



Faculty of Extension
University of Alberta

Women's Program and Resource Centre



September to December 1989

Women's Program

The Women's Program was initiated in July, 1981 to link the resources of the university with the needs and interests of women in the community. The overall goal is to provide a program which will increase awareness of the position of women in society and will provide opportunities and means for improving that position, both individually and collectively. Over the past eight years 9,979 women have attended our courses, workshops, seminars, conferences and public forums. The interest and need for learning opportunities, specifically tailored for women, continues to grow as more women identify their need for education and change.

The Women's Program is constantly growing and changing. Although many courses remain the same, each term new offerings are developed to respond to current issues. This fall new courses include: Exploring Spirit, Images of Women in Popular Culture, Feminist Canadian Drama, Reassessing Career Direction, Self-Esteem for Women Over Forty, Speaking with Power and Assurance, Feminist Practice: Working in Groups, and Women's Health Issues. Three other courses have also been added for professional women: Counselling Women about Compulsive Eating, Battered Women, and Dealing with Violence in your Work.

One of the services provided by the Women's Program is a Women's Resource Centre, for use in self-directed learning, for research and for referral. More details about the Resource Centre appear on page 10 of this brochure. You are invited to call or visit the Centre.

Topics for new courses for January-May, 1990 are being explored. If you have any ideas about future courses that you would like to see offered by the Women's Program, please call 492-3093 or drop us a note.

*For further information about the Women's Program or to be placed on the mailing list, please call **492-3093**.*

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 Assertiveness Workshop for Women
 Compulsive Eating and Body Image Level I
 Female Sexuality
 Positive Self-Esteem for Women Over Forty
 Reassessing Career Direction
 Second Look
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 Exploring Spirit
 Feminist Canadian Drama
 Feminist Practice: Working in Groups
 Images of Women in Popular Culture
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Assertiveness and the Experience of Depression (6379)

Frequently there is a connection between the inability to act assertively and the experience of depression, especially for women in important personal relationships. This beginning level workshop focuses on developing basic assertiveness skills within the context of personal development and change. Since this course is similar to Assertiveness Level I, participants are advised to register in only one of these courses.

Instructors: Dr. Rosemary Liburd and Dr. Marj Holmgren
Date: Sat. & Sun., Oct. 21 & 22, 1989
Time: 9 a.m. - 4:30 p.m.
Fee: \$75
 Enrollment limited to 25

Assertiveness Workshop for Women

Designed to assist participants to reduce anxiety and to increase assertiveness skills. This is seen as being a particularly important goal for women who are frequently socialized to be passive and are ambivalent about taking effective assertive action on their own behalves. Involves both skill building and personal development components and will focus on areas of assertiveness that are specifically relevant to women. Emphasis is placed on building assertive skills and decreasing non-assertive and aggressive behaviour.

Section 1 (6381)
Instructor: Donna Anthony
Date: Sat. & Sun., Oct. 14 & 15, 1989
Time: 9 a.m. - 4:30 p.m.

Section 2 (6380)
Instructor: Arlene Young
Date: 4 Tuesdays beginning Nov. 7, 1989
Time: 7 - 9:30 p.m.

Section 3 (6366)
Instructor: Donna Anthony
Date: Sat. & Sun., Nov. 25 & 26, 1989
Time: 9 a.m. - 4:30 p.m.
Fee: \$75 (register in one section only)
 Enrollment limited to 18

Compulsive Eating and Body Image, Level I

An intensive workshop for women who eat compulsively, binge, feel guilty, diet, think of food as good or bad, fear eating, eat in response to feelings or rules rather than real hunger, or use extreme methods of weight control, and would like to understand why they need to do this and how to change their attitudes and behaviour. The workshop will focus on expectations for femininity, personal meanings of fat and thin, emotional needs underlying compulsive eating, and learning to accept instead of punish oneself.

Section 1 (6384)
Instructor: Dr. Rosa Spricer
Date: Sat. & Sun., Sept. 23 & 24, 1989
Time: 10 a.m. - 4 p.m.

Section 2 (6382)
Instructor: Marilyn Moss
Date: Sat. & Sun., Oct. 14 & 15, 1989
Time: 10 a.m. - 4 p.m.

Section 3 (6383)
Instructor: Diane Lepine
Date: Sat. & Sun., Oct. 21 & 22, 1989
Time: 10 a.m. - 4 p.m.

Section 4 (6376)
Instructor: Marilyn Moss
Date: Sat. & Sun., Nov. 25 & 26, 1989
Time: 10 a.m. - 4 p.m.
Fee: \$75 (register in one section only)
 Enrollment limited to 15

"Very good information presented in a non-threatening atmosphere...A lot of empathy was shown from the instructor as well as the participants."

Past Participant
 Compulsive Eating and Body Image

Female Sexuality, Level I (6388)

Designed to help women, whatever their age or sexual orientation, understand their own needs for fulfillment and help them make assertive choices in sexual development. It is important that women be able to discuss their sexuality and to receive the good information now available on sexuality. Focus will be on awareness of personal attitudes toward sexuality, including body image, self image, gender roles, options for sexual activity, values, communication and relationships. Although the workshop will be adapted to participant needs, the format can include informative presentations, films and small group discussions.

Instructor: Meg Parrish

Date: 2 Saturdays., Oct. 21 & 28, 1989

Time: 9 a.m. - 4 p.m.

Fee: \$70

Enrollment limited to 20

Positive Self-Esteem for Women Over Forty (6357)

What particular problems related to self-esteem do women over forty share? There are several common themes. This course explores the component parts of self-esteem, assisting each woman to identify areas in which change would promote more positive feelings of worth and confidence. Using an interactional approach, practical methods which aim to increase self-esteem, will be introduced.

Instructor: Dr. Colleen Sillipp

Date: Sat. & Sun., Sept. 30 & Oct. 1, 1989

Time: 9 a.m. - 4:30 p.m.

Fee: \$75

Enrollment limited to 25

"The safe environment created was extremely conducive to exploring, learning and sharing. The most valuable experience for me was in my own self-discoveries and the instructor facilitated that beautifully."

Past Participant
Female Sexuality

Reassessing Career Direction (6358)

Have you been in the paid labour force for several years? Do you ever dream about a career change? This two day workshop is designed for women who are interested in reassessing their career direction. Participants will learn about "motivated skills" and how to identify and assess their own. By becoming aware of these skills you will be able to enhance your present job or plan new career directions.

Instructor: Dr. Shirley Kabachia

Date: Sat. & Sun., Sept. 30 & Oct. 1, 1989

Time: 9 a.m. - 4:30 a.m.

Fee: \$75

Enrollment limited to 20

Second Look (6385)

For women who have been working primarily at home and who wish to examine themselves and their situation and explore the possibility of making changes. Themes include understanding ourselves, gaining self-esteem and confidence, examining sources of support, assessing strengths and abilities, improving communication skills, setting priorities, exploring alternatives in education and work, finding direction and implementing changes.

Instructor: Diane Lepine

Date: 10 Wednesdays beginning Sept. 27, 1989

Time: 9:15 - 11:45 a.m.

Fee: \$100

Enrollment limited to 20

Self-Care for Women, Level I (6375)

Women are the world's nurturers. As such, they often don't get nurtured enough themselves. This weekend will be a time to care for yourself. We will use gentle Hatha Yoga to decrease muscular tension and enhance body well-being. We will also practice a variety of other simple, effective self-care methods, including breathing techniques, meditation, visualization, laying-on-of-hands healing, toning, consulting the inner self, and energy work. This workshop will be a nourishing, healing experience. It will leave participants with a variety of tools for keeping mind, body and spirit healthy.

Instructor: Inger Smith

Date: Sat. & Sun., Sept. 30 & Oct. 1, 1989

Time: 9 a.m. - 4 p.m.

Fee: \$80

Enrollment limited to 18

Self-Care for Women, Level II (6374)

For women who have taken Self-care for Women, or who are familiar with the basic principles addressed therein. Our journey to wholeness and wellness continues. Gentle Hatha Yoga, meditation and breathing techniques will be used to still our minds and bodies. Then we will explore processes which women have used throughout the ages to empower themselves. We will invite our higher selves to assist us as we balance our yin-yang energies, release outdated beliefs and emotions, and practice other healing skills. Come to grow, come to enjoy.

Instructors: Inger Smith and Heather Bain

Date: Sat. & Sun., Nov. 18 & 19, 1989

Time: 9 a.m. - 4 p.m.

Fee: \$80

Enrollment limited to 18

Speaking with Assurance and Power (6359)

Would you like to feel more confident about speaking in front of others? Participating in meetings or group discussions? Presenting information to a committee or public forum? This two day workshop will help you discover the power of language and the confidence that comes with practicing good self-presentation techniques. The workshop is intended for women who want to improve their self-presentation techniques; speak in front of others with more ease and confidence; deal effectively with nervousness or anxiety about speaking in front of others. The workshop has a substantial experiential component and participants should expect to use video-taping equipment.

Instructor: Dr. Shirley Kabachia

Date: Sat. & Sun., Oct. 21 & 22, 1989

Time: 9 a.m. - 4:30 p.m.

Fee: \$75

Enrollment limited to 20

Women and Anger (6368)

Anger is often identified as a negative or unwanted emotion for women, yet we commonly feel it. Through experiential exercises, group discussion and consideration of current information about anger, this workshop will explore aspects of locating, recognizing, identifying, owning and appropriately expressing our anger. It will explore potential avenues for personal development and change

through the positive power of anger in women's lives. This workshop has been developed in response to requests of participants in the Assertiveness and the Experience of Depression workshop.

Instructors: Dr. Rosemary Liburd and

Dr. Marj Holmgren

Date: Sat. & Sun., Dec. 2 & 3, 1989

Time: 9 a.m. - 4:30 p.m.

Fee: \$80

Enrollment limited to 25

Life Skills

Financial Planning for Women (6371)

Women are realizing the need to gain control of their financial situations. This course provides an opportunity for women, no matter what their income, to gain information on financial planning and to understand the systemic causes of their difficulties. Although the content will be adjusted to participant needs, topics will include assessing your financial position, budgeting, credit, insurance, and pensions.

Instructor: Orlene Lacey

Date: 4 Saturdays beginning Oct. 14, 1989

Time: 9 a.m. - 12 noon

Fee: \$65

Enrollment limited to 25

Investment and Tax Planning for Women (6369)

Women, long aware of the need for consumer knowledge and effective money management, are now more than ever concerned with having some of their acquired dollars work for them. Realizing that knowledge and realistic planning are key factors in accomplishing such a goal, this course offers information on investment planning to women who have basic financial skills. Topics include investment terms and definitions, cash-flow management, securities, tax advantages, assessment of inflation and taxation in investments.

Instructor: Orlene Lacey

Date: 6 Tuesdays beginning Oct. 3, 1989

Time: 7 - 9 p.m.

Fee: \$70

Enrollment limited to 25

Women's Self-Defence: Basic Wen-Do (6365)

Wen-Do means "women's way" in Japanese. It is a unique system of self-defence designed specifically for women and taught by women. Wen-Do provides an effective means for women of all ages and physical abilities to deal with verbal and physical assault (e.g. harassment at home, at work, on the street or in public places). It is based on three factors: Awareness, Avoidance, and Action in an attack situation. Wen-Do includes mental and physical exercises, breathing techniques, talks and discussions. The emphasis of Wen-Do is on women's socialization and conditioning and our needs for self-defence.

Instructor: Anne Mageau
Date: Sat. & Sun., Oct. 21 & 22, 1989
Time: 9 a.m. - 4:30 p.m.
Fee: \$65
Enrollment limited to 25

Health Issues

Understanding Premenstrual Changes (6356)

Designed to help women better understand their premenstrual time and the changes taking place during that period. The course will emphasize sharing our experience and self-help approaches inclusive of exploring such life style changes as nutrition, exercise and stress reduction techniques that can have a positive effect on the menstrual cycle.

Instructor: Vicki Cuthbert
Date: Saturday, Sept. 30, 1989
Time: 9 a.m. - 4 p.m.
Fee: \$40
Enrollment limited to 25

"I am very satisfied with the Women's Program courses. I feel they cater to a full range of women's needs (from the career woman to homemaker, married or single, young or old).

Past Participant
Woman's Program courses.

Women's Health Issues: Questions you wanted to ask your Doctor but were afraid to (6362)

Feeling overwhelmed or confused by the medical system? In this course we will see how women are treated by the medical system and what we can do about it. Beginning with the burning of midwives as witches, we'll look at the fascinating history of women and the medical profession today, discussing the issues around such specific topics as birth control, childbearing, childbirth, reproductive technology, candidiasis, toxic shock syndrome, aging, DES, workplace hazards and menstruation. The course will be primarily a lecture format but women will be given the opportunity to discuss their own experiences and opinions.

Instructor: Kathy Somerville
Date: Sat. & Sun., November 4 & 5, 1989
Time: 10 a.m. - 4 p.m.
Fee: \$65
Enrollment limited to 50

Career Development

Battered Women - Subordinate Gender: A Workshop for Professionals (6367)

What is "wife battery"? Woman battery? Family violence? What causes it? How much of it is there? What can we do about it? What are the fundamental issues underlying battery? How are other nations dealing with these issues? How can you apply the theory to your every day practice? Professionals who work with women who have been battered are invited to attend this workshop. Current literature and research about battery will be presented. Participants will be encouraged to examine their own assumptions and beliefs about power and violence. Various techniques of working with battered women will be presented and information about local resources will be shared.

Instructor: Derwyn Whitbread
Date: Sat. & Sun., Nov. 18 & 19, 1989
Time: 9 a.m. - 4:30 p.m.
Fee: \$85
Enrollment limited to 30

Compulsive Eating and Body Image: A Training Workshop for Counsellors (6377)

What are the common causes of compulsive eating among women? How can we, as professionals, accurately interpret symptoms and maintain a feminist analysis? What treatment options are most successful? How can we create treatment options to empower women? This workshop is specifically designed for professionals who want to become more effective in their efforts to help women who eat compulsively. Participation in role playing and case studies will foster learning at both the personal and professional levels.

Instructor: Dr. Rosa Spricer
Date: Sat. & Sun., Nov. 25 & 26, 1989
Time: 10 a.m. - 4 p.m.
Fee: \$85
Enrollment limited to 30

Counselling Women as Survivors of Sexual Violence (6370)

For counsellors, social workers, nurses, psychologists, etc., who work with women who have been victims of and survived some form of sexual violence: assault, rape, incest, sexual harassment. Psychological and emotional issues typically relevant to these kinds of trauma will be examined and some strategies for counselling will be demonstrated. Participants will engage in discussions of theory, will learn from their own and others' experiences and will, as well, have an opportunity to practice counselling skills. Note: This course will not focus on battering.

Instructor: Dr. Cheryl Malmo
Date: Thurs. and Fri., Nov. 16 & 17, 1989
Time: 9 a.m. - 4:30 p.m.
Fee: \$85
Enrollment limited to 20

Dealing with Violence in Your Work: Wen-Do for Professionals (6364)

Based on the philosophy of Wen-Do Women's Self-Defense, this course has been specifically designed for professionals who may encounter physical or psychological violence in their jobs. Nurses, counsellors, social workers, security officers, prison guards, and some other helping professionals deal directly with violence. This workshop will enable participants

to focus on a given situation, maintain a gentle calm and direct a power struggle into a resolvable event. Group work will be intensive and will draw upon personal experiences involving violence. Areas of skill development will include: breathing, channelling anger and resistance and developing personal power.

Instructor: Anne Mageau
Date: Sat. & Sun., Nov. 4 & 5, 1989
Time: 9 a.m. - 4:30 p.m.
Fee: \$70
Enrollment limited to 25

Women's Studies

An Introduction to Feminist Thought (6378)

An introductory course to feminist thought, beginning with a review of 19th century feminism, but emphasizing the three main currents in modern feminist theory namely liberal, radical and socialist feminism. The course is planned as a discussion series with films and selected readings. Passages from the following books will be discussed: *The Feminine Mystique*, *The Second Sex*, *The Radical Future of Liberal Feminism*, *Gynecology*, *Right Wing Women*, *Women and Revolution*, and *Feminist Theory and Human Nature*. Some readings will be made available prior to the course.

Instructor: Halyna Freeland
Date: 8 Mondays beginning Sept. 25, 1989
Time: 7:30 - 9:30 p.m.
Fee: \$80
Enrollment limited to 20

Exploring Spirit (6373)

This is a class for women interested in feminist spirituality and prepared to experiment. Is feminist spirituality about organized religion, bringing woman's consciousness to questions of faith and values? Or creating new forms more satisfying to us? Or remembering pre-patriarchal wisdom? In inviting you to explore with me, my assumption is that our spirituality is born within us, and that externally imposed structures limit our potential for exploration. The purpose of this course is to support us while we get in touch with our own spiritual core. "I want to help you remember; it is all there inside of you, listen and remember". Janet Spotted Eagle, in *Woman of Power* #12, Winter 1989

Instructor: Mair Smith

Date: 8 Tuesdays beginning Sept. 26, 1989

Time: 7 - 9 p.m.

Fee: \$80

Enrollment limited to 18

Feminist Canadian Drama (6361)

Only since the early 1960's can Canadian Drama be said to contain writing reflecting a female world-view or a feminist perspective. This course will consider a handful of such Canadian plays to trace the growth, however tenuous, of a body of drama written out of an acknowledgement of female concerns and perspectives. Perspectives examined will include such topics as sexual awakening, careers and work, motherhood, racial prejudice and political activism. Playwrights such as Joanna Glass, Beverly Simon, Margaret Hollingsworth, Betty Lambert and Sharon Pollock are possible discussion points, as well as such male playwrights as John Murrell, Frank Moher and Thompson Highway, whose sensibilities qualify them as "honorary women".

Instructor: Lynne Van Luven

Date: 6 Thursdays beg. Oct. 19, 1989

Time: 7:30 - 9:30 p.m.

Fee: \$75

Enrollment limited to 25

Feminist Practice: Working in Groups (6372)

Different structures and processes are suited to different agendas. While no one model meets all situations, we can identify some common approaches to structure and process. In this two day workshop participants will learn how to structure

groups to support the objectives of our work. Issues of leadership, power, membership, size and scope will be discussed in detail. Various instructional techniques will be used. This course will be of interest to women who want to become more effective in their group work.

Instructor: Pat Leginsky

Date: Sat. & Sun., Nov. 18 & 19, 1989

Time: 9 a.m. - 4:30 p.m.

Fee: \$75

Enrollment limited to 30

Images of Women In Popular Culture (6363)

This course deals with the visual representation of women in popular culture. Through slide illustrated lectures and class discussions, participants analyze the thematic tendencies found in media such as film, video, illustrations, advertisements and cartoons. Although emphasis is placed on contemporary images, relevant historical issues are also considered.

Instructor: Marie Clifford

Date: 6 Tuesdays beginning Oct. 17, 1989

Time: 7 - 9 p.m.

Fee: \$75

Enrollment limited to 30

Our Side of the Story: Women in Journalism (6360)

A practical writing workshop for women interested in preparing news commentary for publication, this course will also open a window on newsrooms and the women who work in them. Together, we will examine the work of prominent female journalists in Canada and abroad. We'll also turn a critical eye on media coverage of issues that affect women. Working journalists will visit the class to discuss the current position of women in the mass media. If you've considered entering journalism, or simply enjoy the pleasure of reading and writing, you'll find this course of interest. You will be encouraged to bring your own work to be read and discussed in a supportive atmosphere.

Instructors: Linda Goyette & Sheila Pratt

Date: 8 Wednesdays beginning Oct. 4, 1989

Time: 7:30 - 9:30 p.m.

Fee: \$80

Enrollment limited to 25

Instructors

Donna Anthony earned a masters degree in sociology, and has worked with women in government, in women's groups, and in private practice as a counsellor.

Heather Bain is a feminist psychologist in private practice. She combines an interest in women's spirituality with her knowledge of the healing process. She has extensive experience with meditation, visualization, and hypnosis and she brings to her work a continuing commitment to women's issues.

Marie Clifford is currently working towards a Master's degree in art at the University of Alberta. She is keenly interested in images of women in art.

Vicki Cuthbert is a woman who has experienced premenstrual changes herself and has spent the past five years exploring women's health issues and in particular premenstrual changes.

Halyna Freeland has practiced law and worked in the women's movement for many years. A voracious reader, she brings her practical experience, interest in history, and knowledge of women's lives to class. Halyna has taught successful courses on a variety of topics for the Women's Program.

Linda Goyette is an editorial writer with the Edmonton Journal and has ten years of experience in daily journalism. She has been a strong and articulate voice for women, and she encourages women to express opinions in such a way as to effect social change.

Dr. Marj Holmgren is a feminist psychologist who works at the Sexual Assault Centre - Edmonton, and in private practice. Dr. Holmgren has extensive experience as a teacher, has a continuing commitment to women's issues, and completed her Ph.D. dissertation on women's experience of depression.

Dr. Shirley Kabachia is a psychologist who has had considerable experience with educational, personal, and career counselling. Her special professional interests include how women adjust to change, coping with bereavement or loss, and factors that contribute to success and happiness for individuals.

Orlene Lacey, formerly a teacher, works now as a financial planner and investment consultant. She is genuinely concerned with assisting women to understand and gain control over their financial situations. She has taught courses for the Women's Program since its beginning in 1981.

Pat Leginsky is the director of the Women's Program and Resource Centre. Her work experience has included staff training, free-lance writing, and research. Working cooperatively in non-hierarchical structures is her major focus of interest.

Diane Lepine is a psychologist whose primary interest focuses on women. She has both teaching and counselling experience and runs support groups for women. Diane is known for her intensity and wide range of knowledge.

Dr. Rosemary Liburd is a feminist psychologist who works at student counselling at the University of Alberta and in private practice. She has been a contributor to the Women's Program since its inception. Dr. Liburd brings a wealth of experience and humor to all of the classes she teaches.

Anne Mageau has a red belt in Wen-Do and a brown belt in karate. She is actively involved in the women's movement, and has been recognized for her contributions to women's education through a variety of organizations.

Dr. Cheryl Malmo is a feminist psychologist who has specialized in issues of particular concern to women since beginning her private practice in 1975. She has worked with adult incest and rape victims and has developed counselling strategies for working with the survivors of sexual violence.

Marilyn Moss is a psychologist who counsels women privately and facilitates support groups. One of her areas of focus is compulsive eating.

Meg Parrish is an occupational therapist now in private practice as a counsellor in the area of sexuality and interpersonal relationships.

Sheila Pratt is the City Editor with the Edmonton Journal and has over 10 years of journalism experience. She encourages women to express opinions in such a way as to effect social change.

Dr. Colleen Sillipp is a psychologist in private practice in St. Albert. Her main area of interest is how women develop a strong sense of self-esteem.

Inger Smith's dedication to learning and teaching about healing and self-care has evolved from her personal experience with illness. She has extensive yoga and Reiki training, and she seeks to give others tools for keeping mind, body and spirit healthy.

Mair Smith is taking a break from past frenetic feminist organizing to observe, to contemplate community, and to focus on spiritual exploration.

Kathy Somerville is a Ph.D. candidate in exercise physiology. She has written articles on women's health and fitness since 1982 and was recently course author for Athabasca University's "Issues in Women's Health".

Dr. Rosa Spricer is an educational psychologist whose primary research interest has focused on women. Dr. Spricer has both teaching and counselling experience at the University of Alberta, and McGill University. She is now in private practice.

Lynne Van Luven completed her M.A. in English at the University of Alberta in 1980. She did her thesis on the novels of lesbian writer, Jane Rule. She is now completing her Ph.D. on feminism in Canadian drama. She works full time as a journalist and is the Edmonton Journal's Books Page Editor.

Derwyn Whitbread is a longtime activist of the women's movement. She is presently supervising the Assaulted Women's Support Group Demonstration Project for Edmonton Social Services.

Arlene Young is a student counsellor at Athabasca University. Her research on assertiveness workshops for women led to a masters degree in educational psychology. She also has management experience in a variety of settings.



Women's Resource Centre

The Women's Resource Centre is one of the services provided by the Women's Program and provides resources for self-directed learning, research and referral.

11019-90 Avenue,
Edmonton, Alberta T6G 2E1
Phone **492-3093**

Hours:

Tuesday to Friday -1 to 4:30 pm

Thursdays to 6 pm

(For our extended hours please call the Resource Centre at 492-3093)

We provide:

- A library with books, reports, essays, articles, periodicals, and newsletters by and about women, all of which are on a computer data base for easy access.
- An audiovisual centre with videos and cassettes on issues that women face today.
- An information centre with catalogues, directories and pamphlets.
- A referral service on information about women's groups, professionals and current events.



Upcoming Events

Alberta Status of Women Action Committee

Annual General Meeting, October 14/15, 1989
Ph.421-0306

Celebration of the Person's Case: An Exhibit

Foyer, Rutherford Library South
Opening October 16, 1989
Ph. 433-1525, Diana Chown

Celebration of the Person's Case

One day symposium
October 18, 1989
Ph. 492-0322, Dr. Susan Jackel

Insight, Edmonton Women's Film and Video Festival

October 20/21/22, 1989
Ph. 424-0724

Second Annual Feminist Research Conference

October 27/28, 1989
Ph. 492-8950



Other Learning Opportunities for Women

In response to numerous inquiries about women's organizations, activities and contacts we have included a new section which describes various provincial women's groups. These groups are listed below to provide you with information about women's learning opportunities throughout the province.

Women's Studies

Athabasca University

Phone (403) 675-6111

Coordinators:

Dr. Catherine Bray and Dr. Barbara Roberts

For more information or a calendar contact:

Athabasca University
Box 10,000
Athabasca, Alberta T0G 2R0 or

Northern Regional Office
2nd Fl., 9942-108 Street
Edmonton, Alberta T5K 2J5
Phone (403) 421-8700

Athabasca University is a fully accredited distance education university offering more than 154 home-study courses with tutor support, three degree programs, two university certificates, year-round registration, and open admissions. Anyone 18 or over may enroll regardless of previous formal education.

Now Available

Women's Studies 267: Perspectives on Women: An Introduction to Women's Studies

History 325: History of Women in North America: 1830 to the Present

Psychology 343: Issues and Strategies in Counselling Girls and Women

New Courses!

Women's Studies 303: Issues in Women's Health (Fall 1989)

Sociology 312: Women and Work (Winter 1990)

**A.C.F.A. Regionale
d'Edmonton**



Phone (403) 469-4401

8925-82 Avenue, #100
Edmonton, Alberta T6C 0Z2

Comité Femmes de l'A.C.F.A. régionale d'Edmonton
The French Canadian Association of Alberta, Women's Committee

Le Comité Femmes a pour but d'offrir aux femmes francophones d'Edmonton l'occasion de se rencontrer et d'échanger à ses différentes activités:

- 8 mars journée internationale des femmes
- sessions d'informations
- ateliers de formation
- conférences, etc.



Phone (403) 422-4927

8th Floor, Kensington Place
10011-109 Street Edmonton, AB, T5J 3S8

This is the coordinating structure within the Government of Alberta which addresses the wide range of issues which impact on women. Reporting directly to the Minister Responsible for Women's Issues, the Women's Secretariat promotes the equal participation of women in the social, political, economic and family life of the Province.

The Secretariat provides:

- a publicly accessible resource library
- a referral service to individuals, groups and community organizations
- a Grant Program which provides financial assistance to women's groups for short-term educational projects.



Phone (403) 421-0306

Alberta Status of Women Action Committee

P.O. Box 1573, Edmonton, T5J 2N7

The largest feminist organization in Alberta, with three offices (in Edmonton, Calgary, and Lethbridge), and a thirteen year "herstory" of lobbying, educating, and organizing on women's issues.

Phone for membership information, or for details on our current priority campaign: Women Against Poverty.



National
Film Board
of Canada

Office
national du film
du Canada

NFB Library
9700 Jasper Ave.
Canada Place
Edmonton

NFB videos and films all about women. *Rent or buy* documentary, fiction, and animated video and films that inform, entertain, and promote discussion on health, well being, fitness, contemporary issues, and women who led the way.

Phone (403) 495-3010



Phone (403) 482-6567

Room 710, 10240-124 St.
Edmonton, Alberta T5N 3W6

A career counselling agency for financially disadvantaged women over 25 who are:

- re-entering the labour force after an absence;
- underemployed and needing a career change.

Services: Individual and group career counselling and job search skills development.

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Phone (403) 492-5568

Women in Scholarship, Engineering, Science, and Technology

A committee of the Vice-President, University of Alberta

Encouraging young women into the sciences and engineering by organizing

- Summer Research Program for High School Students
- Annual Conference
- Visiting Speakers
- Panel Discussions
- Networks

For information contact:

Margaret-Ann Armour, Department of Chemistry
University of Alberta, Edmonton, Alberta T6G 2G2

Women's Research Centre



University of Alberta
Edmonton

**Athabasca
University**

Phone (403) 492-8950

11043-90th Ave
(University of Alberta Campus)
Edmonton, Alberta T6G 2E1
Electronic Mail Bitnet ASSH@UALTAMTS.bitnet

- For Community-Based and University-Based Feminist Research
- Annual Feminist Research Forum Friday, October 27 and Saturday, October 28, 1989

Jointly sponsored by:

Athabasca University and the University of Alberta

Women's Studies Program



University
of
Alberta

Phone (403) 492-7078

Trailer Complex I, Room 131
University of Alberta
Contact: Dr. Winnifred Tomm

Courses available for '89-'90

- WST 300 Introduction to Women's Studies
- WST 301 History of Feminist Thought
- WST 302 Feminist Research and Methodologies
- WST 400 Interdisciplinary Women's Studies
- WST 401 Senior Project in Women's Studies
- Plus many cross-listed courses.

Registration Information

Registration is on a first-come basis. To register please complete and send the registration form, along with your fee, payable to the University of Alberta. Enclose a separate cheque for each course. Include a day time phone number. Limited financial assistance is available - call **492-3093**.

Send to:

Until late August 1989:
 General Office
 228 Corbett Hall
 Faculty of Extension
 University of Alberta
 112 St. and 82 Ave.
 Edmonton, T6G 2G4

After August 28, 1989:
 General Office
 2nd Floor, Students Union Building
 Faculty of Extension
 University of Alberta
 114 St. and 89 Ave.
 Edmonton, T6G 2J7

You may also register in-person at the General Office of Extension. Please note that the General Office will be relocating in the latter part of August so do call the **General Office at 492-3116** during that time to confirm location. The hours of the General Office are:

Summer Hours (until August 25, 1989):
 8 a.m.-4 p.m. Monday-Friday

Fall/Winter Hours (beginning August 28, 1989)
 8:30 a.m.-8 p.m. Monday-Thursday,
 8:30 a.m.-4:30 p.m. Fridays and
 9 a.m.-12 noon Saturdays

Confirmation Notice/Tax Receipt

Once you have registered, a confirmation notice (containing pertinent course information such as location and materials needed) and receipt for income tax purposes will be mailed to you. Please keep these for your records; duplicates will not be issued.

Withdrawals and Refunds

Requests for refunds will be considered only if written notice of withdrawal is received:
 a) before the third class of a regular term course
 b) two days prior to the commencement of a short program, seminar or workshop.

All requests for withdrawal should be accompanied by the tax receipt for that course. A \$15 administrative fee will be withheld for all withdrawals.

The Faculty of Extension reserves the right to cancel and/or reschedule any course for which there is insufficient enrollment. If a course is cancelled, you will be notified and fees paid will be refunded in full.



Faculty of Extension
 University of Alberta

REGISTRATION FORM

FOR OFFICE USE ONLY														
REF. NO.										PGM.				

MALE
 FEMALE

NAME _____
LAST NAME FIRST NAME MIDDLE NAME

STREET AND NUMBER _____ BUSINESS NAME _____ POSITION _____

CITY AND PROVINCE _____ POSTAL CODE _____ STREET AND NUMBER _____

TELEPHONE (RES) _____ TELEPHONE (BUS) _____ CITY AND PROVINCE _____

COURSE NO. _____ FEE \$ _____ POSTAL CODE _____

COURSE TITLE _____

SIGNATURE _____ DATE _____

PAYMENT ENCLOSED. Fee must accompany registration form. Remit separate cheque or money order for each course payable to **University of Alberta**. Mail to: Faculty of Extension, University of Alberta, 2nd Floor, Students Union Building, Edmonton, Alberta T6G 2J7.

INVOICE EMPLOYER. If employer is to be invoiced, please include a letter of authorization. Registered students are ultimately responsible for payment of fees regardless of third party being invoiced for such fees.



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University of Alberta

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Please pass this information on to a friend. If you require extra copies of this brochure please call **492-3093**.