

D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

October 2003

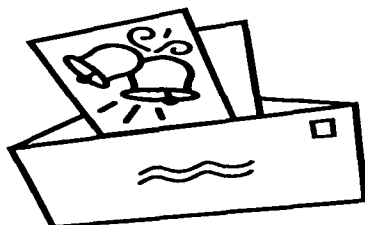
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INSIDE:

- Intake at DEWC
- Aunt Dee's Column
- Treat Yourself to a Massage at DEWC
- Recipe Time
- Job Shop— Getting Back to Work Part II
- Tell Your Story on Co-op Radio
- Women's Advocacy and Educational Support Group

Downtown Eastside Women Do Drop In



UPDATES FOR OCTOBER

Beginning in September, the Centre will have a new Intake Schedule.
The new schedule is as follows:

DAY	TIME	ON INTAKE	BACK-UP ON INTAKE
MONDAY	10 am – 12 noon	Liza	Geraldine
TUESDAY	10 am – 12 noon	Christine	Liza
WEDNESDAY	11 am – 12 noon	Geraldine	Michelle
THURSDAY	10 am – 12 noon	Mitra	Carol
FRIDAY	10 am – 12 noon	Carol	Christine

What this means is that the Intake Office will be open during these hours for women seeking assistance and/or information for various reasons such as housing, welfare, counselling, detox, shelter and health clinics. During this time the woman on Intake can assist in making photocopies, providing resource information, making phone calls and providing referrals. If appropriate, women may be referred to another staff person in the Centre. If appropriate, women may also be referred outside the Centre. The following is a description of some Centre positions to offer a clearer picture of some of the services available.

❖ **Legal Advocacy Program**

The goal of this program is to make legal advocacy, information and resources available to women of the Downtown Eastside in an easily understood and accessible manner.

❖ **Legal Advocate: Liza**

She can help women with legal problems. This means:

- Welfare problems
- Child apprehensions and/or agreements with Ministry of Child and Family Services
- Problems with the law
- Legal battles with another party
- Power of attorney
- Legal rights
- Employee and tenants rights
- Small claims court

❖ **Stopping the Violence Program**

Stopping the Violence program provides self-help, and facilitated support groups to aid women who are facing violence as a part of their everyday lives. This program offers cultural and spiritual support and healing for First Nations women in a safe environment.

❖ **Stop the Violence Counselor: Carol**

She can help with support and counseling for women who are experiencing or who have survived violence. This means:

- Support and counseling for battering, sexual assault or child sexual abuse
- Anti-violence information
- Crisis grant applications

❖ **Victim Services Program**

The Centre's Victim Services Worker offers support and assistance to women that have been victims of a crime. These services include help with reporting a crime, emotional support for the victim, accompaniment to court and referrals to other programs and services.

❖ **Victim Services Worker: Mitra**

She can help women against whom a crime has been committed. This means:

- Providing one to one counseling
- Providing emotional and administrative support
- Accompanying women to various agencies, court, police, doctor, etc.
- Assist in filing reports and doing paperwork
- Getting information and referrals for women
- Provides WCB Criminal Injuries representation

❖ **Mental Health Program**

This program provides counseling and support to women with mental health issues. It also offers self-help and facilitated support groups and workshops on a wide range of topics.

❖ **Mental Health Advocate: Christine and Geraldine**

She can help with welfare issues, disability issues, appeals and filing paperwork and filling out forms. This means:

- Crisis counseling-one to one
- Disability
- Alcohol and/or drug
- Help finding housing
- Welfare

❖ **Outreach Program**

The Outreach Worker position offers transportation and support in hopes of bridging women to the appropriate services. Outreach primarily works with women with health issues and any barriers to receiving service and takes referrals from health care professionals, but also advocates, counsellors, and other service providers. Outreach also assists in connecting women to resources, including harm reduction education, safe sex options and self advocacy.

❖ **Women's Outreach Worker: Cori**

She can help with offering support, information and resources. This means:

- Providing accompaniment and transportation to various agencies
- Getting information and referrals for women
- Providing emotional support



AUNT DEE'S GARDEN OF YOUR DAILY LIVING

ASK AUNT DEE

Our Aunt Dee is overflowing with good things much like a full garden...she is full of healthful ideas and information that nourish the heart, soul, body and mind. Aunt Dee has gardened for years. She believes in planting *peas* of mind, heart and soul, *squashing* gossip, indifference and grumbling, and in *thyme* for friends, family and each other. She also believes we should *turnip* for service and to help one another, and prays that each of us is able to *lettuce* be faithful, kind and patient and really there for one another.

At eighty-three years young she still leaps and bounds around the garden and can plant, weed, and water those rows with the best of them. But nowadays, she's also on another mission. She wants to offer all that she knows. Aunt Dee just shakes her head and complains, "It seems like nobody takes time to learn about the gardening of their daily life anymore."

We're delighted to share our Aunt Dee with you. She's agreed to answer any questions you might ask about the goings on of the Centre. Please submit any questions or comments you might have to the Newsletter file posted on the board near the front of the Centre. Aunt Dee is looking forward to it.

"Why is the coffee only available in the morning and after lunch? There used to be coffee all day why did that stop?"

Yes, we used to serve coffee all day. When we did, we were the only organization in the Downtown Eastside where coffee was unlimited. However, we found that 30% of our food budget was being spent on coffee. This means there is less money to spend on the lunches we serve seven days a week. You may have noticed lately that the taste and nutritional value of lunches has improved. This is because we have chosen to prioritize lunches over coffee. We will continue to offer these improved lunches and will continue to offer coffee only in the morning and after lunch. Please consider our limited amount of coffee and how our membership is doing with less now if you occasionally take coffee to male friends, family and/or partners. Thank-you for your consideration and for your respect for our membership.

"Why aren't there pastries or donuts every morning, and why doesn't the Centre always have enough?"

The Centre would like to have enough breakfast items every morning for every woman in the Centre, but all pastries and donuts are by donation only. What this means is that we accept donations

to see if First United is able to supply some, they typically give out bus tickets in the morning at donut and give them out on a first come first serve basis. We are not able to have them everyday and we are not able to control how many we get. We are however, committed to having lunch seven days a week for all women in the Centre. There is a Downtown Eastside Resource Pamphlet at the front desk that lists many of the organizations serving meals throughout the week and at different times.

“How do you get bus tickets?”

The Centre does not give out bus tickets. The Centre supplies volunteers with bus tickets for the shifts they work to enable their transportation back and forth. Should you need bus tickets you may want to speak with someone you are currently working with such as a Financial Aid Worker or an Advocate. If you are not currently working with someone and are in immediate need you might want to see if First United is able to supply some, they typically give out bus tickets in the morning at 8:30am, but it is first come, first serve, and the tickets are usually gone by 9am.

“Why don't we have outings anymore? “

Regular outings have not happened here at the Centre for at least the past ten months. The Centre is apologetic for not being able to offer women this often much needed break. We no longer have a Programmer specifically responsible for outings, nor do we have funding specifically set aside for outings. Outings are not at this time prioritized when decisions about funding are made. Instead the daily operation of activity in the Centre is prioritized such as serving lunch daily. Attempts are made however, to receive tickets for different events such as movies and the folk fest and some outings continue to happen such as the Elder's Gathering and matinees at the Firehall Arts Theatre. When these opportunities come available signs are posted and notices are written on the white board to try and encourage every woman of the Centre to have a chance to participate.

“Harvest Dinner is this month and every year there are too many Asian women who come for the food. They've never used the Centre before. Why are they coming to our dinners?”

First of all, there is a population of elderly Asian women in the Downtown Eastside. Most of them live by themselves in rooms above the grocery stores in Chinatown. A lot of them are in their seventies, eighties or even nineties! They are the elders in the Chinese community. I think we need to ask ourselves what kind of services does the Women's Centre offer to these women before we say they don't use our services. We do not have any language interpreters. The only service many of these women are able to fully participate in is the Chinese Speaking Women's Group that meets once a week for an hour. We always have enough food at the big dinners. Maybe we can try harder to understand each other and have respect for all elders.

“There is too much gossiping and badmouthing among women in the Centre. I feel like I can't trust anyone here.”

We try very hard to focus on giving each other basic respect and offering love and support to one another, but at the same time, I also know that gossiping and badmouthing among women in the Centre happens. I believe that everyone wants to be loved and respected and in turn wants to offer that same kind of love and respect. However, it seems that some of us when experiencing very difficult circumstances have difficulty responding with love and respect right away or at all and things like anger and frustration are put out instead. We should all think of what we expect and try to offer it in return. It is amazing how one positive experience can create the environment for many other positive experiences to grow.

TREAT YOURSELF
TO A
MASSAGE

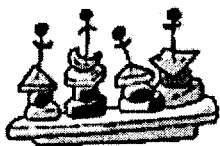


Anita and Rosemary will be here every
Tuesday 10am-12noon
Offering massages to all women.

It is a clothes on, sitting in chair, neck and back massage.

We all deserve a little pampering,
just show up for your turn.

All women welcome.



Recipes—

Healthy Options for People with Diabetes

Tortilla Pizza Melts

Makes 4 servings

1	can (14oz) Black beans
1/2 tsp	Garlic powder
2 tsp	Chili powder
4	8" Whole wheat tortillas
3	Tomatoes, thinly sliced
2 tbsp	Jalapeno peppers, chopped
1 cup	Part skim Mozzarella, grated
2 tbsp	Cilantro, snipped

1. Drain and rinse beans. Mash lightly with a fork. Stir in garlic powder & chili powder.
2. Spread on tortillas, dividing evenly among them. Sprinkle each with 1/4 cup cheese. Top with tomato slices and jalapeno peppers. Sprinkle with remaining cheese and garnish with cilantro.
3. Bake at 400°F for 5 to 7 minutes, until tortilla edges are brown & crisp and the cheese is melted.

Time for a change: For a great addition to a Tex-Mex BBQ these tortillas can also be cooked on the grill: Barbeque 3-4 minutes, until the cheese melts, then cut into wedges and serve as an appetizer.

Nutritional Analysis Per Serving:

Each serving of 1 tortilla melt:

45g Carbohydrate
19g Protein
11g Fat
337 cal

Exchanges:

3 Starch
1 1/2 Medium-fat meat

DOWNTOWN EASTSIDE WOMEN'S CENTRE

302 Columbia Street, Vancouver

604.681.8480

**LUNCH SERVED
DAILY AT 12:30-1:45**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 1:30 French Group 2:00 Crochet, Hairstyling, Writing Group & Raffle	2 1:30 Women's Voice	3	4 2:00 Video
5 1:30 Library Literacy & Dreamcatcher 2:00 Hairstyling & Video	6 10:00 CWS 12:30-3 Street Nurse 1:30 Beading 2:30 Literacy	7 10:00 Sewing 10:00 Massage 2:00 Resumes 5-8:30 Women's Health Clinic	8 1:30 French Group 2:00 Crochet, Hairstyling, Writing Group & Raffle	9 1:30 Women's Voice	10	11 2:00 Video
12 1:30 Library Literacy & Dreamcatcher 2:00 Hairstyling & Video	13 STAT HOLIDAY OPEN 12-5	14 10:00 Sewing 10:00 Massage 2:00 Resumes 5-8:30 Women's Health Clinic	15 1:30 French Group 2:00 Crochet, Hairstyling, Writing Group & Raffle 5:00 Harm Reduction	16 1:30 Women's Voice	17	18 2:00 Video
19 1:30 Library Literacy & Dreamcatcher 2:00 Hair & Video	20 10:00 CWS 12:30-3 Nurse 1:30 Beading 2:30 Literacy	21 10:00 Sewing 10:00 Massage 2:00 Resumes 5-8:30 Women's Health Clinic	22 1:30 French Group 2:00 Crochet, Hairstyling & Raffle	23 1:30 Women's Voice	24	25 2:00 Video
26 1:30 Library Literacy & Dreamcatcher 2:00 Hair & Video	27 10:00 CWS 12:30-3 Nurse 1:30 Beading 2:30 Literacy	28 10:00 Sewing 10:00 Massage 2:00 Resumes 5-8:30 Women's Health Clinic	29 1:30 French Group 2:00 Crochet, Hairstyling & Raffle	30 CENTRE CLOSED	31 Halloween!	

REGULAR PROGRAMMING

Chinese Women's Group (CWS) -Open to women whose first language is Chinese. The group will focus on cultural awareness, advocacy, and social events.

Creative Writing Group-Read and write poems and prose.

Hairstyling—Get a haircut or learn some new styling!

Library Literacy – Readings, crafts, literacy activities, and preparing the new library.

Literacy Workshop – Working with books, themes and word puzzles. Learn while having fun!

French Speaking Group – Open to women whose first language is French. The group will focus on advocacy and social activities.

Nutrition and Health – Eileen, the Dietician, is back to answer all your questions. Look to the daily board for days and times.

Resume Workshop – Create your own Resume with the help of Eemina.

Self-Care Drop-In – Focus on your own care and happiness for 30 minutes each week. Check out what Julie has to offer each week!

The Street Nurse, Christina, comes by every Monday sometime between 1-4pm to give you information on all kinds of health issues.

Women's Voice – Meets to give feedback about the Centre. Your opinions and ideas are needed!

ARTS & CRAFTS WORKSHOPS with materials supplied

Beading with Denny - Every Monday, 1:30 pm.

Crochet with Freeda-Every Wednesday, 2:00pm.

Fabric Arts with Freeda- Every Friday morning, 10:00am.

Dreamcatchers -Every Saturday at 1:30pm.

Expand your skills and share stories with other women.

EVENING PROGRAMMING

Organizer's Training (ELP) –Monday from 5-8pm. Learn to facilitate and organize anti-poverty rallies and develop political strategies around various poverty issues.

Battered Women Support Services- Support for women experiencing violence. Usually Tuesdays from 5-8:30pm.

Alcohol and Drug Harm Reduction Group –Takes place every second Wednesday from 5-8pm. Everyone welcome.

Music Jam- Sing and play instruments with special guests.

Women's Health Clinic-Ongoing—59 West Pender.

**ARIES:**

At this time, you are prone to getting carried away with your own sense of purpose. You may refuse to adhere to the plans and expectations of others. You can become very hard-headed and push yourself and your aims in only one direction without realizing the turbulence you cause in your daily life. The problem is that you are less willing to cooperate with others, because your strong will inclines you to do things your own way. Similarly, you create conflict through your defiant behavior and are very likely to hurt yourself and others with your actions. You need to develop a more diplomatic approach when dealing with those around you. You must find ways to pursue your own self-interests without stepping on everyone's toes in the process.

Taurus:

Your sense of perspective and proportion is a bit skewed at the moment. Small problems loom large and details and other minor matters consume a lot of attention and focus. You are apt to be mentally restless, scattered, unable to concentrate on the immediate task at hand, absorbed in something related to the past. A somewhat disconcerting, but only too familiar, interaction with a parent, child, or other family member is likely. Be aware that you may be too stuck in your own point of view or self protectiveness to really hear what they are trying to convey. You may notice a positive difference in your close love relationship. You are likely to sense a heightened state of expression and feeling coming from your mate or loved one. The emotions you feel now may lead you on a new path of discovery, specifically with regard to your values and attitudes toward intimacy, love, and companionship.

Gemini:

Involvement in clubs, social organizations, or any other group to which you belong is likely to be a focus at this time. You may be asked to take responsibility or even a leadership role or to contribute and participate more fully than you have in the past. You will enjoy being part of a team or group effort now. Being part of a community or circle of friends and building your social network is important to you at this time. You are not likely to be very gregarious or sociable now, and you may feel that you cannot be openly affectionate with someone you care about. You may have romantic yearnings for someone that is unavailable to you, and great discretion regarding this relationship may be called for.

Cancer:

You will want to share pleasurable activities with your mate or marriage partner during this time. Entertainment plans, such as going to the theater or a special night out on the town together, would be appealing to you now. This period also promotes feelings of loyalty, love, and contentment toward your loved one. When you lavish your attention on your mate, you most likely will receive a warm and affectionate response. With a fresh, playful approach you can enliven your marriage or a significant relationship at this time. It is impossible for you to be content with superficial answers now, and you are impatient with people who avoid looking candidly and honestly at root causes and hidden reasons for any problem or situation. You tend to force your views on other people now. Also, you can become obsessed with an idea or problem until you have figured it out.

Leo:

Fateful encounters which are not altogether pleasant are indicated. If you are in an established intimate relationship, it is apt to be rough sailing right now. Ultimatums, bringing up past pain and unresolved issues, jealousy, or unusual neediness or possessiveness may all be part of the scenario, and what makes all of this quite stressful is that most of it is not blatant but subtle and insidious. Indiscretion and poor judgment in matters of the heart need to be guarded against. Light and pleasant interactions characterize this time period. You gain what you want through diplomacy or charm and by enlisting the support of your friends, rather than by being forthright and bold. You are willing to make concessions in order to maintain harmony in your environment.

Virgo:

A situation at work can irritate you now; however, you remain responsible and loyal to your objectives. You strive hard to put forth your best efforts, but can meet with frustrating obstacles or have your goals thwarted by someone who challenges you. For example, the dedication you have shown toward your work-related goals is met with indifference from superiors or those in authority. Competitive behavior or resentment from co-workers is likely to surface, causing you to rely upon your own resources to complete work assignments. You might fluctuate between feelings of intense anger and coolness toward the

individuals who hamper your drive and perseverance, all the while remaining focused on your own intentions. In your personal life, this period can prove slightly difficult, mainly in the area of intimate relationships. Problems can arise in expressing your sexuality and desires to your mate, as well as in issues of mutual commitment and loyalty in the partnership.

Libra:

Fortunate experiences and displays of generosity are in abundance. General good fortune and successful financial gains are obtained through expanding your creative or career goals. Your personal needs and caretaking abilities are in tune with your loved ones, and great strides can be made in fulfilling family needs. This is a time when legal affairs should prove to be beneficial, and there is a possibility of an inheritance or of receiving much needed financial assistance at this time. The sharing of household responsibilities and nurturing needs are cooperative and easily handled. Health matters may improve under this astrological influence. Benefits may also come through your involvement with children, or a desire to expand your family unit could be felt at this time.

Scorpio:

Much productive activity in your home is likely. Do-it-yourself home improvements, working hard to get your home the way you'd like it, or tackling some ambitious projects in the house or yard may be on the agenda. You or others in your family may also be more defensive and quick to blow up over petty annoyances. Friction with parents and other close relatives or old rivalries with your family can be a source of considerable stress at this time. This time period is harmonious and pleasant. Relationships are particularly pleasant and productive now, and you will find that business agreements and partnerships formed now work out very well. Cooperation and camaraderie is strong now, and you may receive a gift or offer from someone.

Sagittarius:

This is an excellent time to eliminate whatever is unnecessary and outworn in your life from clutter and disorder in your environment to an unhealthy relationship or even a long-held attitude or belief which keeps you from going after what you really want in life. You are also more perceptive than usual. You see other people's true colors more clearly and you may discover a secret or the hidden aspect of some situation. Something lost, hidden, or forgotten may come to light.

Capricorn:

The need to make yourself more attractive or improve your appearance is highlighted at this time. You want to be pampered by your mate, as well as lavish attention on him or her in return. You make a favorable impression upon your marriage partner or loved one, as you appear sincere, honest and cooperative. You place a greater value on improving conditions in your relationship, striving to achieve greater closeness and equality. This would be a good time to let your mate know how much you appreciate their love and dedication. If you meet a new love interest during this time, there is a good possibility that it will develop into a serious love relationship. This person makes you feel very comfortable and secure in expressing your true nature, and a strong bond between the two of you can be felt from the beginning.

Aquarius:

There may be frustrating denials or fears of not having the right approach with regard to your career or vocation. When you look for a different outlet or a new perspective on work issues, seemingly impossible odds prevent you from having things the way you want them. Superiors may deny requests, challenge your viewpoint or give you less support for a unique idea you want to try out. You may feel you have outgrown certain conditions on the job, or that it hurts too much to suppress your creativity and individuality. People in authority over you are apt to go by the book and will not appreciate your efforts if you insist on trying to get around the system. You must protect yourself against possible inroads to your success and play by the rules rather than risk everything just to get your way.

Pisces:

This period favors business travel, legal work and professional activities within your work environment. You may take on more duties at work and have meaningful contact with higher-ups and professionals in your organization. At this time, you put your faith and trust in hard work and determination to accomplish your ideals and aspirations. Utilizing your knowledge, planning ahead, and making the most of opportunities will be of most concern to you. Overall, this should be a lucky and expansive period for work, as well as a beneficial time to become involved in educational, religious or travel pursuits. In your personal relationships, you will need the devotion and support of your mate and other loved ones, provided they allow you the liberty to indulge as much as you wish in your work or other area of interest. This may be a pleasant period for work and professional matters. Financial concerns may be favored and the outcome of such matters should prove beneficial and to your liking.

Getting Back to Work: Are You Ready?

Part Two

Last month's article explored several issues that you need to address when you are thinking about beginning the journey back to work. These include making sure that you have a certain amount of stability in your life and that you are physically healthy enough to work. It is also important to consider your ability to cope with the 'ups and downs' that come with being in a job search. The journey back to employment can sometimes seem like a roller coaster ride, with the 'ups' of feeling excited and optimistic, and the 'downs' of feeling anxious, rejected, and hopeless. Are you able to 'handle' these emotions effectively? If so, you will be better able to reach your employment goal.

Some people think that 'handling' their emotions means always being in control. Never experiencing uncomfortable feelings such as anger, anxiety, or sadness. This is not true. What 'handling' your emotions really means is being able to recognize them when they come up, acknowledging that they are there, and finding ways of dealing with them effectively.

The emotions that people experience when they are looking for work can seem confusing and overwhelming. Sometimes even positive feelings, like the excitement of having the money and freedom that a job can offer, can seem like too much to handle. Because of this, some people try to avoid these feelings. They might give up on their job search or drop out of programs that are supporting them. They may even convince themselves that they don't want to work or that they wouldn't be able to find a job anyway. While it is normal to try to avoid things that cause pain and discomfort, this kind of 'self sabotage' doesn't have to happen. You CAN learn to ride through waves of emotions and continue forward on your journey to employment!

There are several things that you can do to help manage unsettling emotions. Next month's article will talk about some of these strategies. One thing that you can do right now is to start being really aware of your feelings when they happen. It is not necessary to try to stop them, nor do you even need to be able to identify what you are feeling. To begin with, just noticing that you are feeling something is enough. For example, when you are thinking about applying for jobs, doing interviews, or calling potential employers, you may feel a sensation somewhere in your body. You may have a tightness in your chest, or a heavy feeling in your stomach. That feeling is related to an emotion. You need to be aware that it is there. This awareness allows the experience of emotions to become less scary. You are less likely to feel like they are 'out of control'. This is the first step toward being able to 'handle' your emotions.

If you are thinking about getting back to work, I would encourage you to take some time to be aware of what comes up for you. What do you feel in your body when you think about looking for and starting a job? By becoming more aware of those feelings, you can keep them from getting in the way of reaching your employment goals.

Marla Simlett is a counsellor at The Job Shop, at Tradeworks Training Society. The Job Shop supports residents of the DTES in their return to work. Call for more information (604-253-9355).

want to talk to someone you are currently working with such as a Financial Aid Worker or an Advocate. If you are not currently working with someone and are in immediate need you might want



tradeworks
training society

NEED A CHANCE TO PROVE YOU'RE
READY, WILLING & ABLE TO WORK?

Get the **BREAK** you deserve!

Find out what your next step needs to be.
Call to attend the Job Shop Info session.

604-253-9355

Program funded by HRDC



Human Resources
Development Canada

Développement des
ressources humaines Canada

University Access
Institute of Indigenous Government
Canada's First Nations College

A Public Post-Secondary Institute of British Columbia
In Partnership With
Aboriginal Mother Centre Society

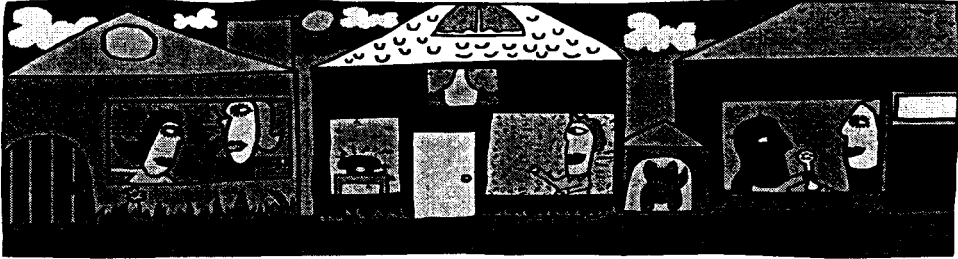
Located at
Aboriginal Mother Centre
#208-2019 Dundas Street
Telephone: 604.253.6262

This program is for individuals who want to sharpen their Math and English skills in order to enhance employability or to access further education. It is designed to allow easy access into grade 12 level Math and English at our college. Students can take the grade 12 level courses at the same time as the university transfer courses.

Academic, personal and cultural supports are all designed to maximize success in this program. In addition, assistance will be offered to develop educational and career plans. Students are given the tools to recognize their own unique abilities and strengths. The program provides opportunities for personal and academic growth, as well as pride in cultural heritage.

There are no pre-requisites for this program and students will register as IIG students at the Aboriginal Mother Centre. The IIG—Canada's First Nations College is a publicly funded educational institute located in Vancouver, British Columbia.

GREEN LIGHT DISTRICT!



Come Help Us Make Vancouver's First Green Light District Shine
Building Public Space Free From Violence Against Women

Wednesday, October 1st—7:00pm-9:30pm
Victoria Park, 1 block east of Commercial at Grant & Victoria
Bring Jam Jars, Friends & Family

This *Green Light District* is the start of a campaign to stop male violence against all women. The impetus for the *Green Light District* was sparked by several recent attacks on women's freedom and equality. These attacks include the increasing pressure for a *Red Light District*; drastic welfare cuts, which drive women to prostitution and force women to stay with abusive men; and finally the recent increased media coverage and police warnings for women not to be alone in the streets or at work. This will signal the beginning of the *Green Light District Campaign* throughout the Lower Mainland; a campaign which aims to provide local communities with a way to build public space free from male violence against women.

We encourage you to join us... For further information, please contact:
Vancouver Rape Relief and Women's Shelter
Telephone: 604.872.8212 Internet: www.rapereliefshelter.bc.ca

Putting Violence Against Women Back on the Social Agenda
Friday, October 10th—6:30pm
Wise Hall (Adanac at Victoria)

This event is free and open to public-rsvp is appreciated
Free childcare available—please rsvp
Call: 604.872.8212

A public forum on ending prostitution—An interactive display that allows participants to see what Vancouver might look like as a *Red Light District*. And at least ten reasons why we should not legalize prostitution. We encourage discussion and information sharing. Panel discussion to follow. Panelists include Kukdookaa (Terri Brown), Native Women's Association of Canada, Lee Lakeman, Vancouver Rape Relief and Women's Shelter, Janice Raymond, Coalition Against Trafficking of Women, Cherry Kingsley, International Centre to Combat Exploitation of Children, Moderator, Shelagh Day, Poverty and Human Rights Project.

Record your stories!

In association with The Carnegie Theatre
Workshop and Co-op Radio*

Let your voice be heard!

Let your voice be heard!

Tuesdays between 10:00-11:00am

Poem

Play

Short-Story



15-25 minutes in length

~May be aired on co-op radio~

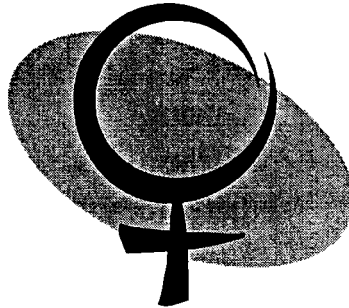
Contact Erin or Katrina for further details

In celebration of the 100th anniversary of Carnegie Community Centre

*In association with Theatre In the Raw

At The Downtown Eastside Women's Centre: 604-681-8480

**WOMEN'S ADVOCACY
AND
EDUCATION SUPPORT GROUP**



ALREADY STARTED, WILL CONTINUE TO RUN

TO DECEMBER 9, 2003

FROM 10AM - 2PM

(LUNCH PROVIDED)

AT

LIFESKILLS CENTRE

412 E. CORDOVA STREET

- **RECOVERY / SURVIVORS**
- **SELF-CARE**
- **ADDICTION EDUCATION**
- **VIOLENCE AGAINST WOMEN**
- **BOUNDARIES**
- **HEALTH / NUTRITION**
- **PIPE CEREMONY**
- **CERTIFICATE OF COMPLETION**

IF INTERESTED PLEASE CALL

FLO AT 604.255.6228

DROP-IN WELCOME