

Justice Institute Of British Columbia

presents

APR 7 1983

Community Programs Schedule

April - June, 1983

What is the Justice Institute?

The Justice Institute of British Columbia is a post secondary educational organization that provides training and education programs to people working within the fields of justice and public safety. The majority of people trained at the Justice Institute are employees of B.C.'s Corrections, Court Services, Police, Fire and Emergency Health Services.

In addition to training career professionals, the Justice Institute through the Community Programs branch offers a wide range of non-credit courses to a broad range of professionals, community groups and interested citizens.



Why Community Programs?

By offering courses and workshops for individuals and groups in the area of justice and public safety, the Justice Institute provides:

- a forum for the discussion of justice and public safety issues
- information and education on B.C.'s justice and public safety system
- training to increase participants' skills in dealing effectively with the system.

Three broad categories of programs are offered through Community Programs:

Interdisciplinary programs: workshops on current issues in the justice and public safety system are designed for representatives of a broad range of professionals, community groups and interested citizens. Recent examples include programs on Sexual Abuse of Children Within the Family, Advanced Cardiac Life Support, and Crisis Intervention.

Public Programs: to increase the public's awareness of their rights and responsibilities in relation to justice and public safety; examples include sessions on Burglary Prevention in the Home; Schemes, Scams and Cons (a course for senior citizens on ways to protect themselves) and Heart Savers (a basic course in cardiac pulmonary resuscitation.)

Programs for Private Agencies or Community Groups: skill building sessions designed for one group or several agencies with a common training need; Leadership Skills, Stress Management, and Skills for Communicating with Clients are recent examples.

Community programs staff initiate programs or respond to requests based on specialized needs. Projects are either sponsored solely by the Justice Institute or developed in conjunction with other organizations. Some programs are held at the Justice Institute; however, staff have a provincial mandate and work co-operatively with other groups to organize programs throughout B.C.

In addition to the programs contracted for by the Academies at the Justice Institute, a range of interdisciplinary and public programs are offered on a fee-for-service basis. Schedules for these programs are produced three times a year and distributed to a wide cross-section of people interested in justice and public safety education.

For more information about any of these programs, and to enquire about registration, contact:

Community Programs, Justice Institute of B.C.,
4180 West 4th Avenue, Vancouver, B.C. V6R 4J5 Tel: 228-9771

EVALUATION: Concepts and Skills

Date: **April 8** at the Justice Institute in Vancouver

Fee: \$20 before April 1; \$25 after April 1

Resource Person: Dr. Eva Schindler-Rainman, from Los Angeles, an internationally renowned specialist in volunteer development who has been trained in psychology, adult education and social work.

This workshop is designed for anyone working with volunteers or involved in volunteer programs. Topics will include: how to begin evaluations, what styles work for whom, matching programs and evaluation process, and key ingredients to successful evaluation. Co-sponsored with Canadian Red Cross Society, Western Association of Directors of Volunteers, and Vancouver Volunteer Centre.

CRISIS INTERVENTION

Dates: **April 28-29** in Vancouver

Fee: \$35

Resource Person: Stacey Holloway, Nurse Clinician, Adolescent Psychiatric Unit, Vancouver General Hospital.

This two day workshop will provide practical assessment and intervention skills for people working with youth in crisis or in distress. Participants will learn techniques of crisis intervention to help the adolescent cope with personal crisis situations in a constructive way. The focus will be on immediate, concrete contributing problems including depression and suicide, the violent adolescent, death and loss in adolescence, psychotic episodes, pregnancy, involvement in prostitution and sexual abuse.

BILL C-127

The New Legislation on Sexual Assault Offences

Dates: **April 9** in Kamloops

May 2 in Victoria

May 15 in Fort St. John

May 24 in Terrace

Fee: \$20

Resource Person: Joanne Ranson, Lawyer.

This session is designed primarily for private agencies to provide participants with an understanding of what the new laws mean and how they differ from the previous rape/indecent assault provisions; to explore possible effects of these laws in providing protection to victims of sexual assault; to define practical methods of assisting the victim to understand and deal with the legal system. Co-sponsored with the Solicitor General, Canada and Special Projects Branch, Ministry of the Attorney General.

THE YOUNG OFFENDERS ACT: Panacea or Pandemonium

Date: **April 13** at the Delta Municipal Hall

Fee: \$10

Resource People: Prof. Donald J. MacDougall, Faculty of Law, UBC; Peter Whelan, Ministry of the Attorney General; Fern Jeffries, Consultation Center, Solicitor General, Canada; Gail Weddell, Senior Crown Counsel, Vancouver Family Court; Chief Constable Doug MacLeod, Delta Police Department; Judge Philip Govan.

A one day workshop to focus on the recently passed Young Offenders Act. The workshop is designed for people with private agencies and community groups interested in young people and the law. Co-sponsored with Delta Youth Services and Solicitor General, Canada.

DEALING WITH THE HOSTILE CLIENT

Dates: **May 5-6** at the Justice Institute in Vancouver

Fee: \$25

Resource Person: Tony Burrell, Staff Development Officer, Corrections Academy, Justice Institute.

A two day workshop to assist cross-system professionals in effectively dealing with client hostility. Topics will include dealing with participants' own feelings and stress levels during hostile encounters, communication skills as applied to these situations, and stress management.

WORKING WITH CHILDREN WHO HAVE BEEN ABUSED: Tools and Techniques

Date: **April 14** in Powell River

Fee: \$18

Resource Person: Barbara Cleveland, Child Protection Service Unit, Children's Hospital in Vancouver; former member of the Fraser Valley Child Abuse Team.

This workshop has been designed for people who work with abused children in a counselling, therapeutic, instructional or investigative environment. Topics will include: using dolls as an investigative tool when interviewing children who have been abused; physical and emotional environments; group work with children; pitfalls. Co-sponsored with Malaspina College.

COUNSELLING FOR MEN WHO BATTER

Dates: **May 19-20** in Prince George

Fee: \$60

Resource Person: Anne Ganley, PhD., psychologist on the staff of a medical centre in Tacoma, Washington where she has designed and co-directed an in-patient program for batterers since 1976.

A two day workshop for people interested in, or currently providing, treatment for batterers. The session will include definitions, causes, and characteristics of men who batter; treatment options; assessment; and therapeutic issues. Co-sponsored with the Nechako Centre, Prince George Regional Hospital.

ADOLESCENT RUNAWAY REACTION

Dates: **May 6-7** in Courtenay

June 2-3 in Vancouver

Fee: \$40

Resource Person: Steven Scofield, PhD., clinical and developmental psychologist specializing in work with children and families at Children's Hospital, Vancouver and in private practice.

A two day workshop to provide information, skill development and discussion on dealing with runaways and their families, including: assessment and intervention options, adolescent depression, signs/symptoms/signals, and normal vs. abnormal behaviour. In Courtenay, co-sponsored with the Comox Valley Professional Development Association. For more information contact Bruce Stevenson (Courtenay) 334-4471, or Marje Burdine (Vancouver) 228-9771, Loc. 271.

ADOLESCENT RUNAWAY REACTION, ADVANCED

Date: **June 24** at the Justice Institute in Vancouver

Fee: \$40

Resource Person: Steven Scofield, PhD., clinical and developmental psychologist specializing in work with children and families at Children's Hospital, Vancouver and in private practice.

This workshop is being offered to respond to specific needs of persons who have already attended a session on the Adolescent Runaway Reaction. It will deal with issues and situations related to runaway youth and their families which require additional information or a more in-depth problem-solving focus. Pre-requisite for enrollment is attendance at a previous workshop on the Adolescent Runaway Reaction.

STRESS IDENTIFICATION

Date: **June 10** at the Justice Institute in Vancouver

Fee: \$25

Resource Person: Fred Van Fleet, PhD. Dr. Van Fleet is a consultant psychologist with the Justice Institute. He has worked as a trainer consultant on stress management and crisis intervention within the justice and public safety systems for a number of years and speaks throughout Canada in this field.

ate Agency Programs

A one day interdisciplinary workshop to provide an explanation of stress with major emphasis on identification of stress and application to the work setting. Topics include: recognition of stress, how to identify high stress situations, and ways to manage stress.

CHANGING TIMES:

A Workshop for Practitioners on the Young Offenders Act

Date: **May 18** at the Justice Institute in Vancouver

Fee: \$5

Resource People: Judge Omer Archambault, Dept. of Justice, Ottawa and former Director of Policy (Young Offenders) for Min. of Solicitor General with prime responsibility for development of the Young Offenders Act legislation; Peter Whelan, Ministry of Attorney General; Bill Beamish, B.C. Police Commission; Hank Mathias, Corrections Branch; Gail Weddell, Crown Counsel; Representative, M.H.R.

This workshop has been designed to provide information on the new Young Offenders Act and discussion on the changing roles of professionals who deal with the family court system. Emphasis will be placed on the effect of the legislation on practitioners who work with young people in the court system. Designed for Vancouver staff from corrections, police, courts, the legal profession and human resources. Co-sponsored with the Vancouver Family Court Management Committee and Solicitor General, Canada.

WORKING 9 to 5:

A Workshop for Support Staff on Leadership and Communication

Dates: **May 11-12** at the Justice Institute in Vancouver.

Fee: \$25

Resource Person: Vera Bergman, Program Director, Corrections Academy, Justice Institute.

A two day workshop for support staff who are currently supervising others or who are interested in improving their skills in leading and supervising.

Topics will include: working with and for others, dealing with conflict and working through problems, reprimanding and rewarding, setting priorities and planning your work, and how to give direction and get results.

CHILD SEXUAL ABUSE

May 11-13 at the Justice Institute in Vancouver. A Provincial Conference on the Prevention of Child Sexual Abuse. This 2½ day conference will bring together representatives from around the Province to focus on networks and programs related to child sexual abuse prevention. Mandates and protocols for intervention will be clarified to promote a more effective inter-disciplinary team response. A variety of currently existing prevention programs suitable for urban and rural communities will be presented in small workshops. Co-sponsored with Solicitor General, Canada. Fee: \$50.

May 17-18 in Prince Rupert. North Coast Child Sexual Abuse Conference. A two day conference for cross-systems professionals to provide practical knowledge and skills to deal with situations involving child sexual abuse; to encourage an effective interdisciplinary team response to the issue; and to educate participants in the treatment of sexually abused persons. Resource people include Lucy Berliner (keynote speaker), Sexual Assault Centre, Harborview Medical Center in Seattle. Co-sponsored with MHR, RCMP, Mental Health and Northwest Community College. Fee: \$50. For information contact Mike James, Prince Rupert (627-1391) or Marje Burdine, Vancouver (228-9771 Loc. 271).

TRAUMA WORKSHOP

Dates: **April 23** at Okanagan College in Penticton, co-sponsored by the Okanagan College, Penticton Centre and the Justice Institute: Emergency Health Services Academy and Community Programs. For more information contact Community Education, Okanagan College, Penticton at 492-4305.

May 14-15 in Williams Lake, co-sponsored by the Williams Lake Ambulance Service and Justice Institute: Emergency Health Services Academy and Community Programs. For more information

contact Williams Lake Ambulance Service, 392-3120.

Resource People: In Penticton — Dr. Larrie Mandreck, M.D. (C.C.F.P.) and Lindsay Prouty, R.N., Nurse Instructor for Advanced Life Support at the Justice Institute.

In Williams Lake — Dr. Ken MacKenzie, Medical Advisor to Ambulance Recruit Training at the Justice Institute and Emergency Physician; and Lindsay Prouty, R.N., Nurse Instructor for Advanced Life Support at the Justice Institute.

These sessions are designed to assist nurses, ambulance attendants and other first-line responders assess patterns of severe trauma and institute measures to prevent further injury.

PRIVATE AGENCIES' TRAINING

A series of staff training sessions for staff of Emily Murphy Transition House designed in response to a request from the organization. Sessions will include topics of counselling, crisis intervention, and conflict management.

Another series has been organized for the provincial board of a private agency on the topics of Team Building, Understanding the Group and Conducting Meetings, and Leadership Skills.

THE VIOLENT OFFENDER

What Have We Done, What Can We Do?

Dates: **May 26-27** at the Justice Institute in Vancouver

Fee: \$40

Resource People: will include John Berberich, PhD., Clinical Psychologist, Seattle (keynote speaker); Dr. Joseph Noone, Director, Forensic Psychiatric Clinic; Mike Shea, Coquitlam Family Center; Fred Van Fleet, PhD., Consulting Psychologist, Justice Institute; Dale Trimble, MA, Counsellor of Humanistic Psychology.

A two day conference to provide an overview of issues and concerns related to the violent offender and violent adolescent, including roots of violence, treatment in the community and in corrections, prediction and prevention, offence and offender profiles, and the law as it relates to the violent offender. As well specific skills, techniques and information will be provided through small group sessions. Co-sponsored by the John Howard Society and Justice Institute: Corrections Academy and Community Programs.

BASIC FIRE PREVENTION AND SAFETY

Dates: **June 2-3** in Victoria

Fee: \$35

A workshop for custodial and management staff working in boarding homes, group residences or long term care facilities. Content includes: fire behavior and prevention, pre-fire planning, equipment use and special needs evacuation. Co-sponsored with the Fire Commissioners' Office.

DEMYSTIFYING THE FAMILY COURT PROCESS

Dates: **June 27-28** at the Justice Institute in Vancouver

Fee: \$80

Resource People: Lynda Camley, Lawyer and Legal Studies Instructor, Courts Academy, Justice Institute; and Chris Poole, Instructor, Courts Academy, Justice Institute.

This two day seminar is planned to demystify the family court process. It will explain why the courts operate as they do; the meaning behind their procedures; their internal structure; and how to meet the challenge of appearing as a witness to give evidence. Designed for staff in ministries who find themselves appearing in family court to give evidence. Co-sponsored by Justice Institute's Courts Academy and Community Programs.

COMMUNICATING WITH CHILDREN AND YOUTH

Dates: **July 14-15** in Vancouver

Fee: \$40

any of these programs, and to enquire about registration, contact Comm

Other Inter-Disciplinary Programs

Resource Person: Steven Scofield, PhD., clinical and developmental psychologist specializing in work with children and families at Children's Hospital, Vancouver, and in private practice.

This workshop will provide concepts and a framework for communicating with children and youth at various developmental stages, including both verbal and non-verbal communication. It is designed for persons working with children on a one-to-one basis or in small groups.

TREATMENT FOR CHILD SEXUAL OFFENDERS

Dates: **June 4-5** at the Justice Institute in Vancouver.

Fee: \$45

Resource Person: Irwin Dreiblatt, PhD., psychiatrist, co-director of Pacific Psychological Services in Seattle and on the clinical faculty of the Dept. of Psychiatry and Behavioral Science and Dept. of Psychology at the University of Washington.

A two day workshop for people interested in, or currently providing treatment for child sexual offenders. Will provide information on clinical assessment and treatment options in community-based programs, as well as an overview of sexual offenders and current offender treatment programs.

CO-OPERATIVE CONFLICT RESOLUTION: Mediation Skills

Dates: **June 22-24** at the Justice Institute in Vancouver

Resource Person: Peter Renner, private consultant and trainer

Fee: \$50

Co-sponsored with Solicitor General, Canada this workshop is designed to develop skills in co-operative conflict resolution involving a neutral third party. Participants will learn a mediation process which will assist them in dealing with clients in a conflict relationship.

SUPERVISORY STAFF TRAINING

A continuing series of workshops designed for the supervisory staff of Elizabeth Fry Society in Vancouver in response to their request for ongoing management training. Topics include: Leadership Styles, Program Evaluation, Interviewing and Hiring Staff, Leading Group Discussions, Planning and Organizing Skills. Resource people are staff from the Justice Institute.

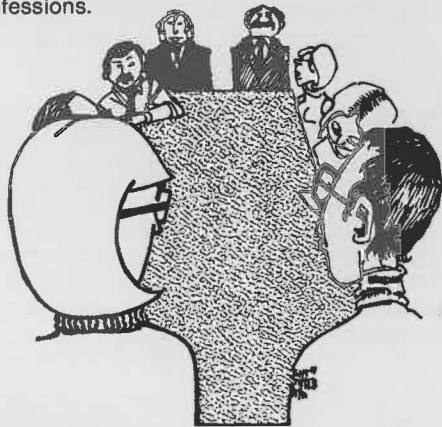
CRISIS MANAGEMENT SKILL TRAINING

Dates: **June 28-30** at the Justice Institute in Vancouver

Fee: \$120

Resource People: Fred Van Fleet, PhD., Consulting Psychologist, Justice Institute; Lynn Alden, PhD., Clinical Psychologist, UBC.

A three day session to: assist management and supervisory personnel recognize the effects of stress on their staff; identify employees who are experiencing stress which may adversely affect their on-the-job performance; learn skills in crisis intervention, counselling and referral techniques to assist them in their role as supervisors. This session is designed for supervisors from crisis-oriented justice and public safety professions.



In addition to sessions provided by Community Programs, other inter-disciplinary programs are provided through the Management Development Center and Program Development Department. For more information, contact: 228-9771 Loc. 338.

ORIENTATION TO SUPERVISION

Dates: 5 Monday afternoons (1:30 - 4:30 pm) starting **April 18** in Vancouver

5 Tuesday afternoons (1:30 - 4:30 pm) starting **April 19** in Nanaimo

5 Wednesday mornings (9:00 - Noon) starting **April 20** in Victoria

Fee: \$75 (for all 5 sessions)

An introduction and overview of the skills and knowledge needed by supervisors in government and community organizations. This is an appropriate course for those wishing to take a management course for self-development purposes. Topics cover: management mosaic, clearing communications, setting standards and appraising performance, leading and motivating, developing careers — yours and others.

PRINCIPLES OF SUPERVISION

Dates: Week 1 **Apr. 18-21** in Prince Rupert;

June 13-16 in Vancouver

Week 2 **April 25-28** in Kelowna

Note: There is no time restriction on when a person must take Week 2 after completing Week 1. This is at the discretion of the participant and his/her supervisor.

Fee: \$250 for each week.

This management course is designed for those at the first level of supervisory responsibility. It is a two week program with an interval between the first and second weeks. The first week is an introduction to the management process and both theory and practical situations will be presented. The first week is also a prerequisite for taking Week 2. Week 2 extends the principles of good supervisory management presented in Week 1 and details the ongoing functions of a supervisor.

PRINCIPLES OF MANAGEMENT FOR MIDDLE MANAGERS

Dates: **May 9-12** in Chilliwack;

June 6-9 in Vancouver

Fee: \$250.

This is an advanced management course intended for those who supervise other managers. As well, participants in this course should be part of a management team. The course is four days with some evening work required. Participants will be asked to bring data from their own organization which will then be used as part of the instructional material. Subjects to be covered include: goals and standards, coaching and counselling, meeting leadership, team building, leadership, and interpersonal communication.

TRAINING TECHNIQUES

Dates: **June 20-24**

Fee: \$100

An intensive, highly participative workshop for people who have the responsibility to train others in classrooms or on the job. You will learn a systematic approach to designing training sessions and lesson planning; develop delivery skills and, through use of video and feedback, receive information on your performance in a supportive atmosphere. Maximum: 5 participants.

Women's Access Programs

Programs For

The Women's Access Program through a grant from the Ministry of Education offers consultation, education and support services for both women who work within the justice system and community members concerned about women's issues in justice and public safety. The goals are:

- to raise awareness about women's issues in justice and public safety
- to provide information and support for women within the justice system
- to help women gain access to parts of the system previously closed to them and, when possible, to help ease the adaptation process of doing so.

Examples of current and forthcoming programs include: Career Obstacles and Options: A Four-Part Women and Management series; W.A.P. Film Series; The Prevention of Child Sexual Abuse: Programs and Networks; Support Staff and Workplace Blues: Creating a Satisfying Work Environment in the 1980s; Pornography and Public Safety. For further information contact Susie Walsh at 228-9771 Loc. 287.

CAREER OBSTACLES AND OPTIONS: Strategies for Success

PART FOUR: Effective Communication; Effective Planning and Organizing

Date: **April 9**, 9:00 am - 4:00 pm (two one-half day workshops)

Resource People: Dr. Marsha Trew, Instructor, Foundation Programs, Management for Women, Simon Fraser University; Vera Bergman, Program Director, Corrections Academy, Justice Institute of B.C.

Fee: \$25

Location: Lawrence Hall Auditorium, Justice Institute

These two workshops conclude a four part women and management series designed for women in, or interested in, management. New participants are welcome.

SUPPORT STAFF AND WORKPLACE BLUES: Creating a Satisfying Work Environment in the 1980s

Dates: **June 24 and 25**, 9:00 am - 4:00 pm daily (four half workshops)

Fee: \$25

Place: Lawrence Hall Auditorium, Justice Institute

This two day session will provide practical information and active learning experience for support staff wishing to investigate their role and opportunities in today's depressed economy as well as in tomorrow's automated world. Workshops include: career planning; time and stress management; sexual harassment; communication and clout.

BURGLARY PREVENTION IN THE HOME

Dates: **May 10**, 7:30 pm - 9:30 pm at Mt. Pleasant Community Centre 3161 Ontario St., Vancouver. 874-8165

May 13, 1:30 pm - 3:30 pm at St. James United Church, 3214 W. 10th Ave., Vancouver. 734-4974

Fee: \$2; to register, contact phone number listed with date.

Co-sponsored with the Solicitor General, Canada, this one session seminar will focus on preventative techniques a homeowner or renter can carry out to reduce risk of burglary and improve home security. Instructors will be members from local police.

RAPE AWARENESS

Date: **April 20** at Charles Tupper Bridge Program

Instructors: members of the Women Against Violence Against Women Rape Crisis Center.

This session is directed toward persons wishing to learn more about why rape occurs, support services available and the impact of new sexual assault legislation. Co-sponsored with the Solicitor General Canada.

AN OUNCE OF PREVENTION

Date: **May 5**, 6:30 pm - 9:30 pm at Kits Community Centre 2690 Larch St., Vancouver. 734-4974

Fee: \$3.

This course is directed toward parents who have already taken "Emergency Care of Young Children". Combining lecture material and hands-on practice this session will cover common emergency procedures including infant C.P.R. and choking.

CHILD SAFETY PACKAGE FOR PARENTS

Dates: **May 30, June 6, June 13** at Sunset Community Centre 404 E. 51st, Vancouver. 325-1202.

Fee: \$6 for the series; \$2 per session.

Three 2-hour sessions directed toward parents wishing to create a safer and more healthy environment for their children.

May 30, 7:30 pm — Emergency Care of Young Children

June 6, 7:30 pm — Safe Child Care

June 13, 7:30 pm — Toy and Product Safety

FAMILY VIOLENCE: A Preventive Approach

Date: **May 26**, 7:30 pm at Mt. Pleasant Community Centre 3161 Ontario St., Vancouver. 874-8165

Fee: \$2

This session is directed toward people concerned about violence in the home and who want to reduce the possibility of it occurring. Topics will include wife battering and child abuse. Support services and preventive approaches will be discussed.

For more information on any of these programs, and to enquire

UNRAVELING THE CRIMINAL PROCESS: Where Do You Stand?

Date: **April 28**, 7:30 pm at Kitsilano Community Centre 2690 Larch St., Vancouver. 734-4974

Fee: \$2

This session will provide an overview of the criminal justice system by taking participants through the process from the beginning of the offence to the appearance in court. Topics include: what is an offence, powers of arrest, police response and citizens' rights.

HEARTSAVERS: BASIC LIFE SUPPORT

Dates: **April 5**, 6:00 pm - 10:00 pm (one session) at the Justice Institute, 4198 West 4th Ave., Vancouver. 228-9771 Loc. 224

OR **April 6**, 6:00 pm - 10:00 pm (one session) at the Justice Institute, 4198 West 4th Ave., Vancouver, 228-9771 Loc. 224

Fee: FREE; see the Vancouver School Board flyer for details.

This course is ideal for people with no background in first aid or health care. Content includes identifying factors that contribute to heart attack, explaining heart attack symptoms and developing skills to provide emergency resuscitation. Instructors will be certified C.P.R. instructors. Co-sponsored with the Vancouver School Board.

HOW TO TALK TO YOUR CHILDREN ABOUT SEXUAL ABUSE

Dates: **April 6**, 7:30 pm Kits. Neighbourhood House 2305 W. 7th Ave., Vancouver. 736-3588

April 12, 7:30 pm St. Phillips Pre-School; 8:45 pm Inglewood Pre-School (For parent members only)

April 15, 9:30 am at Pt. Coquitlam Family Centre, 931-7455
May 10, 10:00 am at Willingdon Heights Recreation Centre, 1491 Carleton, Burnaby. 299-1446

May 31, 7:30 pm at Sunset Community Centre, 404 E. 51st Ave., Vancouver. 325-1202.

June 21, 7:30 pm at Coquitlam Family Centre. 931-7455

Fee: \$2

One session directed toward parents concerned about the safety of their children. Issues such as sexual assault will be discussed and advice on information materials and protective measures will be offered.

EMERGENCY CARE OF YOUNG CHILDREN

Date: **April 12**, 10:00 am at Willingdon Heights Recreation Centre 1491 Carleton St., Burnaby. 299-1446

Fee: \$2; to register contact number listed above.

This program is directed toward parents wishing to learn more about emergency care of young children. Topics include: how to administer initial first aid, when to call an ambulance and common emergency occurrences. Resource people will be from the Red Cross.

Programs For Seniors

SCHEMES, SCAMS AND CONS

Dates: **April 13**, 2:30 pm - 4:00 pm at Carnegie Centre 401 Main St., Vancouver. 665-2220

April 6, 2:00 pm - 4:00 pm at Kits Neighbourhood House 2305 W. 7th Ave., Vancouver. 736-3588

April 27, 2:00 pm - 4:00 pm at Champlain Heights Community Centre, 3350 Maquinna St. 437-9115

June 15, 7:00 pm - 9:00 pm at Wallace Wilson Senior Citizen Housing Project.

Fee: FREE; to register, contact phone number listed with date above.

One session seminar directed toward senior citizens; focuses on ways they can protect themselves in their homes, on the street and in the marketplace. Film "Senior Power" will be shown. Resource people will be police officers. Co-sponsored with Solicitor General, Canada.

HEALTH PROMOTION THROUGH NUTRITION

Date: **April 27**, 2:30 pm - 4:00 pm at Carnegie Centre 401 Main St., Vancouver. 665-2220.

Fee: FREE; to register, contact telephone number listed with date.

This program is directed toward seniors wishing to learn more about the planning of well balanced meals, special diets and inexpensive but nutritious recipes. Instructors will be from the Red Cross.

HEART SAVERS FOR SENIORS

Date: **April 12**, 10:00 am - 3:00 pm (one session) at the Justice Institute, 228-9771 Loc. 224

Fee: \$5; to register, contact number listed with date.

This course is ideal for people who have a family member or friend with a heart condition. Content includes: how to recognize heart attack symptoms and how to administer emergency resuscitation. Resource people will be certified C.P.R. instructors.

RISKS AND SIGNALS

Dates: **April 12**, 2:00 pm - 4:00 pm at Kitsilano Neighbourhood House 2305 W. 7th Ave., Vancouver. 736-3588

April 25, 11:30 am at Cameron Recreation Centre, 9523 Cameron, Burnaby. 421-5225

Fee: FREE; to register contact number listed above.

One session directed toward seniors; focuses on how to recognize heart attack symptoms, types of actions to be taken to reduce risk of attack and simple procedures to handle medical emergencies pertinent to seniors.