVOCATE**

### **B.C. Benefits: Healthy Kids**

The Healthy Kids program started April 1, 1996. Children are eligible if they are in families currently receiving Medical Services Plan premium subsidies.

You can get eye-glasses for children under 19, and up to \$500.00 in dental coverage for children under 13 in 1996. In January 1997, coverage is due to increase to \$700.00 and apply to children under 19.

### **Family Bonus**

Starting in July, families with a net income of \$18,000.00 or less will receive a monthly cheque of \$103.00 per dependent child. Calculations are made automatically, based on your 1995 tax return; you don't have to apply separately.

For information about the B.C. Benefits Program, phone 1-800-784-0055.

### **Child Support**

The 1996 Federal budget announced that the Income Tax Act will be amended. Child support orders paid or varied after April 30, 1997, will no longer be taxed as income for the recipient or deducted from the paying partner's income. The budget also announced that the Divorce Act will be amended to introduce new Child Support Guidelines.

To receive a copy of The New Child Support Package pamphlet or booklet form phone 1-800-343-8282.

### **New Disability Benefits form: Good news and Bad news**

The good news:

1. The new application form process allows people to apply for disability benefits independently of the district office.
2. There are now other people who can complete the form. In the past, it wasn't easy for people other than the doctor and the financial aid worker to provide information. Now a qualified assessor can supply information on the disability.

**3. The change in the definition opens the eligibility door a little wider. Handicapped status has been redefined to stress the duration, rather than the permanence, of a person's mental or physical disability. The change recognizes that many people with disabilities, especially those with chronic disabilities, may have periodic remissions.**

**The bad news is that the application form has serious flaws:**

**1. The questions require the person completing the form to read it carefully and understand the kind of information being sought. The information about assistance, supervision, and extra costs is the key information that Health Services is looking for.**

**2. Other difficulties arise when there are two people providing information around the disability. Sometimes what the assessor says does not match the doctor's information.**

**3. Another problem is that the application form does not have the exact definition of "handicapped person" as the term is defined in the GAIN regulations.**

**A major effort by the BCCPD over the past three months has been to assist people to use the new application form. It's important that people keep on submitting their applications with all the necessary information about their disability. Applicants whose forms are rejected should appeal.**

**For more information contact B.C. Coalition of People with Disabilities at 872-1278.-**

### **Human Rights**

**The Human Rights Amendment Act 1995 will come into force by regulation effective October 1. Section 24, which provides for reviews by the Tribunal is not proclaimed.**

**The name of the current Human Rights Act is changed to the Human Rights Code. It establishes two separate administrative bodies: The Human Rights Commission and the Human Rights Tribunal.**

**The B.C. Human Rights Council has lobbied successfully for its own investigators. The old arrangement was for Industrial Relations Officers from the Employment Standards Branch to carry out the investigation. Now, there are going to be 10 additional staff positions created within the Council itself (investigators and support staff). The Human Rights Coalition expects that this will lead to improvements in the investigation process.**

**Most common complaints involve sexual harrassment, sex discrimination, and physical disability.**

**The mandate of the Coalition is to provide advocacy in areas of complaints for which there is direct protection provided in the Human Rights Act of B.C. or the Canadian Human Rights Act. The Coalition is also active in anti-racism work, which includes extensive work in coalitions across B.C.**

### **Immigration**

**The Coalition for Refugee Access to Income Security was formed in December 1995 in response to the implementation of the three-month residency requirement for income assistance. The repeal of s.52 of the GAIN regulations means that refugees denied income assistance cannot get hardship assistance either.**

**The Coalition is supporting a legal challenge of the residency requirement arguing that the denial of assistance constitutes a restriction of mobility rights under the Charter.**

### **Welfare**

**In B.C., effective February 2, 1996, the province repealed s.52 of the GAIN Regulations. Section 52 provided for hardship benefits to individuals in a severe hardship situation not covered by any of ss. 54-51.**

**With the repeal of s.52 there is no safety net available to provide hardship benefits to people who do not fall within any of the hardship categories. As a result, certain categories of people are simply without any form of income assistance benefits.**

### **Residential Tenancy**

**The Arbitration Review Panel (ARP) was established in December 1995 under the Residential Tenancy Act.**

**The ARP is a review procedure designed to catch serious srrors by the arbitrator. ARP is a two-tiered system. There is an application for review and then the case may go to an ARP hearing.**

**Excerpted from the Community Law Matters Newsletter.**

HAVE YOUR CHILDREN BEEN  
"APPREHENDED" BY M. SS?

If so, you may want to find a safe place for you to share with other persons, men or women, who have or are living a similar experience.

AN independant peer group is now meeting on MONDAYS in order to give or recieve support around these issues.

Possible avenues: networking, support, information on the rights of families and children, etc.

Things are changing, come find out.

Empowerment belongs and begins at home.

THE TIME: MONDAYS, 10AM

THE PLACE: 208 - 321 PRINCESS AVE.  
(CORNER CORDOVA), VAN.  
press # 2 - # 0 - # 8.

If any question please call Pat BIDDAU  
253-2198, or Myles MACKINTOSH 254-9636.

IN DEDICATION TO OUR CHILDREN!



# ***VOLUNTEER NEWS***

**JUNE 1996**  
**vol. 2 no. 6**

I had a wonderful time on my vacation, I went back to Malaysia and Singapore to visit my people. I have not been back to my hometown in twenty years and was very disappointed to find that my little town is underwater, it was a mining town that was deserted so they made it into a lake!! That was sad but understandable, when all the big mining companies left the area after taking, taking and taking, they left a mess and the government did the only thing that was cost effective. At least they did not flood precious spiritual lands or burial sites. The villagers that remained remembered my family and I, that was amazing. I was 7 when I left that town but those were the best years of my life - it has been down hill since!!! I visited my great grand aunt who is 78 years old and she told me stories and made me feel special. My family was so nice to me and it felt very good. It was a sense of belonging to something big, a history that was not dry and boring like school books.

After 3 weeks I was ready to come home. I missed every one at the Centre. I am very happy to be back and am well rested. I wish you could have met my family and that they could have met you.

## **GOOD NEWS**

**SANDRA ONE OF THE REGULAR BINGO VOLUNTEERS HAVE BEEN HIRED ON AT STARSHIP BINGO AS A DIRECT RESULT OF HER VOLUNTEER WORK FOR THE WOMEN CENTRE.**

**GOOD LUCK TO SANDRA !!**

**UNFORTUNATELY IT MEANS THAT SHE IS NO LONGER AVAILABLE TO VOLUNTEER FOR THE CENTRE AT STARSHIP. BOO HOO. ANY REPLACEMENTS INTERESTED?**

June is going to be a busy time for the volunteers. We will be having the Centre Spring Cleaning on Sat. June 15 from 10:00 - 2:00. It has to be Saturday because all the evenings are taken for groups now! We have not cleaned for 2 months so there's lots to do. I will need a dedicated bunch of women to spend their weekend **CLEANING**. We will be treated to a Chinese Buffet in Chinatown after. Please sign up with me as soon as possible.

In addition to the Clean-up there will be two workshops for the volunteers. There have been some changes to the telephone/receptionist jobs. This is a good time to have a Receptionist workshop because there have been a number of new volunteers joining the team that need the training. We will also be having a mini workshop on how to use the **RED BOOK**, resource guide for Vancouver and the Lower Mainland. This relates directly to the Receptionist and Floorworker position, it is also really useful for everyone.

I will be away two Fridays this month, **SORRY**. My sister is getting married on the 22nd of June and I will need to help her on the Friday. Also there will be a staff retreat on June 28, 29 and 30. I do not

know who will be replacing me but I will leave specific instructions. If you have any suggestions please do not hesitate to speak to me.

After 8 months as the Volunteer Coordinator I still love my job and I am still very excited about the program. We have come a long way but there are still many challenges and lessons to learn. I cannot stress enough the importance of taking advantage of the services offered to the volunteers. There is money set aside for women to enroll in classes. There are opportunities to learn about computers. There are specific volunteer situations that can lead to employment. There are many resources available. If you feel that the programs are inappropriate or are having difficulties in making changes in your lives please speak to me. We can work together to help you acquire the necessary skills to move towards your goals.

Volunteers NOT on incentives. There are lots of you out there who should be making an application to be on an incentive program. Please see me about that. All it takes is a few minutes.

## ***DATES TO REMEMBER***

**FRI. JUNE 7 5:00 - 9:00  
RECEPTIONIST WORKSHOP**

**FRI. JUNE 14 5:00 - 9:00  
APPRECIATION DINNER**

**SAT. JUNE 15 12:00 - 2:00  
CENTRE CLEANING**

**FRI. JUNE 21 5:00 - 9:00  
RED BOOK WORKSHOP**

**FRI. JUNE 28 5:00 - 9:00  
TO BE ANNOUNCED**

Hi everyone,

As you may or may not know, there was a group started on Monday afternoons called "Creative Cultures"; Marion and Kathleen were the facilitators and the group was going to be closed for ten weeks for a maximum of ten women. Anyway, it was felt by women who attended the first few meetings, and by staff, that this should be kept as an open group so women wouldn't have to commit to coming every week for ten weeks.

Due to scheduling, Kathleen will be facilitating this group alone, but I will be asking women from other agencies or organizations to come and give workshops on specific topics on a regular basis. The group will be set up as mini workshops with time for discussion and individual sharing and all women are welcome - unless a woman is drunk or high or for some other reason is not able to respect the group process.

This group will be held next door at Central Residence on Mondays. It will start at 3pm, but we will meet here at the centre at 2.50pm and go over together.

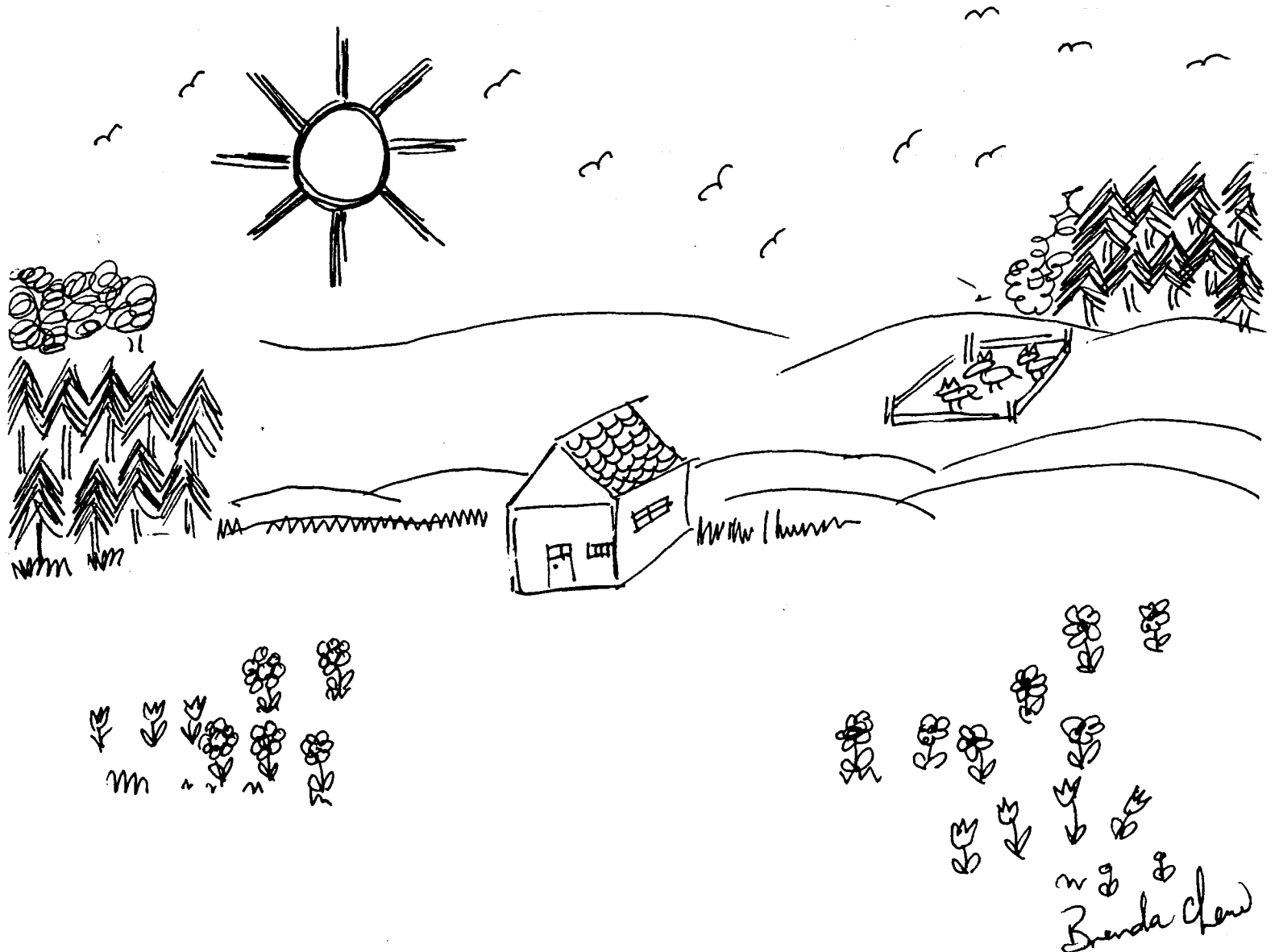
As you can see from the calendar I have planned two of the workshops already for June:

- June 3rd Helen Turbett, from Vancouver/Richmond Mental Health Network, will be coming to discuss what her project is about and what kind of services are offered. She will also be discussing things related to Mental Well-being.
- June 10th there is a AIDS Workshop already scheduled in the centre that afternoon so there won't be a workshop held at Central Residence that day.
- June 17th there will be a workshop on Grief and the Grieving Process and I have invited someone from SAFER to come in and do this workshop.

- June 24th the workshop has not been confirmed yet - it will be announced at a later date.

Just one other quick note, the PRIDE PRESENTATION that is scheduled for Friday June 14th at 1.30pm is about a Training Program that is being offered in the Downtown Eastside to anyone on Income Assistance that is considered employable. Apparently this program has a high success rate - most people find jobs after finishing it. There are posters around the centre that explain more about what the training involves, if you are interested go to the quick information session on June 14th where you can pick up an application form and ask any questions you may have.

Wishing you all a happy, healthy and sunny month of June - Kathleen



# GREAT NEWS!

A WOMEN'S SUPPORT GROUP FOR WOMEN  
LIVING WITH HIV AND AIDS IS FINALLY  
STARTING HERE AT THE CENTRE

**EVERY OTHER SATURDAY FROM 12:00 - 2:30  
STARTING JUNE 22**

FACILITATED BY WANDA FROM HEALING OUR SPIRIT AND NANCY FROM THE POSITIVE WOMEN'S NETWORK  
**THERE WILL BE REFRESHMENTS AND SNACKS.**

THIS WILL BE A CONFIDENTIAL GROUP. THE CENTRE WILL BE CLOSED ALL DAY SATURDAY, OPEN ONLY FOR THE GROUP. WE ARE TRYING AS MUCH AS POSSIBLE TO MAKE THIS GROUP SAFE AND ACCESSIBLE. THE PROGRAM WILL RUN FOR TEN SESSIONS UNTIL SAT. OCTOBER 26. WE WOULD LIKE TO HAVE A MEANINGFUL PROGRAM THAT IS RELEVANT FOR WOMEN IN THE AREA. IF THIS GROUP IS NOT WORKING FOR YOU, OR IS PLEASE LET US KNOW. LET'S WORK TOGETHER TO BUILD SOMETHING FOR OURSELVES.