



September 2006

Newsletter



AIDS AND WOMEN IN ONTARIO

Women and AIDS made the news this August at the XVI International AIDS Conference. While much of the focus has been on women in distant parts of the world, HIV/AIDS should be a concern for women in Ontario too. The first case of AIDS in Canada was reported in 1982. In 1985 women made up less than 2% of positive HIV diagnoses in Ontario. In 2004 almost 30% of Ontarians newly diagnosed as HIV positive were women. It is estimated that three out of every ten people living with HIV in Ontario do not know that they are infected.

Ontario women and girls are wrong if we think that HIV/AIDS is something that only happens "over there," or to other people. We are in danger of making risky decisions if we don't understand that, while HIV/AIDS can be managed with medication to a certain extent, there is not yet a cure. Even access to medications can be difficult: depending on who you are and where you live in Canada some drugs are covered by the government and others are not.

Women's biology makes it easy for us to be infected by HIV through unprotected heterosexual sex; in fact, most women become infected through unprotected sex with men. In 2002 58.3% of positive HIV tests among women in Canada were as a result of heterosexual contact. The next most likely way for a woman in Canada to be infected is through injection drug use, at 37.2% in 2002.

Lack of socioeconomic equality and violence against women increase our risk for infection. A woman is at risk whenever she is forced to have sex, or else cannot insist that her partner wear a condom because she fears physical, emotional, financial, or other kinds of harm.

So what can we do? We can practice safer sex. We can get tested so that we know our own status. We can fight violence against women and inequality so that all women can make safer choices. We can work to support women getting out of unhealthy and violent relationships. We can learn how to stand up for ourselves. We can learn how to protect or defend ourselves. We can fight poverty. We can support efforts to fight HIV/AIDS elsewhere in the world. We can work against substance abuse and support clean needle programs. We can learn and teach the risks of HIV/AIDS.



OVERCOMING OVEREATING

A group for women who are experiencing problems with eating, weight and body image will begin on October 4 and will run for 8 to 10 weeks. This group is not suitable for women who have anorexia or bulimia. For information or to register call 743-4132 or 1-800-419-3111.



WHCC'S WEEK WITHOUT VIOLENCE EVENT

On October 21, 2006 the Sexual Assault / Domestic Violence Program is sponsoring a **WOMEN'S WEN-DO SELF DEFENSE WORKSHOP** taught by Deb Chard. For women and girls ages 10 and older from 9:00 a.m. to 4:30 p.m. Cost is \$50.00. For information or to register please contact the Women's Health Care Centre at 743-4132.

CANCER ISN'T A FOUR LETTER WORD HOW TO FIND THE HELP YOU NEED

October 18, 2006, 7-9 p.m.

Presentations, displays, refreshments and keynote speakers Beth Steinmiller and John "Red" Keating.

Knights of Columbus Hall
317 Hunter Street

\$5 admission. Space is limited.

To register call 743-4132 or 1-800-419-3111



TURNING POINTS: OVERCOMING AN EATING DISORDER

Turning Points is back again this October, providing information, counselling and support for people with eating disorders. The program starts October 5 and will run until December 7. For information or to register call 743-4132 or 1-800-419-3111.

BREAST CANCER RESOURCES



October is Breast Cancer Awareness Month. The WHCC has breast cancer resources and information available. Our pamphlet on local breast cancer resources has been updated; please contact the WHCC for copies. We also have a list of useful cancer and breast cancer related websites our computer binder. Here is a list of the most recent breast cancer resources in our lending library:

Breast Cancer Husband: how to help your wife (and yourself) through diagnosis, treatment, and beyond. Marc Silver. Rodale, 2004.

Breast Cancer Rehabilitation Post-Surgery. Classical Stretch; The Esmonde Technique. Miranda Esmonde-White. WPBS. DVD

Fighting for our Future: how young women find strength, hope and courage while taking control of breast cancer. Beth Murphy. McGraw-Hill, 2003.

You are not Alone: an intimate discussion with six young breast cancer survivors. Young Survivors Coalition, 2003. Video.



BROWN BAG LUNCHES

Wednesdays 12:05 to 12:50

- October 25: *Better Sleep with Aromatherapy*
- November 1: *Women and the Negative Effects of Stress*
- November 8: *Herbal Health: Digestive Tract and Liver plus Q&A*
- November 15: *Finding Reliable Health Information on the Internet*

At the Women's Health Care Centre
157 Charlotte Street (beside Wild Rock Outfitters). Bring your lunch; coffee and tea will be served. Please call 743-4132 or 1-800-419-3111 for details or to register. No charge but space is limited.



WELL WOMEN ON THE ROAD

Minden Self Esteem Series for Women:

Four Wednesday afternoons from 1:00 to 3:00.- October 4th to 25th , 2006.

Come learn about what self esteem is, getting to know yourself better, making decisions with more confidence, becoming more independent and motivating yourself. At the Minden YWCA Women's Centre, 11 Bobcaygeon Rd.

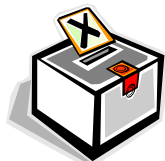
For more information or to register please call YWCA Women's Centre at 705-286-4040 or the Women's Health Care Centre at 1-800-419-3111.

Lindsay Workshops:

- In partnership with Women's Resources in Lindsay, from 1:00 to 3:00 on Thursdays at 22 Russell St. E.:
- October 5 and 12 *Better Communication, Better Relationships*
 - October 19 and 26 *Building Self Esteem*
 - November 16 and 23 *Learning to Listen to our Intuition*
- If you are interested, call 878-4285 to register.

Support group? Church group? Knitting club? Sports team? Youth group? Book club? Women's group? If you have a group that you would like us to present to, give us a call at 743-4132 or 1-800-419-3111.

GET OUT AND VOTE!



With the municipal elections coming up, here are two opportunities to learn more about Peterborough candidates and what they stand for:

County and City Councilor Candidates Meeting

October 18, 2006 7:00 p.m. to 9:00 p.m. at the Evinrude Centre. City and County Councillors have been invited to this discussion evening about social issues in Peterborough City and County.

Mayoral Debate

November 3, 2006 7:00 p.m. to 9:00 p.m. at the Peterborough Public Library Auditorium. There will be specific questions to each candidate regarding social issues, there will also be questions from the citizens on the floor.



TEACHERS, DID YOU KNOW WE HAVE STUFF YOU CAN USE!

Our Lending Library and Professional Collection both contain books, videos, posters, workshop kits, handouts, and other resources you can use in your classroom. To borrow materials all you have to do is sign up for your own WHCC library card. Our collections include materials on self-esteem, stress, body image, eating disorders, domestic violence, sexual harassment, sexual abuse and assault, sexuality, pregnancy, healthy and unhealthy relationships, assertiveness, substance abuse, smoking, and a wide variety of other health related topics.



YOGA ISN'T JUST FOR THE TRENDY

The word "yoga" may bring to mind hordes of intimidating, trendy young women in expensive exercise clothes putting their ankles behind their heads. However people at almost any fitness level can start yoga, and very little equipment is required, most of which you probably already have. Comfortable clothes, a mat, a blanket, and a strip of cloth or a belt are all you are likely to need. And you don't need to feel intimidated: in yoga the idea is for everyone to practice at their own pace and their own comfort level with no competing and no comparing. Yoga can help you reduce and relieve stress, improve flexibility, balance and posture, relieve muscle tension, and can even help with specific health concerns like back problems, headaches, and high blood pressure.

There are many different kinds of yoga, and different instructors have different styles of teaching, so you may need to talk to a few people and try a few different things before you find the class for you. Take a look in the phone book under *Yoga Instruction*, or *Health, Fitness & Exercise Services*, search the internet for yoga in Peterborough (or the area of your choice), or ask around to find out about local classes.



NEED TO SEE A DOCTOR?

Although you may not have a family doctor there are clinics where anyone can get medical care:

Peterborough Day Clinic	705-740-6880
Lakefield and Area Clinic	705-652-6355
Sexual Health Clinic	705-748-2021
Cobourg Afterhours Clinic	905-373-8333
Port Hope Walk In Clinic	905-885-0611
Haliburton Medical Centre	705-457-1212

To get information about the hours of operation for the walk in clinic at Ross Memorial Hospital and Lindsay Community Walk In Clinic, call the HKPR Health Unit at 705-324-3569.

Of course, if you cannot get care at one of these clinics, or have a health emergency at any time, go to the emergency department of your local hospital.

If you live in Peterborough County, you can also get on the waiting list to be taken on as a patient by a Family Health Team by calling 740-8020.