



YWCA

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YWCA Program Centre

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YWCA VISION

Achieving women's equality.

YWCA MISSION

To touch lives and build better futures for women and their families through advocacy and integrated services that foster economic independence, wellness and equal opportunities.

YWCAVAN.ORG



MESSAGE FROM THE CEO



Almost a year into my role as CEO, I have been reflecting on all that we have accomplished since I joined YWCA Metro Vancouver. It has been a productive and rewarding year. I have gained a deeper understanding of our work, and gotten to know so many of you - the partners, supporters, volunteers, clients and staff - who make what we do possible.

Nowhere is the YWCA's impact felt more than through our many programs and services that support vulnerable families. As you likely know, providing safe, affordable housing for single mothers and their children is fundamental to our mission. Over the past decade we have worked hard to address the housing challenge and have made great progress. Soon we will open the doors to YWCA Pacific Spirit Terrace and welcome 31 families to their new homes. We are also excited to begin a new housing community at Arbutus Centre. You can read more housing updates below.

This fall also saw the launch of a number of programs that focus on the training and employment needs of women. In addition to programs in trucking and tourism, we launched new programs for minority, newcomer and refugee women in tech and the non-profit sector, and expanded our services for survivors of violence. We are also partnering with the Social Research and Demonstration Corporation to examine how employment supports impact the success of refugee and highly skilled immigrant women.

To support women on their paths to economic independence, we also have to address the uneven distribution of unpaid care. This was the topic of

discussion at our Annual General Meeting this past June. Although in Canada nearly as many women as men work outside the home, women work nearly twice as many hours providing unpaid care. I moderated a lively and informative panel discussion that focused on solutions - small and large, individual and systemic - to this issue. We will continue to advocate for social and policy changes that address the imbalance in unpaid care.

In response to the widespread issue of youth dating violence across Canada, YWCA Metro Vancouver received funding from The Public Health Agency of Canada to pilot a dating violence prevention program. Dating Safe builds on the success of our other youth programs, and aims to provide young people with the knowledge and skills to develop healthy relationships. You can read more on page 3.

Finally, we have been busy working on our 2020-2022 strategic plan. This new roadmap sets key priorities for the coming three years related to our organizational practices, program development and advocacy work. It also outlines new activities within our core service areas. You can read highlights from the plan on the next page.

Thank you all for making my first year with the YWCA such a great one. I can't wait to see what we can accomplish together in the months and years to come.

Deb Bryant
Deb Bryant
Chief Executive Officer

YWCA HOUSING UPDATE



Construction at YWCA Pacific Spirit Terrace is nearing the final stages, with expected occupancy before the end of the year.

CELEBRATING 40 YEARS, A GRAND OPENING & A NEW HOUSING COMMUNITY

YWCA Metro Vancouver continues to seek partnerships to provide more housing for single mothers and their children. And while we have much work to do, we have many successes to celebrate, too. This year marks the 40th anniversary of YWCA Munroe House, Canada's first second-stage transition house; we are also excited to announce a new project at Arbutus Centre and the coming opening of YWCA Pacific Spirit Terrace.

Significant barriers

For many single mothers, finding safe, affordable housing remains a significant barrier that leaves them unable to plan for their futures. This is particularly challenging in Metro Vancouver, where market rents are beyond the reach of many.

"I am on every waitlist," said Andrea, a YWCA program participant. "As a working single mom, I am running out of options." The waitlist for YWCA housing currently has more than 1,200 applicants.

YWCA Pacific Spirit Terrace grand opening

We will soon be opening the doors to YWCA Pacific Spirit Terrace!

Partnering with the City of Vancouver, this innovative housing community will provide 31 new units for single mothers and their children above the new Vancouver Fire Hall No. 5 in Champlain Heights.

This neighbourhood is perfect for families, with elementary schools, grocery stores and a community centre within walking distance.

YWCA Pacific Spirit Terrace would not be possible without the generous support of the Government of Canada - Homelessness Partnering Strategy, The Province of BC - BC Housing, City of Vancouver, Pacific Spirit Foundation, Streethome Foundation, MariaMarina Foundation and other generous donors.

Announcing new housing at Arbutus Centre

The YWCA is excited to announce a new project at Arbutus Centre. We will be working together with Tikva Housing Society and the Association of Neighbourhood Houses of BC as delivery partners to operate 125 units of social housing, 32 of which will be for single mothers and their children. Construction is underway with expected completion in summer/fall 2020.

YWCA St. Georges

Construction at YWCA St. Georges is well underway with expected completion in January 2021. This partnership with Chard Development will provide 14 units of affordable housing in the City of North Vancouver. We have raised \$5,262,247 of \$6,436,534 toward our capital and endowment campaign.

For more information on new YWCA housing developments or to make a donation, contact Brenda Ulmer at bulmer@ywcavan.org | 604 895 5764.

DATING SAFE



The YWCA is excited to welcome Ryan Avola, Program Facilitator of Dating Safe.

GIVING TEENS THE TOOLS TO DATE SAFE

Did you know that 54% of girls between ages 15 and 19 experience sexual coercion in dating relationships¹ or that youth experiencing violence, regardless of gender or sexual orientation, can experience devastating mental health impacts, such as depression, anxiety, post-traumatic stress and substance use?²

In response to the widespread issue of gender-based violence, YWCA Metro Vancouver received funding from the Public Health Agency of Canada to pilot a new program for youth called Dating Safe. This funding was announced by the Minister of Health, the Honourable Ginette Petitpas Taylor, on June 4th as part of the Government of Canada's commitment to preventing youth dating violence. The government's cross-country initiative is \$40 million in funding that will span over five years.

Upon receiving funding, the YWCA embarked on a needs assessment, which included a comprehensive literature review, interviews and focus groups with experts, youth and educators. It became clear that a gap exists in dating violence prevention programming in high schools.

Our goal for *Dating Safe* is to provide youth with the knowledge and skills to develop healthy relationships that are free from violence and abuse.

To do this, we will implement an eight-module program as part of the Physical Health and Education classes to all Grade 8 students. The topics covered include: *Healthy Relationship Skills, Communication Skills, Building Consent Culture, Social Media and*

Dating, Understanding Dating Violence, Gender Stereotypes and Dating Violence, Intoxication Culture and Bystander Intervention. These will be accompanied in the following years with booster modules for grades 9 and 10 students to build on previously learned skills and dive deeper into issues they will face as older students.

The curriculum was developed through a lens that is trauma-informed and culturally safe, and reflects LGBTQ2+ youth experiences.

As part of this initiative, the YWCA is partnering with Reciprocal Consulting to undergo a program evaluation to determine whether the program leads to changes in knowledge, attitudes and behaviours related to dating violence.

Before the grant has finished, the YWCA will pass on the curriculum to school districts, which will continue to implement the program to students. Train-the-trainer sessions and a best practices toolkit will be offered to schools to ensure they feel equipped to deliver the material.

The YWCA is excited to start the program in Vancouver in November 2019, with a second program in Surrey beginning in January 2020.

For more information on *Dating Safe* or to support Youth programs, contact Vanessa Wellington-Clark at 604 895 5826 | vwellington@ywcavan.org.

1. <https://www.bwss.org/resources/information-on-abuse/numbers-are-people-too/>
2. Ryan C. Shorey, Heather Zucosky, Hope Brasfield, Jenimarie Febres, Tara L. Cornelius, Chelsea Sage, Gregory L. Stuart, "Dating Violence Prevention Programming: Directions for Future Interventions," *Aggression and Violent Behaviour* 17 (2012): 290.

YWCA STRATEGIC PLAN



The plan outlines priorities and new activities within our service areas, including our organizational operations and the programs so many women and families count on.

MAPPING OUT THE NEXT THREE YEARS

This past spring, YWCA Metro Vancouver began work on a new three-year strategic plan. Launched in October, this new plan builds on the progress of our current work and maintains the overarching themes that guide our organization every day: safety and wellness; opportunities for families; and hope for the future.

This new roadmap will help us focus even more purposefully on our strategic priorities for the upcoming years. They include:

Advocacy

The YWCA advocates for social change to achieve the full realization of equality for all women and

girls. Through advocacy, we address the root causes of poverty and social inequality, particularly the systemic barriers faced by single mothers. Our advocacy is grounded in the work we do each day and informed by current research and evidence.

- **Strategic Priority:** Build capacity to engage in effective advocacy to support systemic change. Our priority issues for the coming three years include women's economic security and independence; addressing the uneven distribution of unpaid care; universal early learning and child care; and access to legal support and services.

Housing

The need for safe, affordable housing in Metro Vancouver has never been more critical. Single mothers and their children live with the ongoing risk of being pushed out of the rental housing market. The YWCA currently operates 11 housing communities (and has two under construction) and will continue our work to address the housing needs of women and families across the region.

- **Strategic Priority:** Explore opportunities to build new housing for women-led families.

Truth and reconciliation

The YWCA is committed to supporting the full realization of substantive equality for Indigenous peoples in Canada, and to collaborate with Indigenous and community partners to advance the Truth and Reconciliation Commission of Canada's 94 "Calls to Action."

- **Strategic Priority:** Build relationships with Indigenous leaders, organizations, communities and individuals and develop tools to measure our progress and contribution to reconciliation.

Gender

Society's understanding of gender is evolving rapidly and our organizational practices are changing as well. We need to ensure that we are inclusive, respectful and remain relevant to the people we serve.

- **Strategic Priority:** Examine and uplift the emerging understanding of gender and evolve our organizational practices in light of these changes.

The plan also outlines priorities and new activities within our service areas, including our organizational operations and the programs so many women and families count on. We also created a one-page snapshot that links our strategic goals to our programs and services.

Read the plan at ywcavan.org. For questions about our strategic plan, please contact Amy Juschka at 604 895 5810 | ajuschka@ywcavan.org.

THE NEXT 125



A special Next 125 fundraising tribute for a dearly missed member of the YWCA family, Grace Tee.

THE YWCA HOTEL’S NEW ROOFTOP GARDEN: A SPACE FOR GRACE

YWCA Metro Vancouver’s milestone 125th anniversary is quickly approaching in 2022. We are both celebrating and planning for the future with The Next 125, a campaign which will engage the community and raise \$10 million to respond to our region’s changing needs.

Earlier this year, we announced a special Next 125 initiative to raise funds in honour of Grace Tee, a dear

member of the YWCA family, and a woman who touched the lives and hearts of many.

Grace was born in Manila, the Philippines, in 1963. At age 18, Grace moved to Vancouver to work as a nanny. She got married and started a family and had two beautiful daughters, Nikki and Robbie, who made her prouder than anything else in life. Her

love of adventure continued and she welcomed any opportunity to travel, and especially loved getaways to Las Vegas with her partner John.

Helping others was always Grace’s path and in 1996, she began working at the YWCA Hotel. The YWCA was a second home to Grace, and she was incredibly proud to be a part of the organization, which benefitted immeasurably from her efforts and enthusiasm.

Sadly, in 2015, when Grace was dancing to celebrate her win at the bowling alley, she suffered a heart attack; she passed away shortly after at the age of 53. The loss was deeply felt throughout her many communities; her photos still adorn the walls of the Hotel.

The YWCA and her family wanted to remember Grace by raising funds in her name and to dedicate the new YWCA Hotel rooftop garden to her memory. The garden will be a place of joy and a place to pause and appreciate life – a perfect reflection of the life Grace led.

This special tribute for Grace is part of the Building Brighter Futures area of The Next 125 campaign, to help people of all ages, backgrounds, abilities and identities have a sense of belonging, feel safe and supported and find opportunities to flourish.

If you have a fundraising idea to honour a loved one that aligns with The Next 125 or for more information about the campaign, please contact Arden Sutherland at 604 895 5895 | asutherland@ywcavan.org.

YWCA ROOFTOP GARDEN



The Rooftop Garden team grows food for our child care, family breakfast and hot lunch programs. Indigenous ceremonial plants will soon be harvested, too.

TRADITIONAL INDIGENOUS PLANTS TAKE ROOT AT DOWNTOWN OASIS

The YWCA Rooftop Garden takes everyone by surprise. Located at the Program Centre on Hornby Street, this downtown oasis is brimming with life and budding stories waiting to be discovered. From garlic bulbs drying in the tool shed, to a wall of climbing kiwi and grape vines, to stalks heavy with tomatoes at various stages of green to red, it is truly a special place.

Thanks in part to a generous donation from Parq Vancouver, this year we began growing traditional Indigenous plants to be used in ceremony during YWCA programs. We will also be planting traditional healing plants at the YWCA Pacific Spirit Terrace housing community.

Under the guidance of Indigenous Elders at UBC Farm’s Centre for Sustainable Food Systems’ Indigenous Initiatives, the plants include sage and sweetgrass that will be harvested for smudging. Other plants include: tobacco, mint, St. John’s Wort, salmonberry, soapberry, lavender, thimbleberry, huckleberry, juniperberry, stinging nettle and devil’s club.

To honour the traditions of these ancestral lands and sacred plants, we are also procuring the help of YWCA Knowledge Keepers and an Elder to guide this initiative.

Since 2006, the Rooftop Garden has been a model of sustainable development in the heart of downtown Vancouver. Surrounded by towers of glass and

concrete, the garden produces more than 1,400 pounds of produce each year, which goes directly to creating nutritious meals in our food programs. Food from our garden enables program participants at Crabtree Corner to enjoy healthy breakfasts and lunches at no cost to them.

We welcome corporate volunteer groups to help with seeding, weeding and harvesting throughout the season.

If you would like to donate to the YWCA Rooftop Garden or arrange volunteer time, contact Vanessa Wellington-Clark at 604 895 5826 | vwellington@ywcavan.org.

FASD PROGRAMMING



The United Families for our Futures program will strive to reframe the discussion around FASD to reduce shame and provide accessible information for participants.

REFRAMING THE APPROACH TO FASD PREVENTION

Fetal Alcohol Spectrum Disorder (FASD) is the leading cause of preventable developmental disability among Canadian children¹. The result of prenatal alcohol exposure, it can cause lifelong challenges with an individual's motor skills, physical health, learning, communication and social skills.

In 2018, the Centre for Addiction and Mental Health (CAMH) released findings of a large-scale study conducted across the Greater Toronto Area, which attempted to capture an accurate number for elementary school-aged children living with FASD. The results showed that the population-based prevalence of FASD is likely to range between 2% and 3%, a

number significantly higher than previously thought (approximately 1.8%)². While numbers fluctuate between communities and provinces, the study provides the first population-based estimate of the prevalence of FASD among elementary school students in Canada.

The CAMH study showed that FASD is under diagnosed and that it appears across socioeconomic strata. There are also harmful stigmas associated with FASD and as a result, women often choose not to pursue support for fear of judgement.

The YWCA has been providing holistic support for families impacted by FASD since 1994. Services

are primarily offered at YWCA Crabtree Corner Community Resource Centre and include outreach, advocacy, one-to-one support groups and educational workshops from our FASD Key Workers, Family Support Worker and an Indigenous Elder.

This year, thanks to a generous grant from the Public Health Agency of Canada, we are embarking on a new three-year applied research project aimed to shift attitudes and reduce the prevalence of FASD in marginalized communities.

This project will engage individuals with lived experience with FASD alongside community partners to design and test new and innovative FASD prevention strategies. We will consider non-traditional formats and communications strategies, such as comic strips, theatre scripts, healing workshops and others, and share our learning in a toolkit that can be used by community agencies across the country to develop their own FASD prevention strategies.

In addition to reducing the prevalence of FASD, this new project also aims to combat the stigma women face surrounding FASD. Historically, a woman's consumption of alcohol during pregnancy has been seen as a personal or moral failing on her part, when in fact it is often a response to trauma, systemic racism, violence and poverty. Through this project, the YWCA aims to educate the public on the social determinants of FASD, and create prevention strategies that are women-centred, culturally sensitive and effective.

To support women and families impacted by FASD at YWCA Crabtree Corner, contact Adina Spivak at 604 895 5789 | aspivak@ywcavan.org.

¹ Province of British Columbia. "Fetal Alcohol Spectrum Disorder: Building on Strengths, A Provincial Plan for British Columbia 2008-2018." http://www2.gov.bc.ca/assets/gov/health/managing-your-health/fetal-alcohol-spectrum-disorder/fetal_alcohol_spectrum_disorder_building_strengths.pdf. Accessed November 2017.

² <https://canfasd.ca/wp-content/uploads/sites/35/2018/05/2018-Popova-WHO-FASD-Prevalence-Report.pdf>

YWCA EMPLOYMENT PROGRAMS

NEW PROGRAMS ADDRESS THE UNIQUE NEEDS OF DIVERSE COMMUNITIES

Canada's unemployment rate has fluctuated between 5.4 and 5.8% in 2019, with record-breaking employment gain in the spring. While these numbers are the lowest in decades, not everyone is thriving when it comes to finding work.

- Newcomer and refugee women still face many barriers to employment in Canada, including racial discrimination, low wages and a lack of affordable child care and social supports. According to government data, visible minority newcomer women have the lowest pay and the poorest prospects for jobs.
- Women who have experienced violence or abuse often deal with a lack of confidence that can result in months or even years of unemployment. Sometimes even the thought of writing a resume is a barrier for survivors of violence attempting to return to work.
- Many older Canadians struggle to stay in the labour market or re-enter the workforce after losing a job. In 2016, the average period of unemployment for people 55 and over was 28.8 weeks, compared to 21.2 weeks for people 25 to 54.

This fall YWCA Metro Vancouver launched five new employment programs to support jobseekers with these unique needs.

YWCA Aspire - a 22-week employment program that assists **newcomer refugee women** in gaining valuable work experience in the non-profit sector. Location: YWCA Program Centre; Funder: Immigration, Refugees and Citizenship Canada.



Several new programs will support the diverse needs of job seekers in our community.

YWCA Elevate Skills - a 16-week employment program that assists **visible minority newcomer** women in navigating the Canadian labour market and securing meaningful careers. Location: WorkBC Centre Port Coquitlam; Funder: Immigration, Refugees and Citizenship Canada.

YWCA Tech Connect - a 10-week program that supports **newcomer women with experience in IT** to secure rewarding careers in the tech industry. Location: YWCA Cause We Care House; Funder: Immigration, Refugees and Citizenship Canada.

YWCA Survive to Thrive - a 12-week program that offers specialized employment and skills training services for **survivors of violence and/or abuse**. Location: YWCA Como Lake Gardens; Funder: Canada-British Columbia Workforce Development Agreement and the Diamond Foundation.

YWCA Job Futures 55+ - a 12-week employment program that prepares **job seekers 55+** to achieve sustainable employment through skills training and employment supports. Location: WorkBC Centre North Vancouver and WorkBC Centre Midtown West; Funder: Canada-British Columbia Workforce Development Agreement.

All programs are accepting new participants. Financial assistance for transit and child care is available for eligible participants.

To learn more, contact Marina Arnaud at marnaud@ywcavan.org | 604 895 5852. To support our employment programs, contact Vanessa Wellington-Clark at 604 895 5826 | vwellington@ywcavan.org.

YWCA MUSIC PROGRAMS



Music programs are a beautiful way for mothers to build lasting bonds with their children.

MOMS MAKE MELODIES AND MEMORIES WITH THEIR BABIES

Music has the ability to transform lives and connect people. “Music can change the world,” Beethoven said. But for single moms, setting aside music time with their babies is not always possible.

YWCA Metro Vancouver offers two very special music programs for single moms and their children, to help build bonds and create a little bit of musical magic.

Music Together

Piloted in fall 2018, the Crabtree Corner Music Together Program is a weekly mother-child activity group that connects families through music at YWCA Crabtree Corner Community Resource Centre. Taught by a certified music instructor from Westside Music Together music school, the program is both structured and supervised, playful and fun.

Activities are inclusive and suit children of diverse ages and abilities. Each week, 12 families come together to participate in activities such as singing, instrumentation, music-listening, improvisation, dance and movement. The YWCA is currently looking for passionate donors interested in contributing funding needed for the program to continue.

Lullaby Project

We are also beginning a new session of the YWCA Lullaby Project, a program based on research regarding attachment and early childhood development that originated at Carnegie Hall and is led by Laura Barron, Executive Director of Instruments of Change.

Participants, who are single moms of children under 18 months old, are paired up with musicians and sessions begin by moms describing their babies. After several collaborative meetings, a lullaby begins to take shape with it set to music and professionally recorded. The program culminates with a performance for family and friends at Tom Lee Music.

Beautiful songs like “Sail Away With Me” and “Days With You” are the result of the process; participants are able to keep a recording of their songs and have these specialized and beautiful gifts for their children. This year we have six moms from our housing communities participating.

If you are interested in supporting music programs at Crabtree Corner, please contact Danielle Rana at 604 895 5766 | drana@ywcavan.org.

YWCA HEALTH + FITNESS

KNOW YOUR NUMBERS!

The human body constantly provides us with feedback. Once you have committed to your health, monitoring some key numbers will give you confidence that you are on the right track. These numbers can also act as warning signs.

At the YWCA Health + Fitness Centre, we offer to test members’ body mass index, blood pressure, waist/hip ratio and grip strength every other month. This helps our members track their progress, stay motivated and support overall health.

For a more in depth body composition analysis, we recently acquired an InBody 570 machine. The InBody 570 tells you exactly what you are made of using bio-impedance and by sending light throughout your body.

It is non-invasive and takes only minutes to provide precise analysis on the following:

Body fat

The ideal body fat percentage is typically 18-28% for women and 10-20% for men, though it is common to see fat stores above the recommended range in most adults. Staying in the recommended range will reduce health risks associated with increased subcutaneous and visceral fat (inside surrounding your organs) like type 2 diabetes, heart disease and certain cancers.

Skeletal muscle mass

The amount of muscle in your arms, legs and trunk should be balanced and you should have enough to support your body weight. Knowing this data is helpful when designing an exercise program or selecting an activity to pursue. It is also helpful when recovering from an injury to measure whether the muscle mass has been re-gained to pre-injury levels.

Intra/extra cellular water

The human body is 50-60% water. Measuring total body water and the amount in and out of the cells can detect dehydration and inflammation in the body.



Introducing the InBody 570 to provide in depth body composition analysis.

Basal metabolic rate

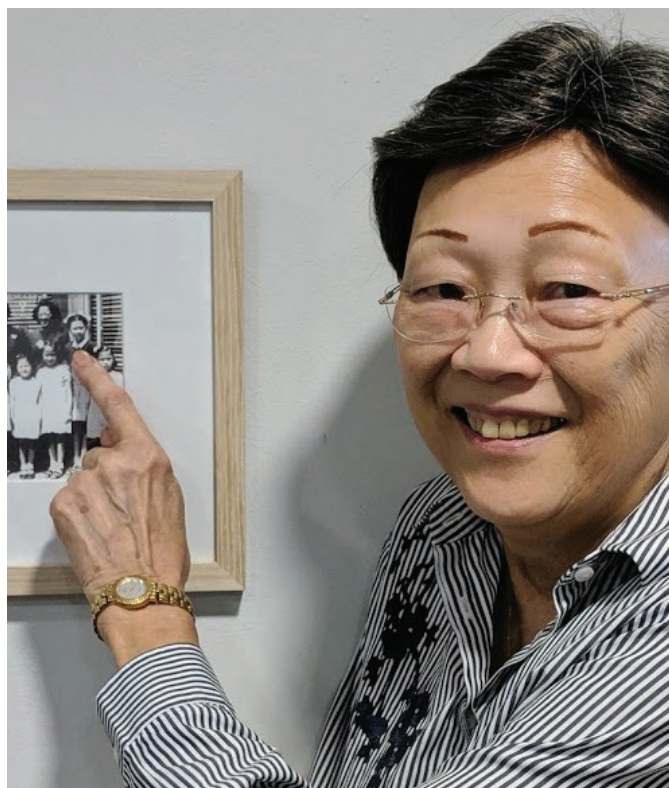
This is the number of calories your body needs each day to maintain your muscle mass and regular body functions, and it is a good number to know when you want to manage your energy consumption.

Our trained and supportive staff will interpret your InBody 570 results and make suggestions for positive change. The most important thing to remember is that it is not a test and there is no judgement, only data.

Whether you want to add muscle or burn fat, InBody 570 will give you useful information to help you make decisions. Need to increase muscle mass? Join a strength class. Want to convert extra fat stores into energy? Hop on a machine for a cardio workout. The Health + Fitness staff is here to support your fitness journey.

To book an InBody 570 appointment, contact Health + Fitness Member Services at memberservices@ywcavan.org | 604 895 5777.

A LIFETIME OF GIVING



Carole Anne Soong and her younger self at the Pender Y in the 1940s.

Carole Anne Soong is a member of the YWCA Legacy Circle, but her history with YWCA Metro Vancouver dates back to the 1940s, when she began spending time at the Pender Y. Now, at 84 years old, she looks back at how the YWCA has helped shape her life.

"In those days, we're talking about the 40s, there wasn't a community centre in Chinatown. The YW

was it, for a lot of us. So that's where you began to have the community development happening."

Carole Anne remembers the influence Esther Fong Dickman, the first director of the Pender Y, had on her life.

"One summer, Esther said to me, 'we don't have staff around so I'm going to give you a chance to volunteer to answer phones and answer the door.' That was pretty neat of her, that was her way of saying, 'I'm going to give her some responsibility and let her try it out.'"

She inspired me to ask, what am I going to do? I want to go into social work. I just have to say thank you to that woman. She was really something.

That's why my connection to the YWCA goes back the way it does, and I just love it because what are the more important influences in my life? This organization was it. And [Esther], who basically mentored me, even though I didn't understand it at the time. Many years later, I'm still connected to women throughout the city, from connections forged in those early days."

Carole Anne went on to have a distinguished career working in the federal government and carrying out social development work in the community with women's, multicultural and human rights organizations. She became a Women of Distinction award recipient in 1998 for her work in Communications and Public Affairs, and has been at the forefront of women's equality issues for decades.

We are grateful for her contributions and to count her as a member of our Legacy Circle.

If you are interested in legacy giving, please contact JoAnne Fahr at 604 895 5829 | jfahr@ywcavan.org or Arden Sutherland at 604 895 5859 | ardensutherland@ywcavan.org.

YWCA ARCHIVES

In preparation for YWCA Metro Vancouver's 125th anniversary in 2022, we have been looking through our archives, which track the fascinating journey and impact of the organization.

Here are but a few of our many remarkable milestones:

- The YWCA's first home in Vancouver in 1897 was a small cottage at 633 Homer Street, which we operated as a boarding house to provide safe shelter for young single working women.
- In less than 10 years, our mandate broadened to encompass the mental, social and physical well-being of young women.
- By 1910, physical training classes expanded beyond calisthenics to include marching, wand exercises and sports. By 1913, we had a team in the Girls' Basketball League and opened a grass hockey club.
- In 1944, we opened the Pender Y to better serve the needs of Vancouver's Chinese community and provide a place where issues, such as the community's right to vote, could be addressed.
- In the 60s, we created our first single mothers' support group called "Mothers Only"; introduced programs for Indigenous people; and began our advocacy work.
- In 1984 we opened YWCA Crabtree Corner and held the first Women of Distinction Awards (it was a busy year!).

Our goal is to share these archives with the public during our anniversary celebrations. We are interested in your YWCA stories and memorabilia and would be pleased to add it to our collection.

For archive donations, contact JoAnne Fahr at 604 895 5829 | jfahr@ywcavan.org or Arden Sutherland at 604 895 5859 | ardensutherland@ywcavan.org and we will arrange to collect them from you.

GIVE HOPE. INSPIRE A DREAM.

Since we opened our doors in 1897, YWCA Metro Vancouver has touched the lives of thousands of women and families. We couldn't have done it—we can't do it—without you. Thank you for your support.

☐ Here is my gift of:

☐ \$100 ☐ \$50 ☐ \$25 ☐ Other _____

☐ Cheque enclosed (Please make payable to YWCA Metro Vancouver)

OR

☐ Please charge my credit card

☐ Visa ☐ MasterCard ☐ American Express

CARD # _____ EXPIRY _____

NAME ON CARD _____ SIGNATURE _____

☐ I would like to make a gift of publicly traded securities. Please contact me.

☐ I would like to make an ongoing monthly gift. Monthly amount \$ _____

☐ Monthly debit from my bank account (Please attach void cheque)

Bank Name _____ Account # _____ Branch ID _____

OR

☐ Monthly charge to my credit card \$ _____

☐ Visa ☐ MasterCard ☐ American Express

CARD # _____ EXPIRY _____ 3-DIGIT SECURITY CODE _____

NAME ON CARD _____ SIGNATURE _____

Name _____

Address _____

Phone _____

Email _____

Name(s) to appear in recognition listings _____

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- ☐ Establishing an endowment at the YWCA
- ☐ A gift of life insurance to the YWCA
- ☐ A gift of publicly traded securities to the YWCA



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*YWCA Turning Point Programs address the needs of women who are vulnerable to economic and social risks at critical times in their lives.

YWCA Metro Vancouver is a registered charity providing a range of integrated services for women and their families, and those seeking to improve the quality of their lives. From early learning and child care to housing, health and fitness, employment services and leadership, the YWCA touches lives in our communities.

A HEALTHY START FOR CHILDREN

CITYGATE EARLY LEARNING AND CHILD CARE

Specializes in developing social, motor and interpersonal skills in children ages three to five, and preparing them for school.

tel 604 687 1150

CRABTREE CORNER EARLY LEARNING AND CHILD CARE

Offers short-term care for children ages six weeks to six years in the Downtown Eastside.

tel 604 216 1655

LESLIE DIAMOND EARLY LEARNING AND CHILD CARE

Provides care for children ages six weeks to three years in downtown Vancouver.

tel 604 895 5816

*EMMA'S EARLY LEARNING AND CHILD CARE

Supporting teen mothers and children ages six weeks to three years. Children have a safe learning environment while mothers receive academic and personal support through Heron's Nest: Education Center for Young Parents.

tel 604 879 1121

SUPPORT FOR FAMILIES IN NEED

SINGLE MOTHERS' SUPPORT SERVICES

Information and resources for single mothers across Metro Vancouver including workshops, events, community groups and one-to-one support from a family resource worker.

tel 604 895 5849

SEEDS OF INDEPENDENCE

Outreach program providing mobile support to women who have left abusive relationships in Surrey, New Westminster, White Rock, Delta, Ladner and Tsawwassen.

tel 604 313 6456

STOPPING THE VIOLENCE OUTREACH GROUP

A bi-weekly group at Semlin Gardens that explores topics relating to women who have experienced violence.

This group is open to the public.

tel 604 879 5796

LEGAL EDUCATOR

One-to-one support on family law for YWCA clients who have experienced violence from an intimate partner and immigration issues for mothers without legal status.

tel 604 216 1672

PATHWAYS TO LEADERSHIP

Seven-month leadership and career-focused program for unemployed immigrant single mothers.

tel 604 895 5849

THRIFT SHOP

Donated clothing, housewares and books are sold to raise funds for programs. YWCA clients are eligible for clothing and household items at no cost.

4399 Main Street, Vancouver

tel 604 675 9996

WOMEN WHO INSPIRE

WOMEN OF DISTINCTION

Since 1984, this awards program honours outstanding women and workplaces in our community.

tel 604 895 5768

HEALTHY CHOICES FOR YOUTH

HIGH SCHOOL MENTORSHIP PROGRAM

Partners high school girls with professional women. Mentors provide support and guidance on education and future career choices.

tel 604 895 5802

THAT'S JUST ME

In partnership with the Surrey School District, an after-school program offered at select schools to help Grade 7 girls build skills and form healthy relationships.

tel 604 895 5845

BOYS 4 REAL™

Designed to meet the needs of Grade 7 boys by encouraging healthy living and respectful relationships.

tel 604 895 5793

CIRCLE OF SISTERS INDIGENOUS MENTORSHIP PROGRAM

Connects Indigenous teen girls ages 12 to 18 with adult Indigenous role models and provides arts- and culture-based group mentoring.

tel 604 895 5802

WELCOME TO MY LIFE™

After-school program for Grade 7 girls at select Vancouver and Richmond elementary schools. Equips girls with skills to engage in positive decision-making and supports their self-esteem.

tel 604 895 5845

BEING ME

After-school program for Grade 7 girls in South Surrey with a focus on healthy lifestyles.

tel 604 895 5793

HOW YOU CAN SUPPORT THE YWCA

DONATIONS

There are many ways to financially support the YWCA. Donors may choose to give cash, securities or gifts-in-kind. A variety of convenient payment options are available.

tel 604 895 5850 | ywcavan.org/donate

VOLUNTEER

One-time, long-term and group corporate volunteer positions, as well as opportunities for professionals to use their career skills.

tel 604 895 5795

CONNECTING PEOPLE TO EMPLOYMENT

Under the Employment Program of BC, the YWCA provides WorkBC employment support and services to the North Shore, Vancouver and the Tri-Cities. Job seekers have access to:

- Job search resources
- Personal employment planning
- Workshops and training
- Specialized services

WORKBC CENTRES

NORTH VANCOUVER

WorkBC North Vancouver

106 - 980 West 1st Street, North Vancouver

tel 604 988 3766

One Stop Career Shop - Youth Satellite

109 - 980 West 1st Street, North Vancouver

tel 604 988 3766

VANCOUVER

WorkBC Vancouver South

7575 Cambie Street, Vancouver

tel 604 263 5005

WorkBC Midtown West

300 - 2150 West Broadway, Vancouver

tel 604 688 4666

WorkBC Vancouver City Centre

206 - 535 Thurlow Street, Vancouver

tel 604 872 0770

Career Zone - Youth Satellite

1260 Granville Street, Vancouver

tel 604 605 4666

TRI-CITIES

WorkBC Coquitlam

221 - 3030 Lincoln Avenue, Coquitlam

tel 778 730 0174

WorkBC Port Coquitlam

206 - 2540 Shaughnessy Street, Port Coquitlam

tel 778 730 0171

WorkBC Port Moody

301 - 130 Brew Street, Port Moody

tel 604 917 0286

EMPLOYMENT PROGRAMS

Aspire

Specialized employment program for newcomer refugee women.

tel 604 323 4233 | ywcavan.org/aspire

Changing Gears

Truck driving training program for women.

tel 604 809 1001 | ywcavan.org/changing-gears

Elevate Skills

Specialized employment program for visible minority newcomer women.

tel 778 222 2352 | ywcavan.org/elevate-skills

FOCUS@Work

Career program for skilled or professional women.

tel 604 699 1788 | ywcavan.org/focus

Tech Connect

Supports newcomer women with experience in IT to secure careers in the tech industry.

tel 604 216 1670 | ywcavan.org/tech-connect

Tourism Essentials

Prepares young women for careers in the tourism industry.

tel 778 379 2148 | ywcavan.org/tourism

Strive

Supports youth who are transitioning out of foster care to gain life- and work-skills.

tel 604 605 4666 | ywcavan.org/strive

Survive to Thrive

Specialized employment program for survivors of violence and/or abuse.

tel 604 936 5694 | ywcavan.org/survive-to-thrive

Job Futures 55+

Specialized program for job seekers 55+.

tel 604 220 7183 | ywcavan.org/job-futures

FIND BALANCE THROUGH HEALTH + FITNESS

HEALTH + FITNESS CENTRE

A co-ed fitness facility in downtown Vancouver featuring a UV-purified pool, the latest cardio/weight equipment and innovative programming.

535 Hornby Street

tel 604 895 5777 | ywcagealthandfitness.com

A SAFE HAVEN IN THE DOWNTOWN EASTSIDE

*CRABTREE CORNER COMMUNITY RESOURCE CENTRE

Provides a healthy and secure environment for women and their families in the Downtown Eastside. Services include early learning and child care, housing, food programs, single mothers' support groups and parenting support.

533 East Hastings Street, Vancouver

tel 604 216 1650

SAFE, AFFORDABLE HOUSING

PACIFIC SPIRIT TERRACE

Located in Vancouver above Fire Hall No. 5, providing two- and three-bedroom units of housing for single mothers and their children.

tel 604 282 3113

CAUSE WE CARE HOUSE

Located in Vancouver's Downtown Eastside, this innovative new development includes YWCA programs and services, and 21 units of long-term supportive housing for single mothers and their children.

tel 604 216 1671

SEMLIN GARDENS

Located in Vancouver, Semlin Gardens is a supportive housing community that caters to low-income single mothers and their children.

tel 604 879 5796

FRASER GARDENS

Located in Langley, Fraser Gardens is a supportive housing community for low-income single mothers, with a communal garden, play area and common room.

tel 604 514 1255

CRABTREE HOUSING

Transitional housing in the Downtown Eastside for women and new mothers who are overcoming substance use.

tel 604 216 1662

*MUNROE HOUSE

A second-stage transition house for women who have recently experienced abuse in their intimate relationship, and for their children. Support and art/play therapy are available for children ages three to 18 who have witnessed abuse.

tel 604 734 5722

ALDER GARDENS

Located in Surrey, a supportive housing community for low-income single mothers and their children, and provides links to community services.

tel 604 597 7984

*ARBOR HOUSE

This second-stage transition house provides a safe refuge where women who have experienced abuse in intimate relationships and their children can live safely.

tel 604 597 4952

COMO LAKE GARDENS/MEWS

Located in Coquitlam, these supportive housing communities are for low-income single mothers and their children.

tel 604 936 5665

CHESHÁ7MIN-AW'TXW

Located in North Vancouver, Cheshá7min-aw'txw (the mothering room) is a supportive housing community for single mothers and their children.

tel 604 603 5429

YWCA HOTEL/RESIDENCE

The YWCA Hotel offers affordable accommodation to travellers, longer-term housing to residents and temporary accommodation for women needing immediate shelter.

tel 604 895 5830 | ywcahotel.com

To subscribe or change your address to *Contact*, email enquire@ywcavan.org or provide mailing label and mail to: YWCA CONTACT, 535 Hornby Street, Vancouver, BC V6C 2E8.

For more information about YWCA Metro Vancouver, please contact: enquire@ywcavan.org | ywcavan.org

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DESIGN Epic Design
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CHARITABLE REGISTRATION NO.
 108227943 RR0001

