



**YWCA Program Centre**  
535 Hornby Street  
Vancouver, BC V6C 2E8



## CONTACT FALL/WINTER 2018

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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**





# WELCOMING CEO DEB BRYANT TO THE YWCA



We are pleased to announce that Deb Bryant joined YWCA Metro Vancouver as Chief Executive Officer on October 29. Deb comes to the YWCA from the Association of Neighbourhood Houses of BC, where she served as CEO since 2014. A passionate advocate for gender equality, Deb is deeply knowledgeable about the issues affecting our communities and has extensive experience as a non-profit leader.

As CEO, Deb will provide leadership and strategic guidance for our programs and services, social enterprises and advocacy work while ensuring the YWCA remains grounded in our mission and vision. Under Deb's guidance, the YWCA will continue to be a leading voice on issues like gender-based violence, early learning and child care and safe and affordable housing, while providing the vital programs and services so many families rely on.

For more than 120 years, the YWCA has led the way with innovative programs and ground-breaking advocacy to meet the changing needs of our communities and address the root causes of inequality. Deb joins the YWCA at an exciting time for the organization, and will lead us to new heights as we reach for our vision of achieving women's equality.

## MESSAGE FROM THE CEO

What draws me to work for the YWCA? What inspires donors and volunteers to support this great organization? For me, it is about empowering

people to make positive choices and connecting them to the opportunities they need to thrive.

I was born and raised in Vancouver and care deeply about this region and the communities who call it home. Twenty years of non-profit leadership experience have given me a profound appreciation for what makes Metro Vancouver so special, while shining a light on the challenges we face as a community.

I believe in the power of organizations like the YWCA, whose range of integrated programs and services help women and families at key turning points in their lives.

In this issue of Contact, you will read more about the transformational work of the YWCA—from our latest capital campaign to build 14 units of safe, affordable housing for single mother-led families in North Vancouver, to the launch of our Media Complaints Tool, which empowers people to easily report advertising that perpetuates sexualization and harmful gender stereotypes. We also celebrate the dedicated donors who help make our work possible, including the news of an incredible \$4.25 million anonymous donation.

As I begin my time with the YWCA, I look forward to building upon the many successes of this great organization and getting to know all of you—our committed community of staff, volunteers, donors and friends.

**Deb Bryant**  
Chief Executive Officer

# YWCA HOUSING UPDATE



YWCA Pacific Spirit Terrace in Champlain Heights is scheduled to open in Spring 2019.

## TWO NEW YWCA AFFORDABLE HOUSING COMMUNITIES TO OPEN IN THE NEXT TWO YEARS

You may have heard recent reports about Metro Vancouver's housing market cooling off, with both the average sale price of homes and number of homes bought and sold dropping nationwide. While this may be the case, it is important to remain mindful that the region's housing affordability is still undoubtedly in crisis, and single mothers are among those who feel it the most.

Single mother-led families face the highest poverty rates in Canada; in addition to finding housing, single mothers worry about child care, the cost of food and necessities and finding employment. This is why YWCA Metro Vancouver is committed to providing safe, affordable housing for single mothers and their children.

We currently have 11 housing communities in operation and are thrilled to have two more under development. One of these developments is Pacific Spirit Terrace in Champlain Heights. It will provide 31 units of housing for single mother-led families and is scheduled to open in Spring 2019.

Our other development is YWCA St. Georges, located in North Vancouver. It has just entered the initial excavation and shoring stage, and is scheduled to

open in December 2020, providing 14 units of long-term housing. Unlike Pacific Spirit Terrace, which is fully funded, we are still looking to raise the remaining \$2.2 million of our capital and endowment campaign.

We are grateful to the Government of Canada - Homelessness Partnering Strategy, The Province of BC - BC Housing, The City of Vancouver, Pacific Spirit Foundation, Streetohome Foundation, MariaMarina Foundation and other generous donors for their significant contributions to these projects.

Both of these new developments are critical to supporting single mothers, as finding safe, affordable housing is the first step on their path to economic independence.

*"It makes such a difference in our lives to not have to worry about where I will raise my girls and to know that we have a home and community with the other families in the building. I am so grateful to YWCA housing for saving my life and protecting the future of my daughters," says Samantha, a YWCA housing resident.*

*If you would like to make a contribution to help fund our St. Georges housing community, contact Kathy Lilyholm at 604 895 5851 | klilyholm@ywcavan.org*



### HONOURING MICHELLE SING



**Michelle's leadership has provided integral support to the YWCA and non-profit community for the last 22 years.**

We are pleased to announce that our Vice President of Human Resources, Volunteers, Marketing and Crabtree Community, Michelle Sing, has been recognized as Chartered Professionals in Human Resources' (CPHR) 2018 HR Professional of the Year. The CPHR British Columbia and Yukon's Award of Excellence: HR Professional of the Year is a significant honour and a testament to Michelle's incredible leadership at the YWCA. Michelle's approach is always one of collaboration and mutual benefit. Over the years, her leadership has propelled the organization's mission to touch lives and build better futures for women and their families through strategic hiring, staff engagement and mentoring. We cannot think of an HR professional more deserving of this prestigious award.



# YWCA EMPLOYMENT PROGRAM HELPS WOMEN SUCCEED



1990s InFocus



2018 FOCUS@WORK

## THE STORY OF FOCUS@WORK

### “We are hiring!”

This sign has become commonplace across Metro Vancouver in recent years. While it may not be hard to find a job these days, finding a career that is sustainable and fulfilling continues to be a challenge—especially for immigrant women and mothers who have paused their careers to raise children. Although women make up nearly half of Canada’s labour force (47.7%), there is still a blatant gender wage gap, and

women are still underrepresented in leadership roles. YWCA FOCUS@Work is an employment program that aims to empower women and help them achieve meaningful employment.

The original group started in 1991 and was a federally funded pre-employment program for single mothers. In 1996, the funding shifted to provincial and although it was incredibly successful and over-subscribed, the program came to an end in 2012.

In 2014, FOCUS@Work was revived thanks to generous donors who believed in the program’s success in helping women achieve economic independence. By February 2019, the program will have helped 500 women reach their employment goals since its re-launch.

To learn more, please contact 604 699 1788 | [focus@ywcavan.org](mailto:focus@ywcavan.org). To make a donation, contact Kathy Lilyholm at 604 895 5851 | [klilyholm@ywcavan.org](mailto:klilyholm@ywcavan.org)

# AMPLIFYING THE CULTURE SHIFT PROJECT



Over the last three years the YWCA Culture Shift Project worked to shift the attitudes and practices that perpetuate the sexualization of women and girls and corresponding hypermasculinization of men and boys.

## ADDRESSING SEXUALIZATION AND HYPERMASCULINITY

The impacts of using women and sex to sell products can be seen across society. Sexualization in the media affects men’s attitudes toward women and how people relate to each other; it reinforces narrow ideas about gender roles and it negatively impacts how women are treated in all areas of society. Sexualized media harms us all.

That is why the YWCA Culture Shift Project aims to shift the attitudes and practices that perpetuate the sexualization of women and girls and corresponding hypermasculinization of men and boys. Funded by Status of Women Canada, Culture Shift was conducted in two phases and involved research, public engagement and advocacy.

The first phase undertook research to confirm the link between sexualization, hypermasculinization and gender-based violence. The resulting Culture Shift Research Report explores the many ways sexualization and hypermasculinization are linked to violence against women at societal, community, interpersonal and individual levels. The report offers eight recommendations for action in policy, public education and school curriculum.

The second phase of Culture Shift involved the support of an advisory council comprised of 31 business, non-profit and government leaders. During this phase, the project connected with 26 community partners, delivered 21 presentations, hosted a webinar and

launched six campaigns on topics like media literacy and hypermasculinization, reaching more than 175,000 people across the country and seen more than 400,000 times.

Though Culture Shift has come to a close, we will continue to amplify its findings. We will raise awareness about sexualization and hypermasculinity and their link to gender-based violence as we educate young people about media literacy and encourage others to lodge complaints against sexualized media.

Learn more about the Culture Shift Project at [ywcavan.org/cultureshift](http://ywcavan.org/cultureshift). To support our work with youth, contact Bobbi Sarai at 604 895 5780 | [bsarai@ywcavan.org](mailto:bsarai@ywcavan.org)

**Report Ad** ▶

## ▶ TAKE ACTION WITH THE MEDIA COMPLAINTS TOOLKIT

The Culture Shift Media Complaints Toolkit was created to raise awareness of the connection between sexualization and hypermasculinization in media, gender inequality and gender-based violence. While the issues are complex, the tool is a simple way for people to take action.

The Media Complaints Toolkit makes it easy to lodge a complaint against sexualized media in Canada. By answering a few questions online, such as where you saw the ad and why it is concerning, the Toolkit

generates and sends a report to Canada’s advertising watchdog, Ad Standards Canada.

The more ads that are reported, the more awareness Ad Standards Canada will have on how sexualized media is affecting the public, raising the potential for removing these ads from circulation.

Have you seen an ad recently in Canadian media that perpetuates sexualization or hypermasculinization? Submit a complaint at [ywcavan.org/reportad](http://ywcavan.org/reportad)



# CELEBRATING A TRANSFORMATIONAL GIFT



Communities are made stronger by those who care about improving the lives of others. The YWCA was honoured to receive a \$4.25 million donation from an anonymous donor—the largest donation in our 121-year history. We are moved by this extraordinary generosity, which will have an impact for years to come.

Philanthropy is often defined as the love of humankind. This gift demonstrates care for others—for single mothers and children, women and children living in poverty and women and children living free from violence.

## SUPPORTING THE UNIQUE NEEDS OF IMMIGRANT WOMEN



## YWCA PATHWAYS TO LEADERSHIP TO PILOT GROUP IN SURREY

Being a newcomer to any country is challenging, especially as a single mother. With the support of the new anonymous donor, the YWCA Pathways to Leadership Program will expand its reach to foster positive change for immigrant single mothers in Surrey.

Currently, Pathways to Leadership provides participants with employment, education and training resources in the Vancouver area. For seven months, participants meet for weekly classroom sessions, followed by five months of mentorship.

The mentorship component of the program matches participants with professional women who help them apply what they have learned in the program. Together they develop a focused career plan and a civic engagement project.

With the opportunity to pilot a program in Surrey, YWCA Pathways to Leadership can connect more immigrant single mothers to resources and to each other—so they can successfully build their lives in Canada.

*For more information about Pathways to Leadership, contact Joann McKinlay at 604 895 5849 | [jmckinlay@ywcavan.org](mailto:jmckinlay@ywcavan.org). To support single mothers on their journey to economic independence, contact Natasha Krotez at 604 895 5823 | [nkrotez@ywcavan.org](mailto:nkrotez@ywcavan.org)*





## THE NEXT 125 CAMPAIGN

In 2022, YWCA Metro Vancouver will celebrate its 125th anniversary. In anticipation of this milestone, in May we announced The Next 125, a \$10 million campaign that has been supported by this visionary contribution.

The new anonymous donor has committed to the following programs in The Next 125 campaign areas:



### CREATING SAFE, INCLUSIVE COMMUNITIES

- ♦ Lead \$1 million donor gift to YWCA St. Georges housing in North Vancouver, 14 units of affordable housing currently under construction
- ♦ The PEACE Program for children and youth leaving violence at YWCA second-stage transition housing



### HELPING WOMEN AND FAMILIES FLOURISH

- ♦ Core funding for Single Mothers' Support Services, including the expansion of family support worker capacity; a new Pathways to Leadership group in Surrey, which serves immigrant single mothers; a group for mothers of children with autism; and a new group in a yet-to-be determined community with need
- ♦ Peer Mentorship and Financial Literacy program at Crabtree Corner Housing, ensuring the continuation of this vital program
- ♦ Realizing long-held goals for programming at Crabtree Corner, including:
  - Expanding the Fetal Alcohol Spectrum Disorder (FASD) Key Support program to meet the needs of families impacted by FASD
  - Hiring an Elder in Residence to incorporate her wisdom and presence into the practices at Crabtree Corner



\* The donation will also fund emerging needs identified through strategic planning in 2019.

**The Next 125 has raised \$7.7 million to date**, through gifts of \$25,000 or more. Campaign supporters have made one-time gifts, group donations, gifts from special events, multi-year pledges and gifts in their wills.

We are thrilled to announce the opportunity to double the impact of a donation. **New and increased campaign gifts will be matched up to \$1 million through funding from this donor.**

For more information on these YWCA programs or The Next 125 campaign, please contact Brenda Ulmer at 604 895 5764 | [bulmer@ywcavan.org](mailto:bulmer@ywcavan.org)

## ELDER IN RESIDENCE APPOINTED AT CRABTREE CORNER



### AN IMPORTANT ROLE IN INDIGENOUS COMMUNITIES

In line with the YWCA's commitment to advancing Truth and Reconciliation across our programs, services and advocacy efforts, we are excited to announce the recent appointment of Barbara Nelson to Elder in Residence at YWCA Crabtree Corner. With a considerable percentage of Crabtree Corner program participants identifying as Indigenous, this culturally-significant presence within the community will be an invaluable source of support. This role has been made possible by funding from the new anonymous donor.

The Elder will fulfill a critical role in enriching Indigenous perspectives, knowledge, approaches to community support, healing and wellness. Her wisdom will mean a consistent and nurturing Indigenous presence for Crabtree Corner. She will also help those disconnected from their families and those who have recently reunited to culturally, spiritually, emotionally or physically reconnect with their Indigeneity.



*"This role honours a specific space in Indigenous communities that has been missing and to have this Elder help ground, support and listen to our community at Crabtree Corner will be so important."*

-Grace Tait, Associate Director of YWCA Crabtree Corner Community Resource Centre

To learn more about the Elder in Residence at Crabtree Corner, contact Grace Tait at 604 216 1651 | [gtait@ywcavan.org](mailto:gtait@ywcavan.org)

To donate to Crabtree Corner, contact Adina Spivak at 604 895 5789 | [aspivak@ywcavan.org](mailto:aspivak@ywcavan.org)



# CHANGING LIVES WITH BEEDIE



Cindy and Ryan Beedie hosted Rock'N the Park at Malkin Bowl this July, where event-goers contributed more than \$200,000 to the YWCA.

## BEEDIE'S COMMITMENT TO SUPPORTING WOMEN AND CHILDREN

Partnerships like the one between YWCA Metro Vancouver and Beedie can make a lasting impact on lives in our community.

Thanks to Beedie, the YWCA was able to acquire seven two- and three-bedroom townhomes at a substantially reduced cost. YWCA Como Lake Mews opened in Coquitlam last year to provide safe, affordable housing for single mothers and their children.

"We are grateful to partner with YWCA Metro Vancouver," said Ryan Beedie, president of Beedie.

"For more than 60 years, Beedie has been committed to positively contributing to communities across the

region, not just through building homes, but through various initiatives that are largely focused on women and children."

Beedie continued their commitment to women and children by selecting YWCA Metro Vancouver as the charity profiled at their Rock'N the Park event that took place in July.

**Rock'N the Park**

Hosted by Cindy and Ryan Beedie, Rock'N the Park is an invitation-only event at Malkin Bowl for Beedie friends, associates and clients. It was a fun day of food trucks and live music.

Event-goers contributed more than \$200,000 which was generously double-matched by Cindy and Ryan Beedie. We raised more than \$640,000 in total from the event.

The funds raised at Rock'N the Park will contribute to new safe, affordable housing for single mothers being planned with Cindy Beedie's leadership and support.

We sincerely thank Cindy and Ryan Beedie for their ongoing partnership and generous support of the YWCA.

*For more information and to donate to this new housing initiative, contact Bobbi Sarai at 604 895 5780 | bsarai@ywcavan.org*

# HEALTH + FITNESS

## SARA'S NEW LEASE ON LIFE

Sara joined the YWCA Health + Fitness Centre after being diagnosed with autoimmune hepatitis, a liver disease. Being chronically ill, Sara wanted to do what she could to stay healthy and began attending weekend swimming and yoga classes. She knew she was struggling when her usual 30-minute walk home from work was taking her up to 1.5 hours. In 2014, Sara received a liver transplant from her brother and was given a new lease on life. Her well-being turned around completely and she was motivated to maintain her health and get back into fitness.

Shortly after surgery, Sara was back at the Health + Fitness Centre, inspired to step out of her comfort zone to try something new. The journey began at Josh's Tuesday evening boot camp class. Never an "athletic type", she remembers feeling nervous and unsure at the start, but Josh's genuine and supportive attitude was a great introduction to the class. DanceFit, Tabata,

**Sara received a liver transplant in 2014. Since then her life has completely changed. She is inspired, motivated and grateful every day.**

Bootcamp and Body Sculpt classes are now a part of Sara's regular routine and she loves the variety of classes offered at the YWCA.

Her advice to others is to take a leap and try something different. If you are unsure where to start, Sara suggests working with a personal trainer. She has worked with Josh and Allister, both of whom motivated and challenged her, but above all made her feel comfortable and connected to the YWCA. Throughout her health and fitness journey, she has seen more of a psychological change than a physical one, and is now able to open herself up to try new things. Explore something new at the YWCA Health + Fitness Centre.

*For more information, contact Health + Fitness Member Services at 604 895 5777 | memberservices@ywcavan.org*



Since her liver transplant in 2014, Sara has opened up to trying new things, such as getting a personal trainer at the YWCA Health + Fitness Centre.



# PEACE OF MIND FOR BETTI PORT



YWCA Legacy Circle Member Betti Port's legacy gift will assist other women striving for a better life.

## THE IMMEASURABLE FEELING OF LEGACY GIVING

When I immigrated to Vancouver from Australia on March 10, 1963, I stayed at the YWCA Hotel. Little did I know then that my connection to the YWCA would forever have a positive impact on my life.

While pursuing my career with CN I attended the first-ever Women of Distinction Awards in Vancouver. I continued to go each year until my transfers to Calgary and then Winnipeg, where I was also in attendance. When I retired from CN and returned to Vancouver in 1995, I was introduced to the YWCA Inner Circle, a collective of dedicated contributors, by a good friend Rita Morin, past President of the YWCA. I learned about the invaluable support they provide women of all ages, in every circumstance. I joined the Inner Circle and am still inspired by these quarterly meetings. To hear first-hand from women we have assisted in a positive way is both rewarding and inspirational.

Another wonderful bonus is the friendships I have made over the years with like-minded women and men, who support what we all know is a great team, who have even more grand ideas for the future.

Since those first years I have supported the work of the YWCA as an Inner Circle member with ever-increasing donations that, much to my surprise, now total almost \$20,000. I then made the decision to become a Legacy Circle member to ensure that my support would continue by leaving a gift in my will. The peace of mind afforded me by this one act is immeasurable. I know that eventually my gift will assist other women in their striving for a better life. A better life I was most fortunate to have.

For more information on Legacy Giving, please contact JoAnne Fahr at 604 895 5829 | [jfahr@ywcavan.org](mailto:jfahr@ywcavan.org) or Arden Sutherland at 604 895 5859 | [ardensutherland@ywcavan.org](mailto:ardensutherland@ywcavan.org)

## THE YWCA ARCHIVES



We have been collecting YWCA memorabilia in anticipation of our 125th anniversary in 2022.

## SHARE YOUR YWCA HISTORY

In preparation for the YWCA's 125th anniversary in 2022, we are dusting off our archives and planning to put some on display.

Recently, we received two phone calls from individuals offering us historical items. One is a photo from the 1942 mid-winter Hi-Y carnival. Hi-Y clubs were popular from the 1930s to the 1960s and encouraged girls to develop leadership skills, volunteer and become involved in the community. Many YWCA supporters were members of the clubs, which met in high schools. Hi-Y clubs also provided an opportunity to meet other like-minded girls. The clubs were inclusive and welcoming, with high ideals: members were expected to be an example to their peers and contribute to the community.

The other item is an enameled pendant on brass, dated between 1900 and 1920, and likely from England, where the YWCA was established in 1855. The reverse of the pin is engraved with 'by love, serve one another.' During that period, women were being encouraged to join the nursing profession and the YWCA had founded a Nurses' Union.

We are very interested in your YWCA memorabilia and would be pleased to add it to our archives. Please contact JoAnne Fahr at 604 895 5829 | [jfahr@ywcavan.org](mailto:jfahr@ywcavan.org) or Arden Sutherland at 604 895 5859 | [ardensutherland@ywcavan.org](mailto:ardensutherland@ywcavan.org) and we will arrange to collect it 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 \_\_\_\_\_ 3-DIGIT SECURITY CODE \_\_\_\_\_

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 \_\_\_\_\_

Please send me information about:

- ☐ Including YWCA Metro Vancouver in my will
- ☐ 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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The Standards Program Trustmark is a mark of Imagine Canada used under licence by YWCA Metro Vancouver.

Charitable Business No. 108227943 RR0001. Tax receipts are mailed.





\*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, YWCA Metro Vancouver touches lives in our communities.

## A HEALTHY START FOR CHILDREN

### CITYGATE EARLY LEARNING AND CHILD CARE

For children ages three to five, Citygate specializes in working with children to develop social, motor and interpersonal skills and to prepare them for school.  
1192 Quebec Street  
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.  
533 East Hastings Street  
tel 604 216 1655

### LESLIE DIAMOND EARLY LEARNING AND CHILD CARE

Located in downtown Vancouver, Leslie Diamond provides care for children ages six weeks to three years.  
535 Hornby Street  
tel 604 895 5816

### \*EMMA'S EARLY LEARNING AND CHILD CARE

For children ages six weeks to three years, with a focus on supporting teen mothers. Children have a safe, stimulating learning environment while their mothers receive academic and personal support through Heron's Nest: Education center for young parents.  
3839 Carolina Street  
tel 604 879 1121

## SUPPORT FOR FAMILIES IN NEED

### SINGLE MOTHERS' SUPPORT SERVICES

Information and resources for single mothers across Metro Vancouver including workshops, special events, one-to-one support from a family resource worker and weekly community groups. Offered in partnership with neighbourhood houses and family services providers.  
tel 604 895 5849

### SEEDS OF INDEPENDENCE

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

### LEGAL EDUCATOR

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

### THRIFT SHOP

Donated clothing, housewares, books and jewellery are sold to raise funds for community programs. YWCA clients are eligible for vouchers that allow them to obtain clothing and household items for their families at no cost.  
4399 Main Street (Main & 28th Avenue)  
tel 604 675 9996

### PATHWAYS TO LEADERSHIP

Seven-month leadership program for unemployed immigrant single mothers that helps them build a career plan that fits their life and goals in Canada.  
tel 604 895 5849

## WOMEN WHO INSPIRE

### WOMEN OF DISTINCTION

Since 1984, this awards program has honoured, encouraged and recognized outstanding women and workplaces in our community.  
tel 604 895 5768

To subscribe or change your address to *Contact*, email [enquire@ywcavan.org](mailto: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:  
tel 604 895 5763  
[enquire@ywcavan.org](mailto:enquire@ywcavan.org) | [ywcavan.org](http://ywcavan.org)

## HEALTHY CHOICES FOR YOUTH

### HIGH SCHOOL MENTORSHIP PROGRAM

Partners female high school students with professional women. Mentors provide support and guidance regarding education and future career choices.  
tel 604 895 5802

### THAT'S JUST ME

An after-school program offered at select schools in Surrey to help grade 7 girls with their transition to high school. That's Just Me is presented by YWCA Metro Vancouver in partnership with the Surrey School District.  
tel 604 895 5845

### BOYS 4 REAL™

A parallel program to Welcome to My Life™ and That's Just Me, designed to meet the needs of grade 7 boys. The program encourages healthy living, healthy decision making and mutual respect in relationships.  
tel 604 895 5779

### CIRCLE OF SISTERS INDIGENOUS MENTORSHIP PROGRAM

Empowers Indigenous teen girls ages 12 to 18 through an arts- and culture-based group mentoring dynamic; provides life-skills and connects them with positive adult Indigenous role models.  
tel 604 895 5759

### WELCOME TO MY LIFE™

An after-school program for grade 7 girls that we offer at select Vancouver and Richmond elementary schools. The program equips girls with the knowledge and skills to engage in positive decision-making and supports their self-esteem.  
tel 604 895 5844

### BEING ME

After-school program for grade 7 girls in South Surrey with a focus on healthy lifestyles.  
tel 604 895 5779

## HOW YOU CAN SUPPORT THE YWCA

### DONATIONS

There are many ways to financially support the work of the YWCA. Donors may choose to give cash, securities or gifts-in-kind. A variety of convenient payment options are available.  
tel 604 895 5766 | [ywcavan.org/donate](http://ywcavan.org/donate)

### VOLUNTEER

One-time, long-term and group corporate volunteer positions exist within each program. There are also volunteer 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 Westside and Vancouver South communities. Job seekers have access to:

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

### NORTH VANCOUVER

**WorkBC North Shore**  
106-980 West 1st Street, North Vancouver  
tel 604 988 3766

**One Stop Career Shop (Youth Centre)**  
109-980 West 1st Street, North Vancouver  
tel 604 988 3766

### VANCOUVER

**WorkBC Westside**  
300-2150 West Broadway  
tel 604 688 4666

**Career Zone (Youth Centre)**  
1260 Granville Street  
tel 604 605 4666

**WorkBC Vancouver South**  
7575 Cambie Street  
tel 604 263 5005

### FOCUS @ WORK

Free 12-week job search program for skilled or professional women.  
210-1201 West Pender Street  
tel 604 699 1788

### STRIVE

Supports former and current youth who are transitioning out of foster care to gain the life- and work-skills they need to become independent.

### Vancouver

1256 Granville Street  
tel 604 605 4666

### North Shore

109-980 West 1st Street, North Vancouver  
tel 604 988 3766

### LEADS

Specialized employment services for survivors of violence and abuse.  
tel 778 877 1533

### SKILLS MAX

Prepares youth to secure employment within office administration and warehousing sectors.  
1256 Granville Street (2nd Floor)  
tel 604 605 4666

### TOURISM ESSENTIALS

Prepares women for rewarding careers in the tourism industry.  
200-720 East Hastings Street  
tel 778 379 2148

### CHANGING GEARS

Offers Truck Driving Training for women to obtain their Class 1 Drivers License.  
tel 604 809 1001

## 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, transitional housing, hot meal programs, single mothers' support groups and parenting support.  
533 East Hastings Street  
tel 604 216 1650

## FIND BALANCE THROUGH HEALTH + FITNESS

### HEALTH + FITNESS CENTRE

A co-ed fitness facility in downtown Vancouver featuring a UV-purified pool, the latest in cardio/weight equipment and innovative programming.  
535 Hornby Street  
tel 604 895 5777  
[ywcahealthandfitness.com](http://ywcahealthandfitness.com)

## SAFE, AFFORDABLE HOUSING

### 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, Alder Gardens is a supportive housing community that caters to low-income single mothers and their children and links community services in a supportive housing model.  
tel 604 597 7984

### \*ARBOUR HOUSE

This second-stage transition house provides a safe refuge where women who have experienced abuse in intimate relationships and their children can feel protected.  
tel 604 597 4952

### COMO LAKE GARDENS/MEWS

Located in Coquitlam, these supportive housing communities are for low-income single moms and their children.  
tel 604 936 5665

### YWCA BEATTY HOTEL/RESIDENCE

The YWCA Hotel offers affordable accommodation to all travellers, longer-term housing to residents and temporary accommodation for women needing immediate shelter.  
733 Beatty Street  
tel 604 895 5830 | [ywcahotel.com](http://ywcahotel.com)

### YWCA CHESHÁ7MIN-AW7XW

Located in North Vancouver, Cheshá7min-aw7xw (the mothering room) is a supportive housing community for single mothers and their children.  
tel 604 603 5429

## 2018/2019 YWCA BOARD OF DIRECTORS

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**PRINTING** VanPress

**CHARITABLE REGISTRATION NO.**  
108227943 RR0001

