



Women's Health Care Centre
Peterborough Regional Health Centre
157 Charlotte St. Peterborough, ON K9J 2T7
(705) 743-4132 or 1-800-419-3111
www.prhc.on.ca/womenshealth

PRHC
Peterborough Regional
Health Centre

March/April 2009

Newsletter



International
Women's Day

March 8th, 2009

The United Nations theme for International Women's Day 2009 is: *Women and men united to end violence against women and girls.*

Worldwide, intimate partners will commit violence against one in three women, and one in five women will experience rape or attempted rape. Violence is perpetrated at even greater rates on women who face more than one form of discrimination (sexism plus racism, ableism, homophobia, etc.). Rape is still widely used as a weapon of war. Violence against women is not limited to specific cultures, parts of the world, or types of women. In Canada the direct costs of violence against women are estimated to total more than one billion dollars every year.

We, as women, cannot end violence against women on our own. Very little of this violence is committed by women. Self defense strategies can help individuals, but do little to end violence against women as a whole. The few men who commit violence against women may not care what women think of their actions, but they probably do care what other men think of them. Boys who are expected to respect girls and women are unlikely to commit violence against girls and women. This makes involving men in standing up to violence and discrimination against women very important. The White Ribbon Campaign is one effort toward this goal; you can find them at: www.whiteribbon.ca

For more information about International Women's Day, and Violence Against Women, please visit www.internationalwomensday.com and <http://endviolence.un.org/index.shtml>

You can find out about some of the local events for International Women's Day at our website under News, Programs and Events.

Let us treat men and women well; treat them as if they were real. Perhaps they are.
~Ralph Waldo Emerson

Thank you Soroptimists!

If you've been in to the WHCC recently, you may have noticed some changes. We've been reorganizing and redecorating thanks to donations of time and money by the Peterborough Chapter of Soroptimists International. On February 28th we had a Day of Action in which volunteers from Soroptimists painted, put up boards, and set up some new furniture in our meeting room. Now the WHCC is more comfortable and friendly for people coming for groups, meetings, programs and appointments. The staff of the Women's Health Care Centre would like to thank the Soroptimists for everything that they have done to make the WHCC a more inviting place to be!



Eating Disorder Programs

No More Dieting; Overcoming Overeating

For people who are struggling with binge eating, weight preoccupation and body image.
Mondays 7-8:30 pm, from April 20th to June 8th, 2009

Turning Points, and Making Changes are other group programs that we run for people who have symptoms of Anorexia and Bulimia, and for those who have already completed an education and support program and are ready to address the thoughts, feelings and behaviour changes necessary to recover from an Eating Disorder.

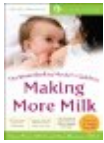
For more information or to register, please call us at: (705) 743-4132 or 1-800-419-3111.



Well Women Programs

We are in the process of planning a series on menopause, which will hopefully be held in May. We hope to cover subjects like: symptoms, hormones, heart health, osteoporosis, body image, self care, and a lot more. Keep an eye out for more information about this series in our next newsletter, on our website, or flyers posted on local bulletin boards.

New Books in the WHCC Lending Library



The Breastfeeding Mother's Guide to Making More Milk, Diana West, 2008



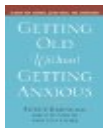
So Sexy So Soon: The New Sexualized Childhood and What Parents Can Do to Protect Their Kids, Diane E. Levin, 2008



Stolen Tomorrows: Understanding and Treating Women's Childhood Sexual Abuse, Steven Levenkron, 2008



The Chronic Pain Care Workbook: A Self-Treatment Approach to Pain Relief, Michael J. Lewandowski, 2006



Getting Old Without Getting Anxious: a book for seniors, loved ones, and caregivers, Peter Rabins, 2006

To see what else is new at the WHCC Lending Library, and have a look at all of our resources, go to our online catalogue at:

www.librarything.com/catalog/WomensHealthPtbo (click on 'tags' and then click on 'NEW') or come in and see us at 157 Charlotte Street, Peterborough.



Spring Fling Health Fair

Presented by Northumberland Women's Health Matters Activities, Presentations, and Prizes
Free of charge

Tuesday April 14, 2009, 1-4 p.m.
Alderville Community Centre
8913 County Rd 45, Roseneath

Wednesday April 29, 2009, 1-4 p.m.
King Edward Park Community Centre
75 Elizabeth St. Brighton

Monday April 20, 2009, 1-4 p.m.
Port Hope Sports Complex
60 Highland Dr., Port Hope

For information please call Alderville Health & Social Services at: **905-352-9931**

New Menopause Resource

You can find a Menopause Pathfinder on the Health Information page of our website. This Pathfinder will direct you to useful books, places, websites etc. for finding information about menopause, midlife, hormones, etc. Look for more helpful pathfinders in coming months!



Websites for job-loss, retraining, and stress

Programs and Services:

Canada Benefits

Information about and links to Canadian benefits programs of interest to those faced with job-loss: EI, Ontario Works, Skills Development etc. Click on Unemployment, then Ontario.

www.canadabenefits.gc.ca

Service Canada's Employment page –

EI, education and training, job bank, etc.

www.servicecanada.gc.ca

Employment Planning & Counselling – Peterborough

www.jobspeterborough.ca

The Peterborough Employment Resource Centre

www.percresources.ca

Coping:

Coping With Unemployment

www.cmha.ca/bins/content_page.asp?cid=2-28-62&lang=1

"Top 10 Commandments for Coping with Job-loss"

www.cdnbizwomen.com/articles/beers4.html

Stress:

Healthfinder

www.healthfinder.gov – search stress

Mayo Clinic

www.mayoclinic.com – Stress Centre, Stress Assessment – search stress

Toronto Public Library's Virtual Reference Library

www.virtualreferencelibrary.ca – search stress

MedlinePlus' stress page

www.nlm.nih.gov/medlineplus/stress.html