

Eating awareness offers alternative

By Wanda Baxter
Brunswickan News

Non-threatening venues and accessibility are priorities in the upcoming awareness week from February 6-10.

Cathy Holtman of the STU chaplaincy is one of the organizers of the event.

"Campus is a ripe environment for eating disorders. Leaving home, the stress of school work, social pressure and fear about future responsibility are all factors which may lead to an eating disorder," said Holtman.

Due to competition among young women and societal prejudice, many sufferers may feel unable to reveal them-

selves and/or ask for help. The Eating Awareness Week is a safe way to obtain information, according to Holtman.

Holtman also expressed her excitement about the establishment of a support group on campus. The group is run by the students themselves and is open to students at UNB and STU.

"The group is the first of its kind here, and perhaps its existence will encourage more people to join or to start their own group."

Awareness is the key to addressing the widespread problem of eating disorders. The more people who understand the issues, the less secrecy and isolation there will be.

"Like alcoholism, eating disorders are maintained by alienation and shame. This week is about providing information to everyone, and to let people know that there is help out there," said Holtman.

Eating Awareness Week activities are free and include a screening of the movies, *Still Killing Us Softly*: on Monday, Feb. 6, 4 p.m. at James Dunn Hall, room G5, and *The Famine Within* on Tuesday, Feb. 7, 11:30 a.m., also at James Dunn Hall, room G1.

There will be a book display at the University Bookstore and a display by the Nursing Department in the STU cafeteria throughout the week.

Sexual assault support group formed

By Greg Moore
Brunswickan News

The Fredericton Sexual Assault Crises Centre will be conducting a support group for women survivors of sexual assault/rape.

Coordinator Lorraine Whalley explained that women survivors of sexual assault can find mutual support and empowerment through discussion with those who have been through similar experiences.

The setting up of a student-run Sexual Assault Information Service has been deferred by Council until next September. The Service, when established, will probably include the scheduling of such student need groups.

The university administration provides, through Counselling Services, free and professional one-to-one support for a wide array of difficulties from career planning to suicide.

Some students have concerns about finding help within the services presently provided on campus. A male survivor of sexual assault said that he did not feel that he could seek help at Counselling Services.

"I just didn't feel that they could share my experiences," he said.

The university presently has no plans to provide a support group for sexual assault survivors.

Larry Finkleman, a counsellor at Counselling Services, said that he thought that the creation of a support group would be a "duplication of services" given the existence of the Fredericton Sexual Assault Centre of which one of the Counselling Services staff is also a member.

Other universities in Canada have well-established student support services for sexual assault victims. McGill's student union offers six separate support groups of various descriptions, including Friends and Family of Sexual Assault Survivors, Adult Men Survivors, and groups for women survivors.

"Support groups are cheaper and more available than individual counselling," said Cara Cameron of the Sexual Assault Centre of McGill Students Society.

Cameron explained that otherwise some students would have to wait up to three years for space in a personal programme.

Although the group process is ideally a second step after individual counselling, Cameron said that it is "often the only way to get help."

Free counselling, she said, can be almost impossible to find. With student budget concerns ever growing, support groups may be the only option for many seeking help.

The Fredericton Sexual Assault Centre support group is open to students, in the tradition of the Centre's support of the university community.

Although it is the first time that such a service has been offered at the centre, Whalley hopes that it can be taken up as one of their many permanent undertakings.

"We will look into starting up another group in the fall," she said.

Family Enrichment and Counselling Services, an independent organization, provides counselling on an individual basis for a nominal fee and has run support groups for male survivors in the past, as well as operating a continuing anger management programme.

A study conducted in 1992 by Larry Finkleman of Counselling Services concluded that in a given year, 28.6% of male and female students at UNB-STU are victims of at least one unwanted sexual experience. These statistics place the number of student survivors on campus at nearly 1900.

Those interested in the Fredericton Sexual Assault Centre support group can contact Lorraine or Maria at 454-0460. The initial support group will be facilitated by two trained staff and will last for ten weeks. The group starts Thursday, February 9, and will last for ten weeks.

Legal information centre open to students

Brunswickan News

The Fredericton Legal Advice Clinic (FLAC), a project of the Fredericton Area Coalition for Social Justice and a group of concerned lawyers, will be open once again on February 6.

The Clinic, held at Wilmot United Church in downtown Fredericton the second and fourth Monday of each month from 6:30 - 8:30 pm, offers free legal advice for those on fixed incomes, such as students.

Staffed by two volunteer lawyers, the wheelchair-accessible FLAC operates on

a first-come, first-served basis, and assures all potential users that their concerns are kept strictly confidential. There is also a supervised, child-friendly waiting area, and a collection of information pamphlets is available.

FLAC does not provide legal services, but rather advice to those who might have questions about legal issues such as divorce, child support, individual rights, and wills. The student's question might be as simple as, do I need a lawyer, or can I do this myself?

"With the cutbacks to Legal Aid Services in New Brunswick and across

Canada, a system that has recently been judged by the National Welfare Council of Canada as woefully inadequate has been created, leaving many on fixed incomes out in the cold with regard to the protection of their rights and the enforcement of the law," said FLAC spokesperson Suzanne McKenna.

"FLAC was formed in April of 1994 in the wake of Legal Aid cuts and the Fredericton Area Coalition's concern about the rights of the poor and unemployed. We invite those on fixed incomes to visit the Clinic," said McKenna.

Child protection topic of guest lecture

Brunswickan News

A noted expert in the field of child protection will give a public lecture at St. Thomas University February 2.

Kathleen Kufeldt, Chair in Child Protection at Memorial University of Newfoundland, will speak on unique and exciting initiatives in the field of child protection in "Let's Not Make Orphans of our Neglected Children" on

Thursday, Feb. 2 at 7 pm.

The lecture will be held in the Conference Room of Holy Cross House, Montgomery Street.

Kufeldt received her social work education from the Universities of Edinburg and Southampton and her PhD from the University of Calgary.

She has experienced in direct residential care, child protection, probation and marriage and family

counselling.

Kufeldt has conducted a series of research projects on foster care and on runaway and homeless youth.

Kufeldt will make a second presentation on February 3 at 11:45 am as part of the Social Work Department Colloquium Series. Her lecture is sponsored by the St. Thomas University Guest Lecture Committee and the Social Work Department.

Rumour has it...

A certain high-ranking student official now says that his personal choice of watering holes is based on location, location, location.

"The Cellar is two floors below my office, so you can well imagine that I spend considerable time there."

What certain low-paid unofficials at *The Brunswickan* would like to know is, why do certain high-ranking student officials spend so much time with their heads in the basement? Hot-wings are not brain food, after all.





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