

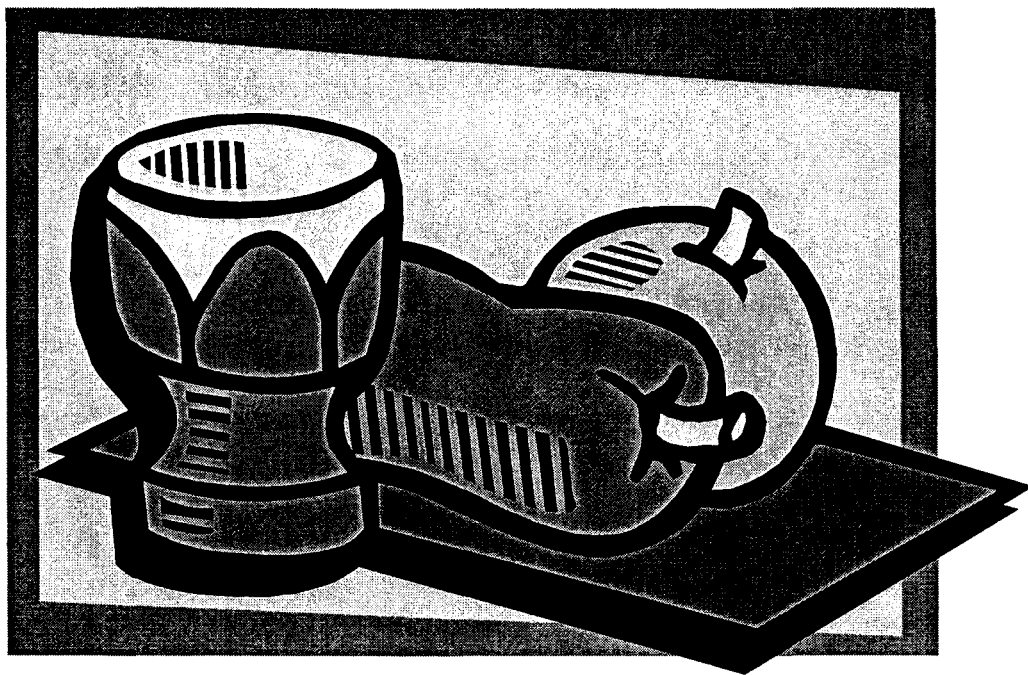
# D.E.W. DROP IN

## Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

November 2003

Free



### INSIDE:

- Women's Education & Support Groups
- Aunt Dee's Column
- Job Shop— "Handling Emotions"
- Tell Your Story on Co-op Radio

**Institute of Indigenous Government  
Canada's First Nations College  
A Public Post-Secondary Institute of British Columbia**

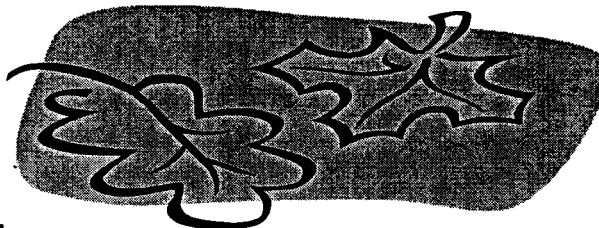
**In Partnership With  
The Downtown Eastside Women's Centre**

**University Access**

This program is for individuals who want to sharpen their Math and English skills in order to enhance employability or to access further education.

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.

A certificate will be awarded upon completion.  
This pilot project will be offered ***tuition free***.



**All Women Welcome.**

**We need 15 women to begin a class in January here at the Centre.  
Please see Michelle if you are interested  
and would like to sign up.**

**You may also call Noel, Healing Counsellor and Recruiter, at the  
Institute of Indigenous Government for more information:  
604.602.9555.**



**MUSIC JAM** with Marg, Eemina & Friends is Back!

Come out for some music and singing  
Friday, November 21, 5pm, here at the Centre.

All Women Welcome.

\*\*\*\*\*

**PAPALOOZA** with Cori and the Street Nurses is back!

Come out for a pap smear and STD and Cervical Cancer testing  
and get a present!

Monday, November 3, noon-4pm, here at the Centre.

All Women Welcome.

\*\*\*\*\*

## **WOMEN'S ADVOCACY & EDUCATION**

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

ALREADY STARTED, WILL CONTINUE TO RUN TO DECEMBER 9, 2003

AT LIFESKILLS CENTRE, 412 E. CORDOVA STREET, 10am-2pm  
(LUNCH PROVIDED)

All Women Welcome.

IF INTERESTED PLEASE CALL FLO AT 604.255.6228, DROP-IN  
WELCOME



---

## 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 says, "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 respond to any questions, concerns, or comments you have about the goings on of the Centre...all you have to do is drop a note in the Newsletter file posted on the cork board near the front of the Centre. Aunt Dee is looking forward to it.

**"Where do you get phone numbers and addresses for different services like educational and training groups, counsellors, shelters and food banks?"**

The Centre has regularly updated information sheets, courtesy of our Outreach Worker, posted on the wall at the front of the drop-in area. These listings include services in the downtown eastside as well as some other services in the larger lower mainland area. If any of the information sheets are missing please ask the intake staff, floor staff, or any other staff person to make more photocopies.

**"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 in whatever amount they are given to us. If we have enough for all women coming through our door, we are very pleased.

However, even if we don't have enough for all women we will give out what we do have on a first come first serve basis. Thank you for understanding.

**“Does the Centre give out bus tickets?”**

No, the Centre does not give out bus tickets except to volunteers so they may travel to and from the Centre for their shifts. We simply cannot afford to give out bus tickets to all women. If you are in need of 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 may 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 on a first come first serve basis and the tickets are usually gone by 9am.

**“Why do women get barred from the Centre?”**

The Centre does not like having to bar women from the Centre. However in striving to offer a safe space for women all staff, volunteers, and members, women need to be respectful of one another and they will be asked to leave if they are not. Women will be asked to leave for the day for verbal fighting, discrimination and disruptive behaviour. Women will be asked to leave for up to two weeks for using drugs or alcohol in the Centre, not coming out of the washroom when time is up, threatening violence whether you mean it or not, shouting, swearing or intimidating children or elders and harassment of any kind. Women may be asked to leave for up to six months for assault such as hitting, punching, pushing or throwing something, property destruction, theft and abusive behaviour. If women are repeatedly barred for the same behaviour they may be asked to leave for an extended amount of time. The most important thing to remember, however difficult a situation, is that we must respect one another.

**“How do you become a volunteer at the Centre?”**

The Centre hosts a Volunteer Orientation the first Sunday of every month at 3:00pm. Attending this meeting is the first step to becoming a volunteer. Think of this meeting as a chance for women who are interested in volunteering to learn more about the volunteer program and find out if it suits their needs. The next Volunteer Orientation will be November 2, 2003. All women are welcome to attend.

**“Does the Centre give out tobacco?”**

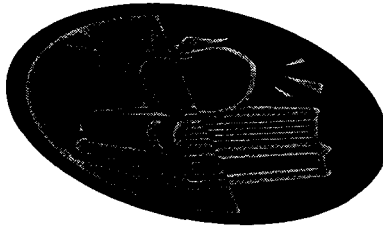
The Centre gives out tobacco once a month on the day before cheque issue date on a first come first serve basis. We give tobacco out at 10:15am and it is usually all gone by 10:45am. Please try to be here when the Centre opens so that you don't miss out.

**“When is Women's Voice?”**

Women's Voice has been scheduled for Thursdays at 1:30pm for some time now. However, it has not been taking place as of late. It seems difficult to find a minute taker, a facilitator, and women to participate. What if it were changed the schedule for Women's Voice so that it happened once a month? How about the Thursday before cheque issue date? That would make Thursday, November 20 the next one? Let Aunt Dee know what you think. This is a great opportunity for women to discuss issues of the Centre, let's make it happen more regularly.

**VCH/VCMHs Consumer Initiative Fund  
EDUCATION AND LEISURE FUND AVAILABILITY**

**MUST BE A CONSUMER OF MENTAL HEALTH SERVICES WITH AN ORGANIZATION  
IN ORDER TO SUBMIT AN APPLICATION.**



Criteria for Applying: Please Read Carefully

- Must be an **identified consumer of mental health services in low income bracket.**
- Monies paid only to educational institute. No reimbursements available.
- **Cannot have received money in the last two years.**
- Can take only one course with a limit of up to \$400.00.
- Must be responsible for sending a receipt after taking your course to our office. Failure to do so will result in your not receiving funding in the future.
- Must be a **resident of Vancouver.**
- Must include a brief letter of intent and/or a brief letter of support indicating your desire/ability/suitability to take and complete the course.
- If you feel it necessary to include your Mental Health worker in the application process, please acquire a letter from him or her stating this.
- Must be willing to respond to a follow-up evaluation upon completion of the course.
- Have own phone number and be able to return a message within 48 hours (Call and Post offers voice-mail for \$3.50/mo at 604.682.1766).

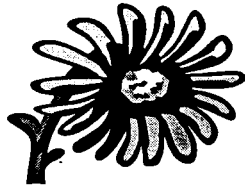
**NO REIMBURSEMENTS  
DEADLINE FOR APPLICATION**

**November 17, 2003**

*Completed applications are considered on a first-come, first-serve basis.  
We regret we cannot fund supplies or textbooks.*

**APPLICATION FORMS AVAILABLE FROM  
CHRISTINE OR GERALDINE AT THE WOMEN'S CENTRE.**

**SELF-CARE...TIME-IS-LIFE**



Fill in the following categories with hobbies, actions, activities and work that you do on a regular or daily basis:

Like to do	Don't like to do	Either way about them, don't like or dislike

Which activities would you like to do more of in the future?

Choose 1 activity that you don't like to do that you could eliminate or change.

List 3 ways of getting rid of or changing this activity:

- 1)
- 2)
- 3)

Which activities that you don't like could you eliminate?

Create a list of activities, one for each day of the week that you like to do.

Monday:

Friday:

Tuesday:

Saturday:

Wednesday:

Sunday:

Thursday:

# 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  2:00 Video
2 1:30 Library Literacy & Dreamcatcher 2:00 Video	3 10:00 CWS 12:30-3 Street Nurse 1:30 Beading 2:30 Literacy 5:00 Organizer's Training	4 10:00 Sewing 10:00 Massage 2:00 Resumes 5-8:30 Women's Health Clinic 5:00 BWSS	5 1:30 French Group 2:00 Crochet & Raffle  5:00 Harm Reduction	6  1:30 Women's Voice	7	8  2:00 Video
9 1:30 Library Literacy & Dreamcatcher 2:00 Video	10 10:00 CWS 12:30-3 Street Nurse 1:30 Beading 2:30 Literacy 5:00 OT	11  STAT HOLIDAY OPEN 12-5	12 1:30 French Group 2:00 Crochet, Writing Group & Raffle	13  1:30 Women's Voice	14	15  2:00 Video
16 1:30 Library Literacy & Dreamcatcher 2:00 Video	17 10:00 CWS 12:30-3 Nurse 1:30 Beading 2:30 Literacy 5:00 OT	18 10:00 Sewing 10:00 Massage 2:00 Resumes 5:00 BWSS	19 1:30 French Group 2:00 Crochet, Writing Group & Raffle  5:00 Harm Reduction	20  1:30 Women's Voice	21  5:00 Music Jam	22  2:00 Video
23 & 30 1:30 Library Literacy & Dreamcatcher 2:00 Video	24 10:00 CWS 12:30-3 Nurse 1:30 Beading 2:30 Literacy 5:00 OT	25 10:00 Sewing 10:00 Massage 2:00 Resumes 5:00 BWSS	26 1:30 French Group 2:00 Crochet, Writing Group & Raffle	27  CENTRE CLOSED	28	29

## 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.



## Monthly Horoscopes

Here is your horoscope for October 23 to November 21...

### Aries

At this time of year, use your innate charisma to relate to individuals rather than groups. Others really appreciate that extra attention. Single or attached, the romantic scene sizzles this Halloween. Yes, trick or treat develops a new meaning to you as well as the one who is lucky enough to be with you. You really show your stuff in November. You get the job done, where many would back off. Your hard work pays off. November 12 and 14 passion becomes your middle name, no matter what you approach, money, love, friends etc.

Motto for the month: Put a 100% of yourself into whatever you do.

### Taurus

The sun is in your opposite sign this stellar month. Study a situation carefully if you find it blowing up on you, especially around your ½ birthday. You might need a change in direction. Excitement surrounds you Nov. 1-. Don't push your luck. Play it conservative until Nov. 2 when your ruling planet moves into Sagittarius. Talk to a specific friend or loved one. Also please use care with the Lunar eclipse in YOUR sign Nov.8. The next month could witness major changes. Nov. 11 wish upon a star but don't kid yourself about someone in your life.

Passion runs high Nov. 12, if you play your cards right. Others are extremely assertive, my dear bull. Play along. Motto for the month: Find a cocoon if the going gets too tough.

### Gemini

You know in your heart there is more to life than work, but work you will. You give up the slave image November 12th, but until then, you need to focus on money, security and your work. Tread carefully on the lunar eclipse Nov. 8, you could find yourself in more hot water than you think, and the ramifications could be long term. Networking and socializing become a must Nov. 12. You might others extremely verbal. Listen and don't judge. Single twins, find romance knocks on their door Nov. 19.

Motto of the month: Think vacation. Start deciding where you want to go mid-winter.

### Cancer

You are a child of the moon, and the big news is this month on Nov. 8 there will be a lunar eclipse in your house of hopes and wishes. You ask: what does that mean? Events in the next month bring you much closer to a long term desire, though it could take up to a year for the cookie to tumble like you want. Please note on this day, your energy might be depleted, so you might want to laylow. Creativity and romance walk hand in hand this month, no matter your status. You might choose to play the field or just have one sizzling fling. What could happen here could be quite surprising. Add that touch of imagination as well into other facets of your life as well.

Motto of the month: Know what you want, as it might just walk past you.

### Leo

You are a creature of the sun, expressing your loving and dramatic nature no matter where, what or whom (for the most part). This month, you might slowdown and spend a little more time at home. Your lair proves to be a wonderful site for a party, so you won't have to change your personality totally! You might be unusually verbal on the New Moon, Oct. 25. Remember there are always two sides to an issue. Halloween you are high energy...and may decide to play trick or treat at home. Or could you be turning your house into a haunted house. Act on a dream involving a partnership or a relationship Nov. 3. Though you might not get immediate feedback, you will and it could be a delightful surprise. Don't cause yourself more trouble than need be on Nov. 21. Everyone is unpredictable.

Motto of the month: Keep fluffing those pillows.

## Virgo

You become even more willing than usual to talk, visit, and catch up on others' news. The phone for those at a distance works but getting together close to home suits you even better. Oct 25 and 27 and Nov 1, 5, 6 your words mean a lot. November 11 you might be quite jolted about a matter at work or in your day to day life. Do choose your words with care. Nov. 18, your words are like music to another. Nov. 12, you focus more on family and home. A happy month in general.

Motto of the month: Work on your listening skills.

## Scorpio

Happy Birthday! You can feel an upswing in your energy the closer you get to your birthday. Oct. 25, New Moon in your sign encourages to make resolutions for the next year. Do some searching. What is it you really desire? You are in a position to make it so, Nov. 8, lunar eclipse could force you to take a hard look at your relationship. If you don't have a significant other, don't worry, perhaps not this month but in the near future someone will come. Your ruler Pluto merges with Venus on Nov. 17. Know you are irresistible. Ask for what you want.

Motto of the month: Stretch your birthday out for as long as you can.

## Sagittarius

The month before your birthday often can be draining. You might be looking at the year past evaluating what you could have done differently. Or you might be patting yourself on the back. Look forward Sag. Start thinking about what would really make you happy, especially around work and public commitments. Hard work pays off Nov. 1. Nov. 2 Venus moves into your sign. Your charisma gets hiked up a degree or two. You can do no wrong, well-maybe a little. Nov. 17 proves to be an intense and if you flow with the moment spectacular day. You also might go for that total look change you have been thinking about.

Motto of the month: The glass of water is half full, not half empty.

## Capricorn

Saturn, the planet that dictates your needs and desires, goes retrograde on Oct. 25, in your opposite sign Cancer. If you have found it difficult to relate in the last six months, perhaps now you can let go of a problem and clear the air. If you hook up with this planet in your marriage house, you may never, ever be able to get out of the relationship. Saturn calls for responsibility and endurance. A warning to all you goats out there. November 1 proves to be a powerful day, where you are heard and others finally respond. Nov. 5 you demonstrate your abilities to others. Others pave the way to what you want: Give up worrying and just go for what your heart desires. Okay?

Motto of the month: Don't let anyone stop you on your uphill climb.

## Aquarius

All month you are in the limelight. You're a star! This situation while on one level could be dynamic, on another could limit that wildness and unpredictability your sign is know for. You express yourself well all month long, focusing on your and others long term desires. Loose cannon days to rein yourself in: Nov. 1, Nov. 11, Nov. 21. Tread with care around the full moon and new moon as well. Uranus, your planet goes direct on Nov.8. An opportunity could come forth out of the blue.

Motto of the month: Enjoy being the lead actor.

## Pisces

Your intuition blends well with your intellect. Detach quickly if you feel you're on overload. Through this process you come up with outstanding ideas and solutions. Others admire your ability to look ahead and not get triggered. On the Oct. 25, you might make some key decisions about school, or a trip. Start planning! Check out your opportunities. Expect to be on overload on Nov.8 when everyone, left and right runs to you. Nov. 11 could be dreamy as far as amour.

Motto of the month: Think carefully before saying anything. Everyone will be happier as a result.

## **“Handling” Emotions: A Place to Start**

**When you start thinking about going back to work, lots of emotions may come up for you. Some of these feelings might seem overwhelming and scary. They might keep you from moving forward towards your goal. Being able to ‘handle’ these emotions will help you to feel more confident about your successful return to the world of work.**

**It is important to realize that even if we are not aware that we are having a strong emotional reaction to a thought or situation, it can still affect us. We tend to do whatever it takes to make strong feelings go away. We might drink or do drugs to numb the feeling. Or we might try to get away from the place, person, or situation that seem to cause our uncomfortable feelings. Most times we have no idea that efforts to avoid are connected to a feeling.**

**Here’s an example. You may get a rush of anxiety in your chest or stomach when you think about going to a job interview. In the past, you may not have been aware of the relationship between these two things. But, in your mind, a connection has been made. When you don’t think about going to an interview, you don’t have that feeling in your body. So you learn to avoid thinking about or doing things that caused this reaction (for example, you might avoid looking for work because of the anxiety about interviews).**

**Last month’s article talked about the importance of being aware of when you are feeling something, whether or not you are able to recognize what that emotion might be, or know where it has come from. Just noticing that something is happening in your body is an important first step. The more you practice noticing your feelings, the better you will become at doing it.**

**The second step you can take towards learning to ‘handle’ your emotions is being curious about them. Try to ‘sit’ with the feeling, even for a few moments, before you take any action. Try to be curious about it. You could say to yourself, “hmmm...it is interesting that I am feeling this sensation. I wonder what that is about?” You might want to notice where you feel it in your body. How intense is the feeling? Does it stay strong, or does it come and go? Even though you may still need to take action to get rid of this feeling, taking a few seconds to notice it and be curious about it will help you begin to understand your emotions better. Being curious also allows you to be more detached or distanced from the emotion. You can become an observer who is watching what is happening rather than becoming lost in it. This can make your emotions seem much less scary and overwhelming. And you’ll notice over time that your emotions have become much easier to ‘handle’!**

**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).**



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

Developpement des  
ressources humaines Canada

## Safety women support group for Latin American women



Downtown Eastside area

**Dates:** October 2, 23, November 6 y 20, December 4 y 18/ 2003

**Time:** 10 AM - 1PM

**Address:** Ray Cam Community Centre, 920 East Hastings Vancouver

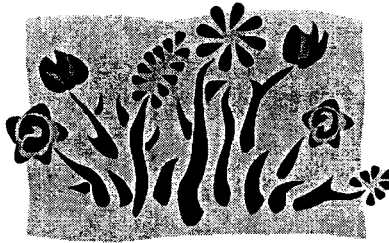
**Voice mail:** 604-685-5472 extension 2.

[safetyprojectwins@yahoo.ca](mailto:safetyprojectwins@yahoo.ca)

We will have snacks, bus tickets and child care subsidy available.

This is a Inner City Women Initiative Society –WINS

---



every person has...(but doesn't always use)

- ❖ The right to have and express your own feelings and opinions.
- ❖ The right to refuse requests without having to feel guilty or selfish.
- ❖ The right to set your own priorities and make your own decisions.
- ❖ The right to ask for what you want (realizing that the other person has the right to say no).
- ❖ The right to maintain your dignity by being properly assertive—even if the other person feels hurt—as long as you did not violate the other person's basic human rights.
- ❖ The right to be treated with respect and dignity.
- ❖ The right to be listened to and taken seriously.
- ❖ The right to choose not to assert yourself.
- ❖ The right to make mistakes.

**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~

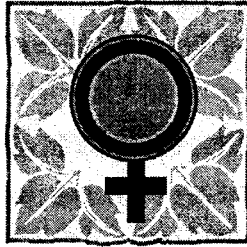
**Contact Erin or Katrina for further details**

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 AWARE WORKSHOPS



**The Inner-city Women's Initiatives Society will be hosting a new series of workshops and support groups for women who are current and/or former IV drug users who live or access services in the Downtown Eastside. The workshops will happen on Monday nights (5:00-8:00) starting in November and will take place at the new offices of WINS at: 342 E. HASTINGS STREET.**

The workshop topics include:

- **NOV 3 HIV BASICS/DISABILITY CHANGES**  
*–Includes testing, reportability, disclosure, maternal transmission*
- **NOV 10 SAFER LIVING IN AN UNSAFE WORLD**  
*–Includes safer fixing, safer sex, safer housing, tenants rights*
- **NOV 17 MENTAL WELLNESS 1**  
*–Includes grief and loss*
- **NOV 24 MENTAL WELLNESS 2**  
*–Includes anger management, emotional awareness*
- **DEC 1 CHILD AND PARENT RIGHTS**  
*–Includes rights, laws, and process*
- **DEC 8 COMPLEMENTARY THERAPY**  
*–Includes eating for wellness, alternative therapies*

Support groups will begin after the last information workshop and the content of the support groups will be determined based on the expressed needs of the women attending the series. Dinner will be provided for women attending both the workshops and support groups and childcare subsidies will be available for some women attending the groups based on available resources. No pre-registration is required.

Please call SYD for more information at 604-685-5427.