



Welcome to the UPEI Women's Centre

by Christie Poirier

Ever wonder what the small square building is across from the rink? The one that used to be attached to the old planetarium? Well, now is your chance to find out.

If you missed the write up in the student calendar (although I'm sure you read it cover to cover the first day), that little square building is the UPEI Women's Centre. What is the Women's Centre? Who is it for? What is it all about? Although an important part of the Centre's purpose is to provide a safe place for women, it is much, much more. It is a place where visitors can feel free to express their concerns and dreams, share ideas and problems, do meaningful volunteer work, seek in-

formation or referrals, borrow books, or simply drink coffee and crash between classes on the comfy couches.

The Women's Centre is a welcoming place where help and support is readily available in a warm environment. If you have a problem, (perhaps too sensitive to talk about with a roommate, parent, doctor, boyfriend, or significant other), the Women's Centre can help, or at least guide you to the proper help (ie., a comfortable discreet medical advisor or counsellor.) If you need someone to listen to you, have questions about anything, if you are pregnant and need some information, having problems in a relationship, if you have been sexually or physically assaulted, or need to beef

about a course -- drop by and the staff will steer you in the right direction. The Women's Centre supports and accepts you for who you are, offers a shoulder to cry on, and when you are a long way from home and need a friend, we are here for you. We even have a "second Mom," our coordinator Ruth Freeman.

Now, for the question uppermost in many minds -- YES, men can come to the Women's Centre (and many do). What better place to go if you have a question or concern about one or more women in your life? Is your girlfriend pregnant? Ever wonder what the heck is going on in her body once a month, that seems to make her so moody, and why it somehow always ends up being your fault? Have a

daughter you need to talk to about a hard-to-deal-with issue? Worried about a sister who may not seem to eat enough? It is okay to come here and talk about it, ask questions, and get information.

The Centre serves as both a learning centre and a referral service, with an extensive lending library, lounge area, kitchen, safe room, and of course a coffee pot. The Centre sponsors and supports many activities on campus, such as the Montreal Massacre Memorial, Wen Do self defence classes, art shows, poetry readings, a celebration of International Women's Day, and information sessions on various topics.

There are lots of opportunities for volunteer experiences that range from helping to

organize events to staffing the Centre in the evenings. It is a great opportunity to gain experience that you will use now and later in life. If you are interested in becoming a Women's Centre volunteer, come to our first volunteer meeting on September 23, 6:00 p.m., at the Women's Centre (yes guys, we do have male volunteers).

If you would like more information about the Centre, feel free to drop in for a visit, give us a call (628-4332), or send us an E-mail (womenctr@upei.ca). The Centre is open Monday - Friday, 8:30am - 4:00pm, and 6:00pm - 9:00pm. The furniture is comfortable, the company's great and so is the coffee. So come on in, sit back, and relax. You will not regret it.

♀ UPEI WOMEN'S CENTRE ♀ (between the Aumni Gym and the Barn)

Hours of Operation

Sept. 3 - Oct. 6

Mon - Fri: 8:30 - 4:00

Oct. 7 - Dec. 18

Mon - Fri: 8:30 - 4:00

6:00 - 9:00

Sat: 1:00 - 4:00

Telephone: 628-4332

Email: Womenctr@upei.ca