



YWCA PROJECT	ROLE OF VOLUNTEER	NO. OF VOLS & TIME COMMITMENT	COSTS/DONATION
<p><b>CRABTREE CORNER BREAKFAST</b></p> <p>Location: Crabtree Corner 533 East Hastings Street</p>	<p>Provide and serve breakfast for Crabtree Corner child care, housing and program families. Breakfast is served Monday-Friday. Groups decide on the breakfast menu and purchase the supplies beforehand. Food suggestions will be provided.</p>	<p>3-7 Volunteers</p> <p>2 hours (8:10-10 AM) Monday- Friday</p>	<p>\$150-\$175 for food and supplies to feed 30-45 individuals.</p>
<p><b>CRABTREE CORNER BAG LUNCH FRIDAYS</b></p> <p>Location: Crabtree Corner 533 East Hastings Street</p>	<p>Provide and serve sandwiches for women and their children in the downtown eastside. Lunches are handed out on Fridays. Groups purchase sandwich fillings, soft nut-free granola bars and fruit beforehand.</p>	<p>2-4 Volunteers</p> <p>2.5 hours (12-2:30 PM) Fridays</p>	<p>\$250 for food to feed 120 individuals.</p>
<p><b>CRABTREE CORNER HOT LUNCH</b></p> <p>Location: Crabtree Corner 533 East Hastings Street</p>	<p>Provide and serve a nutritious hot lunch for Crabtree Corner child care, housing and program families. Groups decide on the lunch menu and purchase the supplies beforehand. Food suggestions will be provided. Our staff will be on site to help and provide a tour of Crabtree Corner</p>	<p>4-5 Volunteers</p> <p>Prepare your meal in the Crabtree Community Kitchen from 12-2 PM Serve: 2-3 PM Clean-up 3-4 PM Mondays and Thursdays</p>	<p>\$250-\$350 for food that will feed approximately 100 individuals</p>

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<b>YWCA TRIFT SHOP</b>  Location: 4399 Main Street, Vancouver	Sorting, tagging and steaming clothing donations. Cleaning, sweeping, mopping, washing windows, etc.	2-8 Volunteers  2-6 hours (10:30 AM-4:30 PM) Mondays	n/a
<b>GARDENING AND YARD WORK</b>  Location: Various Housing & Child Care Locations in Metro Vancouver	Assist with general labour and yard work. Tasks include gardening, painting and deep cleaning. Tasks are seasonal.	3-6 Volunteers  4-6 hours (9-4 PM) Monday-Friday	\$0-\$75 for project supplies (depending on request)
<b>CHILD CARE ACTIVITIES</b>  Location: Various Child Care Locations in Metro Vancouver	Healthy baking, cleaning, seasonal crafts or building items.	3-6 Volunteers  4-6 hours (9-4 PM) Monday-Friday	All of your supplies.
<b>ESCAPE FROM POVERTY CHALLENGE</b>  Location: We can host the event at your office or at the YWCA Hotel (733 Beatty Street, Vancouver) or YWCA Program Centre (535 Hornby Street, Vancouver)	The Escape from Poverty Challenge is an interactive experience where teams must make difficult decisions based on the limited budget of a low-income single mother struggling to parent, feed her children and pay rent.  For more information click <a href="#">here</a> .	Minimum 15 - maximum 28 volunteers  The challenge runs for 40 minutes. Teams will then participate in a talking circle (15-30 mins) to share experiences and hear from the women whose lives inspired the Escape from Poverty Challenge.  Monday-Friday (anytime)	Each team must raise a minimum of \$500 to participate. Teams include up to 4 individuals – they can be your colleagues, friends or family.



To organize your group activity please contact us at [groupvolunteers@ywcavan.org](mailto:groupvolunteers@ywcavan.org)

## **YWCA Crabtree Corner (Vancouver)**

A place of warmth and refuge for women and children living in poverty in the Downtown Eastside. Crabtree Corner provides housing for pregnant and parenting women struggling with substance use, free drop in early learning and care for children, an FASD (Fetal Alcohol Spectrum Disorder) Prevention Program, Single Mothers' Support Group and family breakfast and lunch programs.

## **YWCA's Rooftop Garden (Vancouver)**

In 2006 the ornamental landscaping at the YWCA program centre was transformed into edible landscaping. Annually the garden yields over 700 kilograms of high quality fruits and vegetables. These items are shared with program participants who might otherwise have no access to fresh produce.

## **YWCA Munroe House (Vancouver) and Arbour House (Surrey)**

Munroe House is Canada's oldest second stage transition house where women and their children can begin to rebuild their lives after leaving abusive relationships. Former residents also have the opportunity to continue to receive ongoing support as needed, even after establishing their own homes. Arbour House was opened in 2012 to meet the increasing demand in Surrey.

## **YWCA Emma's Early Learning and Care Centre (Vancouver)**

On-site child care services for the children of at-risk low-income teenage mothers who are finishing their high school education. By helping young moms complete high school and gain parenting skills, we are improving the quality of their lives and their children's lives in the future.

## **YWCA Fraser Gardens (Langley), Semlin Gardens (Vancouver), Alder Gardens (Surrey) and Como Lake Gardens (Coquitlam)**

Affordable housing for low-income, single mothers and their children who are at risk of homelessness. Stable housing is the first step for a single mother en route to economic independence. For women on social assistance or working minimum wage jobs there is little time or money left for schooling and the development of meaningful careers. These housing facilities, along with other YWCA support services they receive, allow single mothers the opportunity to further their education.

## **YWCA Cause We Care House (Vancouver)**

An expansion and enhancement of the programs and services already provided at YWCA Crabtree Corner Family Resource Centre. In partnership with the City of Vancouver and Vancouver Public Library, YWCA Cause We Care House will provide 21 units of housing for low-income single mothers and their children as well as program space. These families are homeless, at risk of homelessness or living in unsafe accommodation.

## **YWCA Thrift Shop (Vancouver)**

The YWCA Thrift Shop helps to generate revenue to support over 50 YWCA programs and services and YWCA program participants are provided with gift certificates to shop for what they need.