



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/



November/December 2009

Newsletter

Women's Health Care Centre is 20 this year!!!

Some Highlights:

1989

Women's Health Care Centre at Peterborough Civic Hospital opens on 2 East

Facts of Life Line opens in partnership with Planned Parenthood Peterborough

1st "PMS Information Evening" and "Women and Bulimia series"

1990

WHCC Response to the Royal Commission on New Reproductive Technologies

How-to manual for nursing moms is a cross-Canada hit for local authors (WHCC is a partner)

1st Weight Preoccupation Support Group

1991

WHCC opens downtown offices at 411 Water Street - four services stay at the hospital: colposcopy, breastfeeding, Unplanned Pregnancy, non-stress testing

1st Women's Health Day – Here Comes the Rest of Your Life! For women aged 40-65

1992

1st Demystifying Breast Cancer series

WHCC hosts Canadian Panel on Violence against Women in Peterborough

"Who Can I Ask?" published. A handbook for finding health services and information

1993

Voices of Women: Supportive Survivors Group for Women –group for survivors of childhood sexual abuse

How Can I Help? A two part workshop for partners of sexual abuse survivors

1994

1st Well Women Programs with CMHA in Four Counties

New Sexual Assault Response Protocol

Workshop – Providing Successful Physical Exams: Health Care Providers working with Adult Survivors of Childhood Sexual Violence

1995

1st Turning Points: Overcoming an Eating Disorder group

Hormone Replacement Therapy; To Do or Not To Do with Dr. Jean Marmoreo, author of *The New Middle Ages; Women in Midlife*

1996

"Have You Been Avoiding a Pap Test?" published

Art show at WHCC by women struggling to heal from oppression, violence and sexual abuse

1997

First WHCC website at knet.flemingc.on.ca/~whcc/wom.htm

Elly Danica, author of *Don't: A Woman's Word* reading at PPL sponsored by WHCC and Trent Women's Studies and Canadian Studies departments

Co-hosting "Counting the Costs of Violence: Planning for Prevention and Healing"

1998

A Continuing Education Programme for Health Professionals on Breastfeeding

1st Annual Golf for Women's Health Tournament makes \$4200

1999

1st Valentine Days – workshops, Brown Bag Lunches, evening programs

1st Annual Women's Cancer Forum

WHCC's Women's Health survey results published

2000

"Sex and Intimacy: Addressing your clients concerns" workshop for health care professionals about common sexual health concerns

WHCC downtown offices move to 69 George Street

2001

Eyes Wide Open; Breast Cancer and the Environment Conference with Keynote address by Dr. Sam Epstein, internationally recognized authority on the causes and prevention of cancer

2002

Eating Disorder program receives additional funding

2003

Just Ask – community education on Domestic Violence screening with guest speaker Marion Boyd, internationally recognized expert and advocate in the area of domestic violence

Menopause: How the hormone debate affects your choices

Website redesign

2004

Domestic Violence added to Sexual Assault Response Program

Post Natal Mood Disorder group

2005

WHCC moves to 157 Charlotte Street

Pediatric Sexual Abuse Specialized Response added to Sexual Assault / Domestic Violence program

2006

WHCC hosts Women's Health Institute consultation in Peterborough

2 Sexual Assault / Domestic Violence nurses receive certification from the International Association of Forensic Nursing at the Scientific Assembly in Vancouver BC

2007

Internet Child Exploitation Education Day with guest speaker Paul Gillespie, a retired Toronto Police Services Detective Sergeant who spent 5 ½ years with the Child Exploitation Section of the Toronto Police Service and collaborated with Microsoft to create CETS – the Child Exploitation Tracking System

2008

Library catalogue goes online at LibraryThing

New website design

2009

Children First - an education day about WHCC's Paediatric Sexual Abuse program, and how to access these services, for local police, children's aid workers, counselors etc.

Too Hot to Handle: Managing Menopause without Blood Sweat and Tears at Peterborough Public Library

December 6

This year also marks the 20th anniversary of the murder of 14 women at École Polytechnique de Montréal on December 6, 1989. Every year on December 6 we take the day to remember those 14 women and everyone who is affected by or has been killed as a result of violence against women. Approximately 40 women and children lose their lives each year in Ontario as a result of abuse. This is also a time to work together toward ending violence in our communities.

In Peterborough there will be a candle light vigil on December 6 from 3 to 4:30 pm at Kenner Collegiate High School. This vigil will followed with a filmed interview of one of the survivors. Food and refreshments will be served. Call Kawartha Sexual Assault Centre for more information at (705) 748-5901.

In Lindsay Women's Resources is hosting a vigil to honour the lives of the women and children who have been murdered. For information about the time and place, please contact Women's Resources at 878-4285.

Related events:

December 2nd OPIRG presents: *Finding Dawn*

Dawn Crey, Ramona Wilson and Daleen Kay Bosse are just three of the estimated 500 Aboriginal women who have gone missing or been murdered in Canada over the past thirty years. Directed by acclaimed Métis filmmaker Christine Welsh, *Finding Dawn* is a compelling documentary that puts a human face to this national tragedy. This is an epic journey into the dark heart of Native women's experience in Canada. From Vancouver's skid row, where more than 60 women are missing, we travel to the "Highway of Tears" in northern British Columbia, and onward to Saskatoon, where the murders and disappearances of Native women remain unresolved. 7 p.m. at Sadleir House (751 George St. N., Peterborough). The documentary and the organic popcorn are free, but donations are happily accepted! For more information contact OPIRG at 741-1208. Special thanks to the Trent Film Society **wheelchair accessible**

Some online sources of information about violence against women:

Neighbours, Friends and Families

www.neighboursfriendsandfamilies.ca

An educational campaign about violence against women.

Springtide Resources

www.springtideresources.org

Extensive information on woman abuse from a Toronto-based organization.

METRAC

www.metrac.org

The Metropolitan Action Committee on Violence Against Women and Children (METRAC) is a not-for-profit, community-based organization that works to prevent and end violence against diverse women, youth, and children.

Ontario Women's Justice Network.

www.owjn.org

Legal information about violence against women and children

White Ribbon Campaign

www.whiteribbon.ca

The White Ribbon Campaign (WRC) is the largest effort in the world of men working to end violence against women (VAW).



Body Image Eating Disorder Programs

Turning Points, *No More Dieting*, and *Making Changes* are group programs that we run for people who have symptoms of Anorexia and Bulimia, people who are struggling with binge eating, weight preoccupation and body image, 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, to find out about when a group is running, or to register, please call us at (705) 743-4132 or 1-800-419-3111.



Well Women on the Road

We are in the planning process to offer Well Women in the four county area. The workshops are designed as an invitation for women to explore self awareness through their shared experience and collective wisdom. Topics we discuss include assertive communication, healthy personal boundaries, relationship building and healthy sexuality. If you are interested in more information or if your organization would like to host a series, please contact us at (705) 743-4132 or 1-800-419-3111

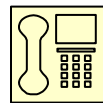
Cancer Pathfinder

A pathfinder is a list of books, videos, websites and local information resources on a specific subject. On our website, in the *Health Information* section, you will find a short but growing collection of pathfinders on a variety of subjects. Our newest will direct you to information about cancer.



Too Hot to Handle

Our Menopause workshop, Too Hot to Handle; Managing Menopause without Blood Sweat and Tears, was a great success! We had roughly 70 participants for each night of the workshop, and received lots of feedback, which we will be using to make it even better. We will be taking the workshop on the road, so if you or your organization are interested call (705) 743-4132 or 1-800-419-3111



Peterborough 211

There is a new phone and online service to help you locate services and resources near you. Peterborough 211 is a service provided by the United Way and Ontario 211, a similar province-wide service. You can access Peterborough 211 by phone at 211 or online at www.peterborough211.ca

I Heard a Bird Sing

I heard a bird sing
In the dark of December
A magical thing
And sweet to remember.

"We are nearer to Spring
Than we were in September,"
I heard a bird sing
In the dark of December.

~Oliver Herford

