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# PRIME TIME

A Project for Women in their Middle Years

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NEWSLETTER #6

DECEMBER 1978

THE STAFF AND BOARD MEMBERS WOULD LIKE TO WISH ALL PRIME TIME WOMEN A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR.

PRIME TIME OFFICE will be open for 3 days during Christmas week, namely, Dec. 27, 28 and 29th (10:00 a.m. - 3:30 p.m.). Eunice will be available to chat and have a cup of coffee/tea with you. Do drop in and share your Christmas spirit (spirits !!!).



## A WOMAN'S STORY

December 25, 1978 - Christmas! And also my 56th birthday! Probably a good time to spend a few moments taking stock. Growing up on the prairies, the war years in Montreal, and then moving to Vancouver. Married 30 years, four children, three grandchildren..... for twenty of those years my home, family and their interests were time-consuming and for the most part, satisfying. It was not until I was forty and still with a pre-schooler, that I began to do a lot of volunteer work in the community, and during the next ten or twelve years working with children and youth, as well as with the physically and mentally handicapped. This involved many workshops, training at Naramata Centre, and then group leadership experience at Family Service in Vancouver. It was a good time, so much learning, and always fulfilling.

November 1974 brought an unexpected though not unwelcome move to Victoria, and it was not difficult to carry on almost where I had left off in Vancouver; an evening discussion group for young adults, and once again some time with retarded adults. I still had the feeling that I would like to pursue some area in more depth, and in the fall of 1975 I registered for the Social Service Assistant's course at Camosun College - back to school for the first time in over thirty years! Some difficulty getting used to sitting all day in classes, homework, essays, but it was exciting in so many ways, and an experience I thoroughly enjoyed. On completion of the course it was suggested that I contact Prime Time, which at that time was well into the second year of research prior to receiving Federal Government funding for the following spring. It has been exciting and satisfying to be part of the Prime Time project. As a board member and a group facilitator I have met so many women who share common feelings and needs, and at the same time express the uniqueness that makes group work so interesting and rewarding.

I am not too sure anymore just what the "middle years" are - women just over thirty, and sometimes women up to the age of 65 are responding to the concept of Prime Time. Perhaps it is simply taking time for self-discovery and reaching out for new interests; a time for looking at values and priorities to help in choosing the direction. This is the way it has been for me. But it is a process that can extend beyond middle years, and because of that I look forward with eagerness, and maybe a little more serenity.

## PRIME TIME SUPPORT GROUP

Held every Thursday, 2:00 p.m. to 3:30 p.m. at the Prime Time office. Meet new friends, share your interests and concerns. Hear how other women see themselves and those around them. See you next Thursday!!!!







IT'S IMPORTANT TO KEEP ON LEARNING

Education provides a unique opportunity for women to make changes in their lives. Courses beginning in the new year are designed to meet the needs of women who want to understand more about themselves and to gain information and skills for competency and confidence. Bursaries covering part of the registration fees are available from Prime Time to women receiving this Newsletter, who cannot afford all of a course fee.

REACH OUT FOR MORE EDUCATION; IT IS A POWERFUL TOOL IN OUR LIVES.

YM-YWCA:

COMMUNICATION SKILLS: improve your ability to listen and express yourself verbally in four evening sessions. Cost: \$12

WHOLE HEALTH LECTURE SERIES: a new series on the second Wednesday of every month offers interesting lectures on all aspects of health. \$1 per lecture

Wed. December 13 - Centering  
Wed. January 10 - Lifestyling

THE CHALLENGE OF WIDOWHOOD: a support and information group for widows. Six Tuesdays - 5:30 - 7:30 p.m. Cost:\$10

PUBLIC SPEAKING: learn the art of speaking well in public in eight noon-hour sessions. Cost \$25

FINANCIAL PLANNING: four evening sessions focusing on money management, investments, banking practices and credit buying. Cost:\$10

TAX AND INVESTMENT PLANNING: five noon-hour sessions discuss tax planning in easily understood language. Cost: \$10

INFO HEALTH SERIES: watch for this new series sponsored by the B.C. Medical Society, Prime Time and the Y, with three evening lectures on contemporary health care.

Wed. February 7 - COMMUNICATING WITH YOUR DOCTOR  
Wed. March 7 - CORONARY BY-PASS SURGERY  
Wed. April 4 - HOW A HOSPITAL WORKS

REGISTER FOR COURSES AT THE YM-YWCA IN January. PHONE: 386-7511

( a repeat of the course for Single Women and a new course on Women's Enrichment will be offered in the following session).

CAMOSUN COLLEGE:

HEALTH STUDIES: a course for women to learn more about how their body works. Ten evening sessions for \$35

I'D LIKE TO GO BACK TO SCHOOL, BUT..... - group discussions for women in their mid-years considering the possibility of getting more education. Five evening sessions - Wednesday, Feb. 7 - March 7, 7:30 - 9:30 p.m. Cost: \$15

ASSERTIVENESS TRAINING: ten evening small group sessions to learn the techniques of effective verbal communication. Cost: \$40

REGISTER NOW AT CAMOSUN COLLEGE: PHONE: 592-1281





GORDON HEAD COMMUNITY CENTRE:

HOW TO SAY WHAT YOU NEED TO SAY WITHOUT FEELING GUILTY:  
A COURSE IN EFFECTIVE COMMUNICATION - a morning course of eight weeks designed particularly for women at mid-life who would like to relate more effectively to the people around them. Group limited to 15 and co-sponsored with Prime Time. Cost: \$15



REGISTER NOW AT GORDON HEAD COMMUNITY CENTRE: PHONE: 477-1871

UNIVERSITY OF VICTORIA:

SELF-EXPLORATION SEMINAR FOR WOMEN: this popular seven session course provides an opportunity to explore interests, abilities and motivation, and to set realistic goals. Offered in a downtown location. Cost: \$30

CAREER STRATEGIES: a two-day workshop designed to help women who are contemplating their future careers to identify their personal and managerial skills and to map out career directions. Downtown location. Cost: \$70

ISSUES WOMEN FACE IN MANAGEMENT: a two-day seminar to look at the unique problems, beliefs, values and strategies for change which women as managers must consider. Downtown location. Cost: \$70

PRESENTING YOUR IDEAS: IMPROVING WRITING AND SPEAKING SKILLS:

a course designed especially for women to improve their ability to express their ideas logically and speak in groups, as well as to write letters, memos and reports. Six evening sessions and practice in a supportive atmosphere. Cost: \$18

WOMEN, WORK AND PERSONAL CREATIVITY: an introductory analysis of how women's work is produced and affected, including the anthropology of housework, women and labour unions, in science, literature and the professions. Ten evening sessions. Cost: \$35

PARENTS AND CHILDREN IN LITERATURE: eight evening sessions explore how selected works of English literature deal with the theme of generations, love and duty and the shaping influence of parents. Cost: \$25

CREATIVE EXPRESSION FOR WOMEN: an opportunity for women to discover their potential for personal creativity through movement, music, poetry and drawing. A team approach in five evening sessions. Cost: \$45

REGISTER NOW AT UVIC: PHONE: 477-6911, Local 4802

SAANICH PENINSULA GUIDANCE ASSOCIATION:

SHIFTING GEARS: two levels of this helpful course especially for women in middle years are co-sponsored with Prime Time to offer women the opportunity to look at how they spend their time, to rediscover strengths and to learn how to set goals and make decisions. Eight sessions. Cost: \$5 - \$8

REGISTER NOW AT THE PANORAMA LEISURE CENTRE: PHONE: 656-7271





SO YOU'RE DEPRESSED TO DEATH WITH THE SAME OLD YOU?

by Carl Weiss and Ray Weiss



1. Strive for some personal power.
2. Strive for personal independence.
3. Strive for your own welfare.
4. Strive for the welfare of others.
5. Strive for reasonable economic solvency.
6. Strive for continuous resistance to anyone acting to injure you.
7. Strive for others to respect you.
8. Strive for a positive value system.
9. Strive for a network of close relatives and friends.
10. Strive for a fulfilling sex life.
11. Strive for a more rewarding job.
12. Strive for doing things well while recognizing that you will win some and lose some.
13. Strive for the ability to forgive yourself for moments of cowardice.
14. Strive for recognizing the fact that the mind has a powerful, self-healing mechanism. All it needs is time.
15. Strive for the avoidance of false guilts.
16. Strive for realistic expectations instead of impossible fantasies that result in massive disappointments.
17. Strive for tackling only one big problem at a time, instead of getting overwhelmed by many that may accumulate.
18. Strive for feeling you're accomplishing something at each step of the whole task.
19. Strive for a healthy body to contain a healthy mind.
20. Strive for daily practice of the above acts, in order to defend yourself against mental depression.



"NO, I'M NOT A WOMAN DOCTOR . . . I TREAT BOTH SEXES!"



"NO, MY CHILDREN HAVEN'T LEFT THE NEST BUT I HAVE. I'M GOING BACK TO SCHOOL."

WE WOULD LIKE TO SEE MORE LADIES using our Prime Time lending library. There are good books available on almost every subject - e.g. Health - Finance - Womanhood, etc.

A GREAT BIG THANK YOU to all the Prime Time volunteers who helped at the S.W.A.G. Conference.

**MERRY CHRISTMAS**