

Drop-in
Resource files
Educational events
Referral
Support groups
Volunteer training
Library
Special events

Services for women

Free use of typewriter

Photocopying
15¢ or 2 for 25¢

Computers available free for
resumes or job applications
(other uses for small fee)

graphic

The Nelson Women's Centre is open
Tuesday to Friday, noon to 4pm.
Thursday, noon to 8pm.
Funding for the Women's Centre
is provided by the Secretary of State
Women's Program and
by private donation

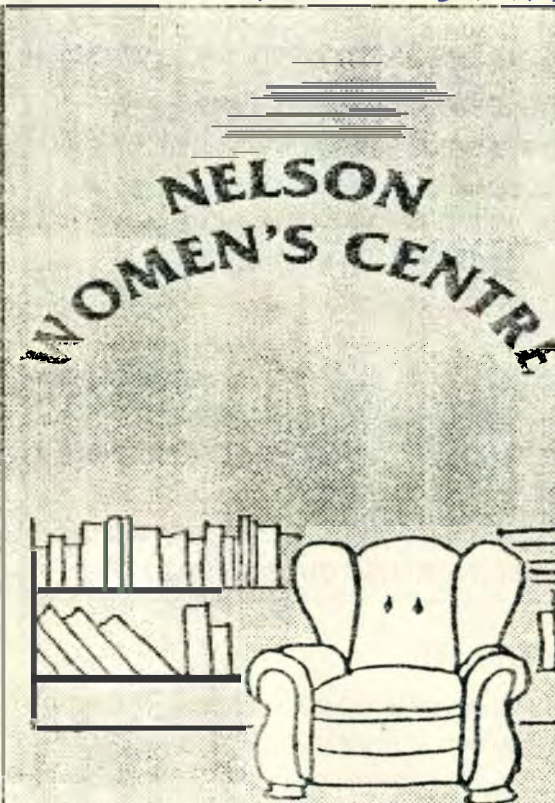


NELSON WOMEN'S CENTRE

507 Hall Street
Nelson, B.C.
V1L 1Z1

352-9916

WOMEN'S CENTRES: Nelson. 1990



A place for all women

507 Hall Street
Nelson, B.C.
V1L 1Z1

(604) 352-9916

Nelson Women's Centre

The Nelson Women's Centre has operated in Nelson since 1972. Our purpose is to improve the status of women in our community through education, skills sharing and lobbying on a local and national level.

The Women's Centre is a project of the West Kootenay Women's Association, a non-profit society. We are staffed by volunteers and one part-time coordinator. All women are welcome to use our services.

Drop-in

The drop-in is open Tuesday through Friday for women who need help with or information on specific concerns, or who just want to chat over a cup of tea or coffee. Women who live in the country find this an invaluable home away from home. Children are welcome, and we have a selection of toys for them to amuse themselves with.

Resource files

We have resource files on a wide range of topics. Our health files are extensive, including information on menopause, PMS, pregnancy, birth control, osteoporosis, endometriosis, midwifery, aging and other topics. Women are welcome to browse the information available and make copies.

Educational events

The Women's Centre holds educational events throughout the year. These include videos, discussion groups, workshops and classes on a variety of topics. The events at any particular time are dependent on interest and available resource people.

Speakers are also available for community groups.

Referral

We provide referrals and recommendations to women who need information on community agencies and activities, health, legal and personal concerns. Whether you are considering leaving an abusive relationship, applying for GAIN benefits or looking for a doctor, we can help. Our volunteers offer support, information and follow-up if necessary.

Support groups

Self-help support groups meet at the Centre on a range of topics from wife assault to being new in the Nelson area, from being unemployed to single parenting. The groups are organized in response to interest or need. They are usually free but require a commitment to attend for a certain number of weeks.



Volunteer training

We offer a free training program for women interested in becoming Women's Centre volunteers. The training includes resource and referral information, communication skills and education on women's issues. Volunteers donate their time to staff the drop-in centre or work on specific Centre-sponsored projects.

Library

The Women's Centre library has a large selection of feminist and non-sexist novels, non-fiction, reference books and periodicals for adults and children. Library members may borrow books for a three week period. Donation of books to the library or our annual book sale are welcome.

Special events

The Women's Centre takes part in organizing special events, both social and educational, for International Women's Day — March 8.

We also help organize the annual West Kootenay Women's Festival, two days of educational workshops, women entertainers, and celebration. This event usually takes place in mid-August and is the major fundraiser for the West Kootenay Women's Association.