

A Mobile Medical Unit Program

A mobile clinic, counselling, referral, and resource service. The "Health Care in the Work Place" program can be set up by your employer and a visit to the Mobile Medical Unit can be arranged after a visit to your work place.

- All services are free and confidential
- No OHIP is required
- Office hours are Monday to Friday,
10:00 a.m. to 5 p.m.

YES, IMMIGRANT WOMEN CAN DO SOMETHING

Sometimes women may feel powerless, in illness and in life, but it is important to remember that there are choices and options available.

The Immigrant Women's Health Centre provides positive proof that the life of the immigrant woman is respected. Her health and body are just as important as any other woman's and there are people who care to help her.

There is something she can do to help herself. Visit the Immigrant Women's Health Centre.

FOR MORE INFORMATION

Immigrant women's health centre

489 College St., Suite 200, Toronto, Ont M6G 1A5.
Tel:(416) 323-9986

Funded by the Ontario Ministry of Health
through the Toronto Board of Health.

AN

INVITATION

TO

VISIT



THE IMMIGRANT WOMEN'S HEALTH CENTRE

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WHAT IS IT?

The Immigrant Women's Health Centre is a counselling and referral service in the preventive method of health care. It is provided exclusively for immigrant women.

In operation since 1975, the centre's main objective is to promote reproductive health with emphasis on family planning and related health matters. In addition, they will help immigrant women increase their knowledge of their rights as patients and consumers, and they will teach them to have a positive appreciation of their sexuality and life.

THE STAFF

The staff at the health centre are helpful, caring counsellors with years of experience behind them.

In a relaxed atmosphere, trained health counsellors will provide women with useful advice and printed material in their own language:

Chinese, Spanish, Vietnamese, Portuguese, Italian or English.

The counsellors know the language of their clients and can relate to them, their cultural differences and the problems of particular concern to immigrant women upon arrival in Canada.

THE CENTRE PROVIDES

A counselling and referral service in family planning

Resource material on women's health

Helpful information on:

- *birth control*
- *pregnancy*
- *abortion*
- *pap tests*
- *breast self-examination*
- *vaginal infections*
- *AIDS and other sexually transmitted diseases*



A Free Clinic

The family planning clinic is run by a female doctor. For your convenience it is by appointment only.

Receive:

- *free IUD insertion*
- *free pregnancy test*
- *free medical examination*

This unique program provides educational health seminars to women employees at factories, community centres, English language classes or schools on such topics as:

- *birth control*
- *vaginal infections*
- *cancer prevention*
- *pap tests*
- *sexuality*
- *patient's rights*
- *fitness*
- *pregnancy*
- *sexually transmitted diseases*
- *breast self-examination*
- *menopause*
- *the health care system*
- *stress and nutrition*