

Change and Its Effects

Women's Workshop at 'X'

Women who must respond to alterations in their personal lives as well as societal changes may benefit from an all-day workshop sponsored by the Continuing Education Department of St. Francis Xavier University on Saturday, October 29. The purpose of the workshop entitled "Women's Changing Lives" is to allow women an opportunity to understand and reflect on their experiences with major life changes, and to explore ways of coping with them.

Angela Miles, a member of the university's sociology department and spokesman for the effort, explains that the day-long program will appeal to a variety of women of

every age and social position.

Lanie Melamed, an adult educator from Montreal, is the resource person for the workshop. Ms. Miles describes Ms. Melamed as experienced and competent to conduct such a workshop. She believes that the former director of women's programs at Dawson College, Montreal, brings to her Antigonish assignment a vast experience with women's issues and an appealingly easy manner.

The agenda will begin with a process of self-examination which focuses on personal development. This introspective segment will be complemented with an atmosphere which brings participants from

isolation into a supportive group setting. Both small and large discussion groups will be established throughout the day.

Ms. Miles notes that the introspective program coupled with group support and exchange provides a "self-affirming" approach to women and their changing lives.

The sociologist believes that workshops of this nature are more relevant to the Antigonish woman of today. Everyone's life, in the view of the spokesman, includes some change. That change becomes more acute in a society which now boasts of rapid and constant change. One example of the two types of change can be perceived in the life of a woman who rears fewer children than the generation which preceded her, yet remains younger

longer in the view of society. At 42, with children grown, this woman might well have to examine the options which challenge her.

Ms. Miles suggests that the October 29 workshop will deal more positively with responding to change rather than coping with it. She adds that Ms. Melamed will provide illuminating views on generating this response in a productive way.

Barbara MacDonald is the coordinator of the program which begins at 10 a.m. and breaks for lunch at noon. Afternoon sessions are from 1 to 4 p.m.

Participants are asked to bring a lunch and register in advance by calling 867-3906. The fee is \$15.