

Performing Arts Series

presents

UTAH REPERTORY
DANCE THEATRE



8.30 p.m. Wednesday January 19
Burton Auditorium

Students \$3.00

Box Office 667-2370

Harbinger's column

Harbinger is York University's peer counselling and referral service. Drop in at 214 Vanier residence or phone 667-3509/3632. Open 10-6, Monday to Friday.

Just what is Harbinger anyway?

By SUE KAISER
and LINDSAY COBB

Do you need a VD clinic? A good doctor to insert an IUD? Are you coming out and need support? Wonder what the drug your doctor prescribed for you will do? Want someone to talk to? Want a speaker for a class on gay rights, abortion, herbal medicine, patient rights or home birth?

Harbinger can take care of all of these, and then some!

In some form or another, Harbinger has been on the York

campus for the last six years. Originally, it dealt primarily with drug crises. Today, our main areas of concern are sexuality, and providing people with needed information about medical services.

Harbinger seeks to provide the York Community (students, faculty and staff) with a place to come for information and counselling. Our approach is factual and supportive. There is no waiting, no appointment necessary, no forms to fill out. We usually try to have a man and

woman counsellor available in our offices.

Peer counselling, which is Harbinger's basic approach, implies that we work with you to find answers. We treat the helping process as a communication between people and not as control or direction by "counsellors" over "clients". Collectively, we have gone through many of the same hassles which you face.

Consequently, you benefit from the experience of six years of Harbinger volunteers.

The Harbinger offices (214 Vanier Residence) are stocked with useful information. We have lists of capable doctors; women doctors, doctors who perform vasectomies, doctors for gay people, etc. Our useful contacts in the Toronto area include medical, legal and social services, gay movement and women's movement. As well as a library on sexuality and related topics, we keep a stock of free pamphlets on the most asked for topics, vasectomies, VD clinics and birth control pills, to name a few.

The two areas we have a consistent demand for information in are birth control and abortion. We use charts, models and printed information to help explain the mysteries of anatomy and conception. With some discussion, we can help you uncover the information which will help you decide which is the best method for you. We counsel men and women on all methods of birth control; the pill, the intra-uterine device (IUD), the diaphragm, condoms, foam, tubal ligation, vasectomy, and rhythm.

Women often come to Harbinger thinking they might be pregnant. Health Services provides pregnancy tests, and we will counsel women and couples on alternatives open to them.

In addition to information on services which will give aid in coping as a single mother, or providing for adoption, Harbinger can arrange legal therapeutic abortions through several Toronto Hospitals.

The more information you have about your body, the better able you are to ensure your own good health. If you want information or help with general health or sex and drug related problems, please phone or drop into our office, and we will try and help you as much as possible. If we can't help you, we'll help you find someone who can.



Reach out for straight lager.



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