

Conference to be held on women's issues

Press Release

Women's roles as nurturers and caregivers are well established. What may be less apparent is a prevailing tendency for women, so wrapped up in looking after the needs of others, to neglect their own health and well-being.

To focus attention on this pattern and to offer some counteractive strategies, the Faculty of Nursing and Department of Extension and Summer Session at the University of New Brunswick's Fredericton Campus will be co-hosting a one-day conference entitled, "Women's Health Issues: Nurturing Ourselves".

The Department of Health and Community Services, Shoppers Drug Mart, and Ortho Pharmaceutical have contributed their financial support to this important program in order to help keep it within the financial reach of all interested women, and the Department of Income Assistance is prepared to assist any of their clients who wish to attend. The registration deadline for the event is Wednesday, March 21st. Intended for women of all ages and backgrounds, the Saturday, March 24th conference will offer concurrent sessions on five central themes: roles across the lifespan, physical health, mental health, reproductive choice, and lifestyle enhancement. Under the heading of roles in women's lives participants will be able to choose from among workshop sessions on concerns about aging parents, coping with death and divorce, and sexuality across the lifespan. Premenstrual syndrome, osteoporosis prevention and control, women and cancer, menopause and hysterectomy, and prevention of HIV transmission will be among

the physical health topics.

Women of childbearing age may be interested in sessions on making and living with your decision about whether to become a parent, coping with unplanned pregnancy, dealing with problems related to infertility and miscarriage and the pros and cons of adoption, and the development of mothering skills.

There will be a workshop on supports for physically, emotionally and sexually abused women, and friends and counsellors are invited to join this session. Lifestyle enhancement topics include non-traditional healing, cultural influences on health care, a creative response to depression, visualization and relaxation, socially accepted addictions (food, alcohol and drugs), and women and nutrition. The resource people -- the overwhelming majority of whom are women -- are drawn from throughout the health care professions, from the university, and from community groups.

A concluding plenary session led by Evelyn Schaller, Director of Nursing at the Dr. Everett Chalmers Hospital, will focus on consumer strategies for getting what you need from the health care system. The registration fee of thirty-five dollars includes lunch and all materials. There will also be health-related displays on view in the foyer of MacLaggan Hall where the event is to take place. Copies of the program brochure or any further information which you may need can be obtained from the Department of Extension and Summer Session in Room 121, MacLaggan hall, on the Fredericton campus - telephone 454-4646 - or throughout the province from UNB's community liaison representatives: in Bathurst

from Merredith Brewer at 548-2828, in Campbellton from Anne Lovell-Dalzell at 759-8924, in Chatham-Newcastle from Don Donahue at 773-3030, in Perth-Andover and Plaster Rock from Brenda Goodine at 273-3619, in St. Andrew's and St. Stephen from Roger Savoy at 466-3143, in Sussex and Moncton from Joan

Sichel at 854-4216, and in Woodstock from David Pond at 328-2315.

Pre-registration is required, and payment must accompany your registration, in cash, or by cheque, money order, Visa or MasterCard. If your participation is being sponsored by your employer or an organization to which you

belong, an official letter guaranteeing payment should be sent in at the time of pre-registration.

For further information contact:

Penny Ericson at 453-4642
Marilyn Noble at 453-4646

International work and travel learning opportunity

Press Release

In a day and age of greater emphasis on global perspective, Lethbridge Community College is providing Canadian post-secondary students with a unique international work and travel learning opportunity.

Throughout May and June, 1990, the College will sponsor a six-week work experience program through recognized human service agencies and organizations in Great Britain and Australia. This course is open to all eligible post-secondary students in Canada.

Applications are now being accepted through the College for the International Work Experience on Human Services course. Individuals

pursuing a career in Rehabilitation Services, Child and Youth Care, Special Education, Early Childhood Education or Social Work are welcome to make inquiries.

Transfer arrangements for the four-credit course toward diploma or degree requirements are in place with several Canadian institutions. The program is also a valuable professional development opportunity for individuals working with human service organizations.

While the host agencies are centered in the Greater London area and in the cities of Brisbane and Melbourne, a travel component has been built into the schedule to encourage sightseeing.

The cost for the International Work Experience in Human Service program is \$1990 for Great Britain and \$3990 for Australia.

This tuition fee includes: orientation, meals and accommodation in Calgary; return airfare; five nights hotel accommodation in London or six nights in Surfer's Paradise and Cairns; ground transportation to and from airports and hotels; and course materials.

For further information or application packages, contact Lethbridge Community College at (403) 329-7224 or (403) 320-3465. Applications should be submitted by February 23, 1990.

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