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## Women's history month recognized by addiction centre

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BY EMC NEWS

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EMC News - This month, Ottawa non-profit organization, the Amethyst Women's Addiction Centre, called attention to Canada's Women's History Month, which takes place every October.

This month is particularly significant to the centre given that Amethyst was the first women's only day treatment centre in Canada when it opened in 1979.

"Amethyst continues to be the only women's only day treatment centre in the Ottawa area," said Cynthia Waldmeier, Community Relations Coordinator for Amethyst Women's Addiction Centre. "Our philosophy is grounded in the feminist belief that women's experiences with alcohol, drugs and gambling cannot be separated from our experiences and status as women."

The month of October is dedicated to the recognition and appreciation of women's contributions in history and towards their fight for equality. Amethyst has been passionately committed to serving the women of Ottawa who are most in need of assistance for the past 31 years. The centre is unique in that it treats not just the addiction, but women holistically through its Health Promotions program which features workshops on prevention, self-esteem and self worth.

This past year, over 4,000 women visited Amethyst for information just on substance abuse programs. This large number shows the continued need and demand for services directed at women by women in the Ottawa area.

"Women's History Month gives us a great reason to celebrate the great strides forward that have been made for women in Canada," continued Waldmeier. "However, it is equally important to recognize the continual need for funding and support to counter the high demand for these important services for the women in our community."

Next year is the 100th anniversary of IWD and Amethyst will be celebrating the occasion by holding a panel discussion featuring the opinions of a diverse set of reputable, community-involved women on the varying definition of "feminism" through different cultures.



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