



### SELF-DEFENSE

The Violence Against Women Survey by Statistics Canada in 1993 reported that 51% of women in Canada experience at least one incident of physical or sexual violence after the age of 16.

We work to change this number by learning warning signs of unhealthy relationships, helping each other get out of bad relationships, fighting sexual harassment, teaching people about violence, respect, and healthy relationships, and by trying to change the culture and society that make so much violence against women possible. But these are long-term projects, with long-term results. What about now? What can we do in the meantime if we feel that we are in danger?

This is where self-defense comes in. Self-defense is any strategy (awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques) we can use to get or keep ourselves out of a dangerous situation. Women are capable of defending ourselves, and we don't have to be Buffy or Xena or Wonder Woman to do it. The US Bureau of Statistics and CDC has found that 81% of women who ran, 63% of women who yelled or screamed, and 68% of women who used physical force when they were attacked avoided sexual assault.

Self defense training should help you to prevent situations from becoming dangerous, and give you options if a situation does become dangerous. It is not fool proof. No matter how much training we've done, there are many situations we won't be able to get out of unscathed. And, even if every person on earth who is a target of violence learns to defend themselves, assault and sexual assault will continue to happen as long as there are people who choose to commit acts of violence. But if we learn good ways of dealing with dangerous situations, we may be able to lessen the harm we face.

#### When you are choosing a self-defense course:

- Find out about the school's philosophy (do they believe in "no pain, no gain"? If so, keep looking. Do they respect women's decisions about how to survive an attack, even when that means not fighting back? Do they acknowledge that people are not asking to be assaulted when they do not follow safety advice?).
- Talk to the teachers and students (does the teaching style appeal to you? Is the teacher interested in giving his/her students useful skills? How comfortable are you with these teachers and classmates?).
- Observe a class (is the course teaching safety, assertiveness, awareness and other skills as well as physical techniques? Do the physical techniques look like you could actually use them in a real situation? Do they teach to your ability level?).
- Find out what kinds of certifications the school and the teachers have (Have they done any training about violence against women? Are they aware of the realities of violence against women? Are they using this awareness in their teaching?).

*"Never trade in your backbone for a wishbone"*

*- Dr. Ruthless*



### BROWN BAG LUNCHES

Wednesdays 12:05 to 12:50  
 Heart Connection: What Feeds You?  
 February 7:  
 February 14: Create Your Own Spa Day (limited to 12 participants, depending on demand it will be repeated from 1:30 to 2:30)  
 February 21: Finding Joy  
 February 28: Self Esteem: Knowing and Nurturing Ourselves  
 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.



### TURNING POINTS: OVERCOMING AN EATING DISORDER

Providing information, counseling and support for people with eating disorders, Turning Points starts in the evening on January 31<sup>st</sup> and runs for 10 weeks. For information or to register call 743-4132 or 1-800-419-3111.

### NO MORE DIETING: OVERCOMING OVEREATING



We will offer this program during the day this winter if there is enough interest. It is a group for women who are experiencing problems with eating, weight and body image. It is not suitable for women who have anorexia or bulimia. For information call 743-4132 or 1-800-419-3111.



### PRENATAL FAIR

January 29 or May 7 or September 24, 2007 from 6:45 to 9:00 pm at Holiday Inn, Peterborough. Free admittance. Hosted by the Peterborough County City Health Unit. Interactive displays and seminars by health professionals and community partners, the Empathy Belly for Dads-to-be, information packages, refreshments, demonstrations and door prizes. Call 743-1000 for more information.

**New!**

### MANAGING ANXIETY

Thursdays 1 – 3 pm, February 1 – March 22, 2007  
 This new 8 week series for women explores anxiety and how it affects us. Everyone experiences anxiety in some form every day. Too much anxiety can be a problem for us at home, at work and with family and friends.

In this group we will:

1. Explore what anxiety is, where it comes from and how it affects our lives.
2. Develop ways to manage anxiety when it seems out of our control.
3. Have opportunities to share experiences and problem solve solutions to help us cope better.

For more information or to register call 705-743-4132 or 1-800-419-3111

## EATING DISORDER AWARENESS WEEK

February 4 to 10, 2007 is Eating Disorder Awareness Week. Eating disorders are the third most common chronic illness in adolescent girls, and in 2001 27% of Ontario girls 12-18 years old were reported to have "severely problematic food and weight behaviour." In Canada 70% of women and 35% of men are dieting, but 90-95% of individuals who diet are unsuccessful in the long term. Eating disorders have the highest mortality rate of any mental illness. For more information see [www.cmha.ca](http://www.cmha.ca) and click on "eating disorders" under "Understanding Mental Illness", or see [www.nedic.ca](http://www.nedic.ca).

These are a few of the WHCC library's newest materials about body image and eating disorders:

*Honey, Does This Make My Butt Look Big? A couple's guide to food and body talk.* Lydia Hanich, 2005

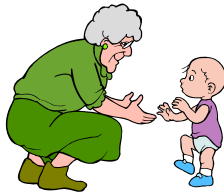
*101 Ways to Help Your Daughter Love Her Body.* Brenda Lane Richardson, 2001

*Life Without Ed: How one woman declared independence from her eating disorder and how you can too.* Jenni Schaefer, Thom Rutledge, 2004

*I'm, Like, So Fat! Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight Obsessed World.* Dianne Neumark-Sztainer, 2005

*The Obesity Myth: Why America's obsession with weight is hazardous to your health.* Paul Campos, 2004

## POSITIVE DISCIPLINE FOR PRESCHOOLERS



6:00 to 8:00 February 7 to 28  
Northern Lights Child Care Centre  
42 Pinecrest Ave. Keene

Peterborough Family Resource Centre presents a four-week, video-based interactive program for parents and child care providers of children ages 1 to 4. Topics include: What You Need to Know About Your 1 to 4 Year Old; Discipline and Beyond; Tantrums and Timeouts; and Building Better Behaviour. This is a free course but pre-registration is required.

For more information call **705-748-9144**.



## WELL WOMEN ON THE ROAD

### Minden:

These programs are free and will be at the YWCA Women's Centre, 11 Bobcaygeon Road:

### BEATING THE WINTER BLAHS

January 23 and 30, 2007 from 1:00 to 3:00 p.m.  
Come to relax, learn and have fun.

### COPING BETTER WITH ANGER

February 6, 13, 20, 27, 2007 from 1:00 to 3:00 p.m.  
Learn about how to communicate feelings, set boundaries and negotiate.

Please call if you need help with childcare or transportation costs.

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



## THE HOLIDAYS ARE OVER: YOU CAN RELAX!

The holidays are over. Whew. Those of us who didn't keep enough time to ourselves, who had to deal with conflicts among our extended friends, families and/or co-workers, who fell into the Martha-Stewart-make-it-a-perfect-holiday-trap, who had 12 million people to shop for, a \$5 budget and no idea what to get them, who dealt with one kind of crisis or another – in other words those of us who didn't manage to keep our holiday season simple, relaxed and low-stress – are in need of a little relaxation right about now.

Here are some simple things you can do to recover from the holiday crush:

1. *Take a Day Off* (or at least half a day) to only do things that you find relaxing and fun. Think first: what do you actually want to do? Stay in bed and read a good book or watch movies? Be a tourist in your own town? Goof-off with a friend? People watch in a coffee shop with lovely snacks? "Fake Sick" and spend the day napping, reading magazines, drinking ginger ale, eating soup and crackers, and watching t.v.?
2. *Play* – blow bubbles, finger paint, have a squirt-gun fight, dance around your home, make funny noises, have a candy and feel it in your mouth, go skating, somersault across the living room, wear a funny hat, play on the swings, have a marshmallow fight, read a picture book, watch cartoons, stand on your head, eat a cookie hot out of the oven with milk, hug someone, wear a really funny pair of socks and count how many people notice them ...
3. *Go Outside* (or if it's too yucky out, Look Outside) and watch the trees, the sky, the clouds, watch it rain or snow, look for birds, smell the air and the mud, look at reflections in puddles, splash, steam up the window and draw a picture, watch the people going by, make up stories about who they are and where they're going, watch a squirrel, feel the ground under you and the air on your face, breathe.

*Adapted from The Woman's Comfort Book: A Self-Nurturing Guide for Restoring Balance in Your Life by Jennifer Loudon, 1992*



## 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:	<b>705-740-6880</b>
Lakefield and Area Clinic:	<b>705-652-6355</b>
Sexual Health Clinic:	<b>705-748-2021</b>
Cobourg After Hours Clinic:	<b>905-373-8333</b>
Port Hope Walk-In Clinic:	<b>905-885-0611</b>
Haliburton Medical Centre:	<b>705-457-1212</b>

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**.

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 **705-740-8020**.

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.

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**.