

CONSTITUTION

1. The name of the Society is "West Kootenay Women's Association".
2. The objects of the Society are:
 - a) To supply and render service of a charitable and educational nature to women.
 - b) To establish resources for women.
 - c) To cooperate with other organizations whether incorporated or not, which have objects similar, in whole or in part, to the objects of the Society.
 - d) To operate as a charitable organization to administer and employ its property, assets, and rights for the purpose of promoting, or aiding in the promotion of the welfare of all women in need of help.
 - e) To receive, acquire, and hold gifts, donations, legacies, and devices.
3. The operations of the Society are to be chiefly carried on in the area of School District # 8.
4. When the Society dissolves, any residual funds and property will be transferred to other registered Canadian charitable organizations, or to the municipalities in the area of School District # 8.

Dated at Nelson, BC this 14th day of August 1974.

[This constitution is the one filed with the Registrar of Companies.]

BY-LAWS OF THE WEST KOOTENAY WOMEN'S ASSOCIATION

These by-laws were filed September 12, 1990

PART I — HOW TO UNDERSTAND THE BY-LAWS

1. In these bylaws, unless the context otherwise requires,
 - a) COORDINATING COLLECTIVE means the Board of Directors;
 - b) MEMBERS OF THE DOORDINATING COLLECTIVE means the Directors of the Society;
 - c) PROJECT LIAISON WOMEN means designated people working on of individual West Kootenay Women's Association projects;
 - d) SOCIETY ACT means the Society Act of the Province of British Columbia from time to time in force and all amendments to it;
 - e) REGISTERED ADDRESS of a member or member group means a person's address as recorded in the register of members;
2. The definitions in the Society Act on the date these bylaws become effective apply to these bylaws.

PART II — MEMBERSHIP

3. Membership in good standing is available to any woman when she pays the annual dues as set at the Annual General Meeting and state agreement with the objectives and policies of the West Kootenay Women's Association. (Currently the fee is \$15 - \$30 sliding scale, or a work trade of 4 hours).
 4. Memberships shall be for the period from one Annual General Meeting until the start of the next Annual General Meeting. (Usually held in September each year).
 5. Members support a woman's right to choice on reproductive control of her own body including abortion, and a woman's right to choice in defining her sexual orientation.
-

6. A member shall cease to be a member of the Society:
 - a) by delivering her resignation in writing to the secretary of the Society or by mailing or delivering it to the address of the Society;
 - b) on her death;
 - c) on being expelled, or
 - d) on having not paid her annual dues for three months after the next AGM.
7. A member who is disrupting the purpose of the Society may be expelled by special resolution of the Society passed by a two-thirds majority of the members present at a general meeting, provided the notice of meeting specifies that such a matter is to be placed before the members.
8. Any person employed by the Society may be a member of the Society but not more than one at a time may be an officer.
9. Any person who has rendered, over a reasonable period of time, meritorious service to the Society may be elected an honorary member by simple majority vote at any general meeting.
10. A life member is an individual who, for the purpose of obtaining an extended membership, subscribes three hundred dollars or more.

PART III — MEETING OF MEMBERS

11. All members in good standing shall be entitled to attend and vote at the Annual General Meeting and shall be notified thereof. The Annual General Meeting will be held at a time and a place specified by the Coordinating Collective during the second quarter of the year for the purpose of approving policy changes and establishing the Officers of the Society.
 12. All members in good standing shall be entitled to attend any regular or special meeting and have voice but not unless elected at AGM
 13. Special meetings of the Society may be called by the Coordinating Collective with 30 days written notice to all members.
-

14. General meetings of the Society shall be held at such time and place, in accordance with the Society Act, as the Coordinating Collective decides.
 15. A quorum for all meetings shall be two thirds of the Coordinating Collective members including a minimum of three officers.
 16. The Coordinating Collective may exercise all such powers and do all such acts and things as the Society may exercise and do, and which are not by these bylaws or by statute or otherwise lawfully directed or required to be exercised or done by the Society in general meeting, but subject, nevertheless to:
 - a) all laws affecting the Society;
 - b) these bylaws and objectives;
 - c) rules, not being inconsistent with these bylaws which are made from time to time by the Society in general meeting;
 - d) Coordinating Collective members shall not receive remuneration from the Society for the exercising of these powers.
 17. The Coordinating Collective shall be composed of:
 - a) members in good standing who are committed to being involved in all aspects of the West Kootenay Women's Association, who have been elected at the AGM;
 - b) the Officers of the Society
 - c) Project liaison women.
 18. The Coordinating Collective will meet at least once a month to:
 - a) liaise with all projects;
 - b) promote and update policies and goals of the Society and initiate specific action;
 - c) maintain membership and mailing list; deal with correspondence; maintain media contact and publicize events, and produce regular newsletter;
 - d) formulate annual budget; maintain financial records; prepare and research funding options; and approve dispersal of funds;
 - e) maintain minutes of all meetings.
-

19. The Collective shall have the power to enter into contractual relationships on behalf of the Society; orders of all expenditures in excess of two-hundred dollars for construction, equipment, materials, supplies, repairs or services, shall be made on written authority of the Collective at any regular meeting.
20. The term of office of the Chair shall be two years. Continuity will be maintained by one of the past officers becoming Chair. The four officers, namely the Vice-Chair, Secretary, Treasurer, and Member-at-Large will hold their position for one year.
21. The Vice Chair shall carry out the duties of the Chair during her absence.
22. Duties of the Member at Large shall be to coordinate the Membership Committee.
23. If an Officer ceases to serve for any reason, the Collective at a regular meeting shall appoint a member of the Collective to serve the remaining portion of the term. Resigning Officers shall make all effort possible to replace themselves. All members of the Society shall be notified in writing of such appointments through the newsletter.
24. Any Officer may be removed from office by a two thirds majority vote of the Collective.

PART V — EXERCISE OF BORROWING POWERS

25. Decisions will be made by consensus. When there is no consensus, all members (whether in a minority or majority position) have a responsibility to attain consensus by carefully examining their position and that of others. If consensus is not achieved after a ROUND and a DISCUSSION period, the item will be tabled to the next meeting. If there is still no consensus, then a two-thirds majority vote may be used.

PART VI — EXERCISE OF BORROWING POWERS

26. The Society shall be empowered to borrow, by way of bank loan or mortgage from a recognized mortgage authority such monies as may be necessary for the purchase of property, planning and construction of facilities and operation of such facility as may be recommended by the Collective and approved by special resolution of the Society and a seventy-five percent majority vote.
-

27. In order to carry out the purposes of the Society, the Officers may in the name of the Society raise or secure the payment or repayment of money in such a manner as they decide, provided that such borrowing will be limited to the amount of incoming guaranteed funds.

PART VII — AUDIT OF ACCOUNTS

28. The accounts of the Society shall be audited by a certified general accountant who shall be appointed by the Society at each Annual General Meeting.

PART VIII — CUSTODY AND USE OF THE SEAL OF THE SOCIETY

29. The seal of the Society shall be in the custody of the Secretary.
30. The Society's seal shall not be affixed to any documents except by authority of the Board and except in the presence of the Chairperson and/or Vice-Chair and two other Officers who shall each sign the sealed document.

PART IX — PREPARATION AND CUSTODY OF MINUTES AND OTHER BOOKS AND RECORDS

31. The Secretary shall keep the general Society records, including all minutes, lists and like reports. She will be responsible for all outgoing and incoming correspondence, ensuring that it is acted upon in accord with the wishes of the Collective.
32. The Treasurer shall keep full and accurate accounts of all receipts and disbursement of the Society in proper books of accounts and shall deposit all funds in the name of the Society to the credit of the Society in such bank or banks as may be designated.
33. The books and records of the Society may be inspected by any member of the Society at any time upon arrangement with the Secretary or Treasurer of the Society.
-

PART X — BYLAWS

34. On being admitted to membership, a member is entitled to a copy of the constitution and bylaws of the Society.
35. These bylaws shall not be altered or added to except by special resolution passed by a seventy-five percent majority of votes cast by the members present at any regular or special meeting of the Society, notice of which shall state the intention to propose such resolution.



HOW TO BE A FABULOUS FEMINIST

FIGHT SEXISM. — DO IT NOW. — SAY YES TO FEMALE — TO JUSTICE — TO FREEDOM.

— LOVE YOURSELF, LOVE OTHER WOMEN. — SAY NO! GET ANGRY, GET ACTIVE. —

DON'T AGONIZE — ORGANIZE. — FIGHT RACISM — CLASSISM — AGEISM —

HOMOPHOBIA, SEXISM AND DABLEISM. — LOWER PAIN AND ISOLATION. RAISE

CONSCIOUSNESS, RAISE SELF-ESTEEM. — THINK GLOBALLY — ACT LOCALLY. — AVOID

BURNOUT. BE WOMAN IDENTIFIED. CREATE SAFETY. TAKE RISKS. TAKE YOUR POWER

BACK. DO IT NOW! — LIVE QUALITY. THANK YOURSELF. CELEBRATE WOMEN

SURVIVORS. — INVENT THE NEW HERSTORY. SHATTER MYTHS, PIONEER, TRAIL BLAZE.

— DISCOVER SHE-HER-WE-I-WOMAN. HONOR LESBIANS, SAY YES TO POWER. LOVE

YOUR BODY. DECORATE YOURSELF ANYWAY YOU LIKE. — HAVE HAPPY SEX. VISUALIZE

PERFECT BIRTH CONTROL. KEEP ABORTION SAFE, LEGAL, AND ACCESSIBLE. — HELP A

MOTHER TODAY. MAKE EVERY CHILD A FUNDED CHILD. PRAISE REBEL SPINSTERS. TO IT

NOW! — BE A WOMAN'S MOVEMENT. VOTE, MARCH, GIRLCOTT, LOBBY, WRITE

LETTERS, ELECT PROGRESSIVE WOMEN. — WIN THE ERA. — STOP THE VIOLENCE

AGAINST WOMEN. DEMAND ECONOMIC JUSTICE FOR ALL. SAY YES TO MORE MONEY.

FUN-RAISE, RAISE HELL. DO IT NOW! — CHERISH YOUR MOTHER EARTH. BE ANTI WAR.

LIBERATE OPPRESSION. THINK HUMANARCHY. MAKE PEACE WITH MEN. BE A MOVER

AND A SHAKER. SUPPORT BAD GIRLS. JOIN A FEMINIST POLITICAL ORGANIZATION.

VOLUNTEER, GIVE LOVE, GIVE MONEY. — GET POWERFUL, GET RESPECT. HEAL

YOURSELF, HEAL THE WORLD. COLLECT FABULOUS MEMORIES. — DO IT TO WIN!!!

Nelson & District Women's Centre Volunteer Training

FEMINSM

A feminist is a man or woman who already knows for a fact that men and women are equals, and who want society to wake to that fact, so the world can stop operating at half strength; so that half the brains, half the inspiration, half the joy and beauty, half the human resources in the world will no longer be wasted.

Mario Thomas

I do not know exactly what a feminist is, I know I have been labeled one whenever I express opinions which differentiate me from a doormat.

Charlotte Perkins Gilman

Women are the experts on our lives. We all have gifts to share and can learn from each other- even (or especially) those with whom we disagree. I identify myself as a feminist with pride, because I totally support women in our work towards equality and full participation in every sphere. I look around me at the diversity, strength, and beauty of women and know that we are of infinite value, whatever we choose to do in our lives.

Karen Newmoon

We celebrate the diversity among women and are committed to offering information about issues and options in a balanced manner so that all women, regardless of their point of view, are able to trust the Association is one that supports women.

Antigonish Women's Association

Yes, I am a feminist, but I am logical one. I think these issues need a lot thought.

Carol Miller

Nelson & District Women's Centre Volunteer Training

FEMINISM

A person who has a clear understanding of classism, racism, racialism, ageism homophobia, heterosexism, capitalism, imperialism- that to me would be a person who really is a feminist. If a person does not understand those things, then they are just a liberal sprouting nonsense. I definitely see myself as a feminist and I see it as one of the major struggles globally because the war against women is all over the world, in every state. I think every woman should be a feminist.

Faith Nolan

"Feminism is a verb, not only an adjective! Allow my analogy: I declare, wholeheartedly that I am a pirate! I am a pirate because I was born a pirate. I have read all there is to read on being a pirate; their role in history, pirate literature, pirate survival courses, ect.. I know through personal reflection and social analysis that deep within myself, I am definitely a pirate. But, the truth is, 'if I am not riding the high seas, I am not a pirate!!!"

That is most important thing in feminism to me! Action! Feminism is supporting, being a part of, the struggle against an ambivalent, oppressive world. Attempting to create full opportunities for all people to see and achieve their utmost potential in creating a life that they want to, and should be able to, be proud of!"

Someone from the University of Manitoba Womyn's Centre

We believe we are a feminist association because we fight for the rights of women in society and we work in a cooperative way. All domestic workers are welcome on the association, whether or not they describe themselves as feminist, as long as the work with others in a respectful and non-hierarchical way. We are also committed in our principles to oppose discrimination or racism of any kind.

West Coast Domestic Workers Association



CONSENSUS DECISION MAKING SOME DEFINITIONS

Consensus is a group decision (which some members may not feel is the best decision, but which they can all live with, support, and commit themselves not to undermine), arrived at without voting, through a process whereby the issues are fully aired, all members feel they have been adequately heard, in which everyone has equal power and responsibility, and different degrees of influence by virtue of individual stubbornness or charisma are avoided so that all are satisfied with the process. The process requires the members to be emotionally present and engaged, frank in a loving mutually respectful manner, sensitive to each other; to be selfless, dispassionate, and capable of emptying themselves, and possessing a paradoxical awareness of the preciousness of both people and time (including knowing when the solution is satisfactory, and that it is time to stop and not reopen the discussion until such time as the group determines an need for revision).

~~~~~

Consensus is a process in which no decision is finalized until everyone in the group feels comfortable with the decision and is able to implement it without resentment. Ideally, consensus synthesizes the ideas of every member of the group into one decision.

~~~~~

The skill of coming to genuine consensus decisions is a real and hard one. It involves willingness to change and openness to new ideas. People must be committed not only to expressing their own feelings, but also to helping others with opposite views to express those as well. Because the ideal of consensus is to reach a decision that is not only acceptable to everyone, but is best for everyone, there must be a clear expression of shared beliefs about what is best for all concerned. These are the principles of unity. These basic agreements will

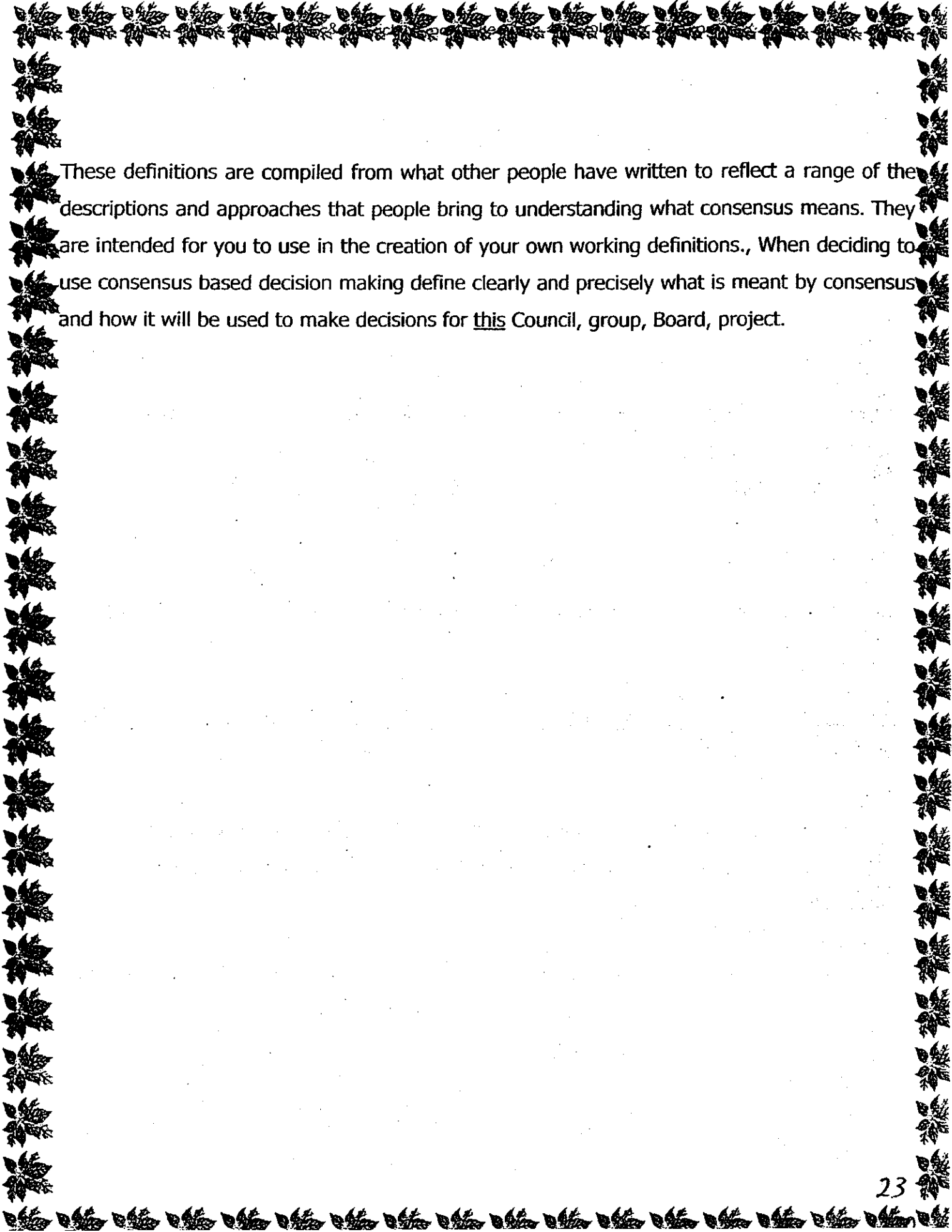
undoubtedly not encompass all the beliefs of each individual in the group, but rather, will help define the working relationship of the members. This may vary from the specific goals of a coalition formed around a single action, to an in-depth, ongoing process of self-definition in a small collective. Whatever their scope, without these basic agreements, and a willingness to work within them, consensus will never succeed.

"So then, I grew up figuring that consensus meant that you chew on something long enough until everyone can swallow it easily and safely."

In essence, consensus describes a formalized process of decision-making in which no decision is finalized until everyone in the group feels comfortable with the decision and is able to implement it with goodwill. Consensus operates under the premise that everyone involved in a decision has a valuable contribution to make in creating a complete solution to a particular problem or issue.

By consensus we mean a common solution, acceptable to the entire Council, reached with full and equal participation of all members. If there is strong opposition to a decision, discussion will continue or the issue will be tabled. An opposing individual may choose to 'stand aside' rather than block the process. However, all members will honor decisions of the Council.

Consensus is a process for group decision-making. It is a method by which an entire group of people can come to an agreement. The input and ideas of all participants are gathered and synthesized to arrive at a final decision acceptable to all. Through consensus, we are not only working to achieve better solutions, but also to promote the growth of community and trust.

A decorative border consisting of a repeating pattern of small, stylized floral and leaf motifs, framing the text on the page.

These definitions are compiled from what other people have written to reflect a range of the descriptions and approaches that people bring to understanding what consensus means. They are intended for you to use in the creation of your own working definitions., When deciding to use consensus based decision making define clearly and precisely what is meant by consensus and how it will be used to make decisions for this Council, group, Board, project.



CONSENSUS DECISION MAKING

What does it take?

- ◆ building trust
- ◆ open communication: listen discuss fully share information
- ◆ cooperation: allow differences create mutual solutions
- ◆ clearly defined goals/mission statement/terms of reference — the reason to make a decision together
- ◆ deciding on a definition of consensus for this group or organization

~~~~~

**First three** are how you work and decide together. Commit to them and constantly re-create them as you go.

**Last two** need to be decided at beginning of working together before you are in the midst of making decisions.

They also have the effect of asking each person to be clear for him/herself why he/she is in the group. What is the commitment to the big picture, and hence the commitment to working it out by consensus?

Reaching consensus will take time. Time to understand each person, time to address concerns, time to make clear decisions. It just does not have to take the kind of time it often takes.

If you choose consensus, make sure you put in place what is needed for it to be an effective way to make decisions, to reflect your dreams and goals and to move you forward into their creation.



## SAMPLE GUIDELINES FOR GROUPS

---

### Basic ground rules:

- ◆ Treat each other with respect
- ◆ Work to build trust with each other
- ◆ Listen with an open mind

### Ways for each person to do this include:

- ◆ Commit to no name calling, blaming, ultimatums or threats
- ◆ Avoid interrupting and the use of absolutes such as never, always
- ◆ Check out assumptions with each other
- ◆ Explain the reasons behind statements, questions, actions
- ◆ Seek agreement on what important words mean
- ◆ Be specific in describing events and behavior — avoid judgments
- ◆ Encourage and allow differences
- ◆ Acknowledge and confront conflict openly, and commit to working it through
- ◆ Do not take cheap shots or otherwise distract from the group's focus
- ◆ Keep the discussion focussed
- ◆ Share all relevant information
- ◆ Contribute your own ideas and solutions and value others' contributions
- ◆ Take responsibility as a group member for ensuring the process is both, assertive and co-operative



## CONSENSUS DECISION MAKING WHEN AGREEMENT IS ELUSIVE

---

1. It is possible the group does not have enough information to make a good decision. Sometimes it must be deferred until more facts are gathered, more discussion takes place, or members have more time to think. Fuller understanding by each participant will increase the possibility of reaching consensus. Decide on what you will do to make a decision possible: what facts and who will gather them; what time is needed (a break, or tabling to next meeting?); or what will it take to address concerns raised (person or people with concerns may caucus with others to problem solve and bring back to group).

2. The group as a whole may decide that it is more important to reach a decision at this particular time than to make a decision that meets the group's usual levels of acceptability. Some members may see that this is a special circumstance where reaching an immediate decision is so important that they will go along with a decision they would not otherwise support. (This kind of concession is sometimes made by individuals for the sake of the group, but a group should never pressure someone into doing so).

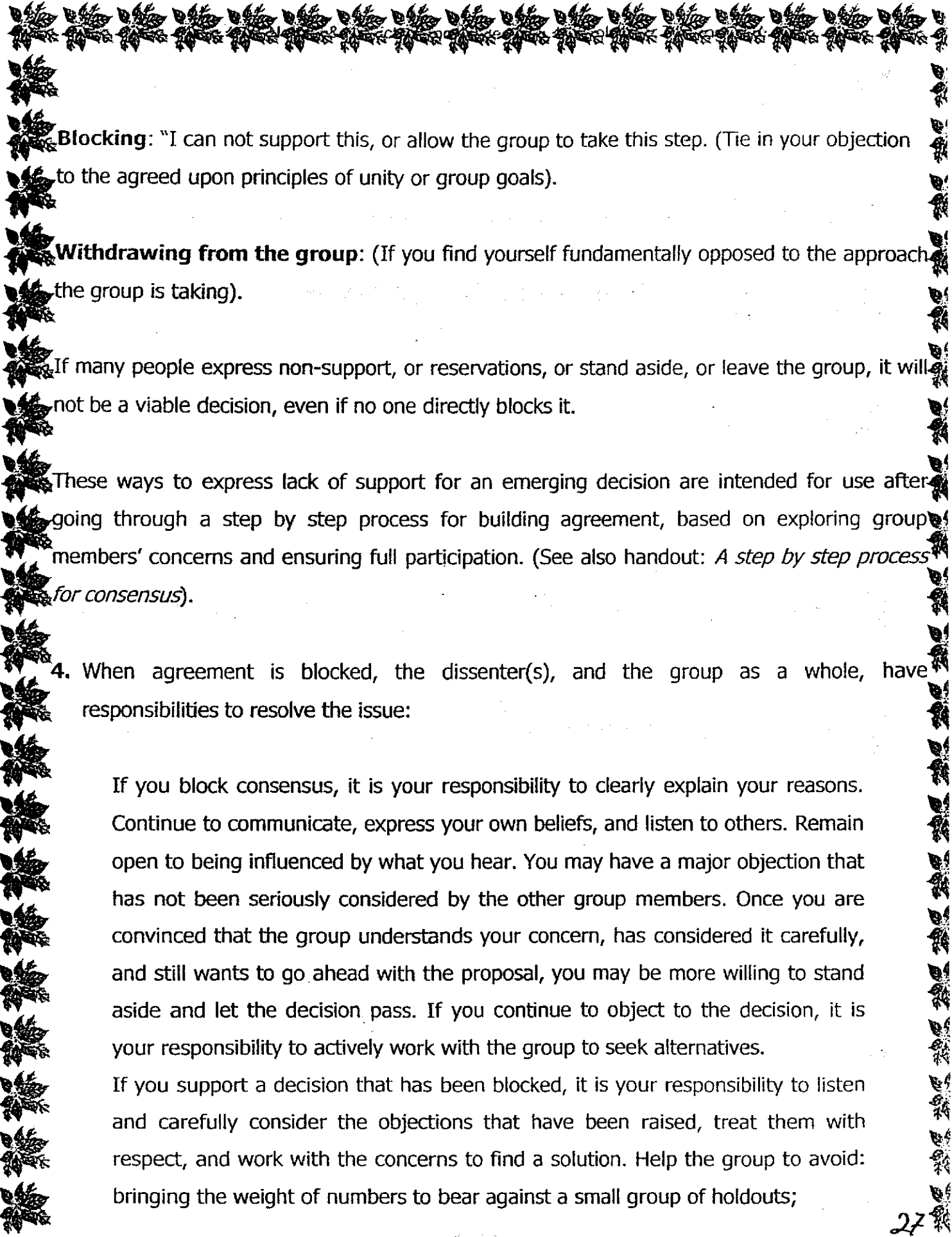
3. If a decision, coming out of the group process, is on the verge of being reached and you cannot fully support it, there are several ways to express your objections:

**Non-support:** "I do not see the need for this, but I will accept it."

**Reservations:** "I think this may not be best option, but I can live with it."

**Standing aside:** "I personally will not be part of implementing this decision, but will not stop others from doing it."





**Blocking:** "I can not support this, or allow the group to take this step. (Tie in your objection to the agreed upon principles of unity or group goals).

**Withdrawing from the group:** (If you find yourself fundamentally opposed to the approach the group is taking).

If many people express non-support, or reservations, or stand aside, or leave the group, it will not be a viable decision, even if no one directly blocks it.

These ways to express lack of support for an emerging decision are intended for use after going through a step by step process for building agreement, based on exploring group members' concerns and ensuring full participation. (See also handout: *A step by step process for consensus*).

4. When agreement is blocked, the dissenter(s), and the group as a whole, have responsibilities to resolve the issue:

If you block consensus, it is your responsibility to clearly explain your reasons. Continue to communicate, express your own beliefs, and listen to others. Remain open to being influenced by what you hear. You may have a major objection that has not been seriously considered by the other group members. Once you are convinced that the group understands your concern, has considered it carefully, and still wants to go ahead with the proposal, you may be more willing to stand aside and let the decision pass. If you continue to object to the decision, it is your responsibility to actively work with the group to seek alternatives.

If you support a decision that has been blocked, it is your responsibility to listen and carefully consider the objections that have been raised, treat them with respect, and work with the concerns to find a solution. Help the group to avoid: bringing the weight of numbers to bear against a small group of holdouts;

perceiving those who block consensus as slowing down the process or causing difficulty for the rest of the group; making the dissenter(s) the center of attention, showering them with arguments about why they are wrong.

***Everyone: Seek greater understanding and creative solutions!***

For an excellent resource on consensus decision making, see:

Building United Judgement. A handbook for consensus decision making. Published by Centre for Conflict Resolution, Madison, Wisconsin, in 1981. Available from New Society Publishers, Galiano Island, BC.

Topics covered include: attitudes and participation in the consensus process, an in-depth examination of blocking consensus, meeting structure and roles, conflict and problem solving, and what to do about common problems.



## USEFUL "RULES" FOR REACHING CONSENSUS

---

- ◆ You can say whatever you want as often as necessary, but speak **only** for yourself (do not assume others' positions).
- ◆ Differences of opinion are natural and often helpful. You have the right to disagree, but not to be disagreeable.
- ◆ Conflict-reducing techniques such as voting, averaging, or trading, detract from consensus.
- ◆ Everyone should stay with the process until a supportable option is agreed-to, or a deadlock occurs.
- ◆ Everyone acts as a "facilitator" doing two things: keeping focused and on track, and managing his/her own behavior.

### **"Consensus" has been reached when:**

- ◆ Each member has had the opportunity to state his/her opinion and is satisfied that the group understands the opinion.
- ◆ Everyone believes that she or he understands the opinions of the other group members.
- ◆ Each member agrees to support the selected decision, whether or not she or he prefers it to others.

**SOMETIMES "CONSENSUS" IS NOT POSSIBLE. DO NOT SWEAT IT!**



**CONFLICT:**

In the midst of the conflict is the healing that is trying to happen. The seeds of resolution are in the conflict itself. If a conflict is not resolved, it continues to crop up again and again.

Resolution needs to happen on three levels:

1. inner-acknowledge-conflicting parts of the self
2. relationship acknowledge one-to-one differences
3. group-acknowledge factions within the group. Respect that we may hold differing opinions and that is okay. We can still work together.

**CONSENSUS:**

Consensus means that all people present agree to go along with what the group is doing for at least a short period of time, as long as they later have the chance to disagree. Consensus accepts disagreement but the disagreement is put off for the moment in order to accomplish the work that needs to be done. Consensus in action means the willingness of all group members to co-operate temporarily for the common good. (page 4 of 'Helping – you help me')

*Nelson & District*

**COMMUNITY RESOURCES**

**CHILD CARE:**

West Kootenay Family & Child Care (WKFACS), 912 Carbonate, 352-5557  
WKFACS Child Care Support Services, 514 Hall, 352-6678

Chestnut Hollow, 912 Carbonate, 352-6707

Children's World, 713 Josephine, 352-3311

Fairview Daycare, 801 Gordon Rd., 352-1611

Babysitters list & training, Recreation Commission, 352-7257

**PARENTING PROGRAMS:**

Nelson Community Services, (for current info), 352-3504

Nobody's Perfect (for young parents of young children), Nelson Home Support, 352-2911

Selkirk College, Rosemont Campus, 352-6601

Mental Health (parenting skills for those on Mental Health waiting list), 354-6322

WKFACS, 352-6678

**HOUSING:**

Bulletin Boards (Ours, laundromats, K.L.D. Hospital - personal board across from elevator in basement, & ? )

Real Estate Offices & newspapers

Marianne Apts., Annabelle Block...

Tenants Rights Hotline, 1-800-665-1185

Info on social housing, Judy Gayton, 352-5511

**FINANCIAL ASSISTANCE:**

Ministry of Social Services, 566 Stanley, 354-6488

Salvation Army Social Services, 696 Baker Street, (foodbank, emergency shelter), 352-3488

Unemployment Insurance, 514 Vernon, 352-5573

Anglican, United, Lutheran & Presbyterian churches for emergency assistance

**VIOLENCE AGAINST WOMEN:**

Transition House, Aimee Beaulieu, 354-4357

Safe home program, Pat McMaster, Nelson Community Services, 701 Front, (fax #352-3750), 24 hr. number 352-3504

Regional crisis line access (5pm. - 9am Weeknights & 24 hr. Sat, Sun & holidays) 1-800-561-4244

WINS Transition House (Trail, collect calls accepted) 1-364-1718

**HEALTH:**

Abortion - see resource information book

Prenatal Classes, Life After Birth Program, & Pregnancy Outreach Program, Nelson Home Support, 905 Gordon Road, 352-2911

Midwife info. Suzanne Miller, 354-4232

Planned Parenthood Clinic, Wednesday from 7 to 9 at the Health Unit, 333 Victoria, 2nd floor, 354-1322, 354-3872(Dr.)

ACCESS, Drug and Alcohol Counselling, 385 Baker St., 354-4121

Alcoholics Anonymous, 719 Vernon Street, 352-2333

Crisis Intervention, Nelson Community Services, 701 Front Street  
24 hour crisis number 352-3504

Mental Health Center, 816 Vernon, 354-6322

Castlegar Mental Health, Psychologist Joy Green, 365-8502

Selkirk Health Unit, 333 Victoria Street, 2nd Floor (ask for Mary for AIDS testing, counselling) 354-6300

La Leche League, 352-3521

**Other:**

West Kootenay Gays and Lesbians, 354-4297

Castlegar Community Services, (Safe Home Program) 365-2104  
(fax 365-2154)

North Kootenay Lake Community Services (Kaslo Safe Home Program),  
353-7691

Salmo Community Services, 357-2277

Nelson Home Support, 905 Gordon Rd., 352-2911

Nelson District Community Resources Society, 816 Vernon Street, 352-6011,  
Fax 352-6019

Seniors One Stop 352-6008

Clubhouse, 818 Vernon Street, Drop-in usually open:  
Mon. 1-4:30, Wed. 1-8:00, Fri. 10:30-1:00, 352-7730

St. Paul's Trinity United Church, 352-2822

**TRANSPORTATION:**

Nelson Handy DART and Paratransit (regional), 352-2911

Nelson Transit Info., 352-8228

**LEGAL:**

Advocacy Centre, 501 Front St., 352-5777

Legal Services, legal aid & lawyer referral, 580 Baker, 352-3147

Family Court Services, Provincial Building, 310 Ward, 354-6181  
for appointment with a counsellor, 1-800-890-1344

Crown Counsel, Victim Witness Services, 3rd floor, 310 Ward,  
position currently not filled

Nelson City Police Victim Services, 606 Stanley, Edith Doyle, 354-1393

Human Rights, 310 Ward, Al Strachan, 354-6550

**EDUCATION/TRAINING:**

Selkirk College, Rosemont 352-6601  
Carol Joyce, Continuing Ed local 206

Selkirk College, Castlegar 352-3010

Canada Employment Centre, 514 Vernon Street, 352-3155, ("O" for reception)  
ask for Wendy Plant re programs, local 123  
Bill Ransden, local 112 Rob Thompson, local 101  
Bobbi Cochrane, local 117

Women in Trades & Technology- Marcia Braundy, 226-7624  
- Sally Mackenzie, 359-7984

Employment Assistance Counsellor- Molly Smith, 352-7730

Nelson Municipal Library, 602 Stanley, 352-6333