



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



CONTACT SPRING 2017

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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



Given the global political climate, YWCA Metro Vancouver’s efforts serving and advocating for women in our communities is more important than ever. Looking forward in 2017, we will strengthen our commitment to women’s equality with a special focus on access to high quality, universal child care, reconciliation with Canada’s Indigenous peoples and our ongoing commitment to combatting sexualization.

At the YWCA, we serve a diverse range of women, children and youth from across Metro Vancouver, dealing with complex social and economic challenges. Gender, race, religion and ability are some of the complex factors that can contribute to people’s experiences with equality. We will continue to ensure YWCA programs and services reflect our commitment to diversity and inclusion.

“...we wouldn’t be able to serve the communities we do without the ongoing dedication of our supporters”

We will focus on strong, sustained communications to bolster the argument for universal child care. Using evidence from leading economists and child care experts, the YWCA will execute a communications strategy highlighting the return on investment in child care and encouraging government action.

In June 2015, the Truth and Reconciliation Commission released its findings along with 94 recommendations for public policy reforms that will transform the lives of Indigenous peoples and their relationship with Canada. The YWCA has had long

experience providing culturally appropriate service to Indigenous peoples through YWCA Crabtree Corner and other programs, and also engaging Indigenous peoples as employees and volunteers. We remain committed to supporting the full realization of equality for Canada’s Indigenous people and will collaborate with Indigenous and community partners to advance key recommendations of the report.

Our Culture Shift project, which addresses the sexualization of girls and women in media and advertising, is now well underway. In the coming months we will share the results of our recent research report and undertake initiatives to engage parents, youth and the general public in understanding and combating sexualization.

In this issue, you will learn more about new YWCA initiatives and important program updates. To that end, I hope you will join me at the 34th annual YWCA Women of Distinction Awards on May 29, 2017. Please visit ywcavan.org/WOD to buy your tickets.

Finally, we wouldn’t be able to serve the communities we do without the ongoing dedication of our supporters. Thank you for all that you do to sustain the work of YWCA Metro Vancouver.

Sincerely,

Janet Austin,
CEO, YWCA Metro Vancouver

YWCA HOUSING



In British Columbia, nearly 50% of single mothers and their children live in poverty. YWCA Cause We Care House provides 21 units of affordable housing for single mothers.

YWCA Cause We Care House Opens

“Access to safe, affordable housing is a significant barrier for many single mothers, so building more supportive housing communities continues to be a key priority for the YWCA,” says Lisa Rupert, Vice President of Housing Services and Violence Prevention. Demand for safe, affordable housing for low-income single mothers is high, and wait lists for YWCA housing communities are long. “We will continue to develop housing when we can and in innovative ways like we have done with Pacific Spirit Terrace and Cause We Care House.”

YWCA CAUSE WE CARE HOUSE GRAND OPENING

We are proud to have officially opened YWCA Cause We Care House in the Downtown Eastside/Strathcona on April 19th. Partnering with the Vancouver Public Library and the City of Vancouver, this creative housing community was built on top of the náč̓aʔmat at Strathcona Branch of the Vancouver Public Library.

“Me and my son, we never had [a] beautiful building in our whole life, and it’s very meaningful to us, because the transition from shelter to shelter [is very hard] – we’ve been through so much,” Anna said. She also added, “my son has never had a room of his own.”

Cause We Care House has an on-site Community Development Worker to connect tenants to resources such as support groups, child care, legal educator services, employment and educational assistance, providing low-income single mothers and their children with a safe and caring environment.

This new housing community would not be possible without our lead donor, Cause We Care Foundation and the additional support of the Province of British Columbia – BC Housing,

Streethome Foundation, Ismaili Muslim Community of BC and other generous donors.

HOUSING UPDATES

- We officially broke ground at YWCA Pacific Spirit Terrace in November last year. Designed to support families facing multiple challenges, this community will have a profound impact on the lives of low- and moderate-income women-led families and their children. Construction is well under way; we have completed our capital campaign and raised 32% of our \$1M endowment campaign.
- In partnership with the City of Coquitlam and Beedie Living, YWCA Como Lake Mews, 7 townhouse units in Coquitlam, is expected to open in Summer 2017.
- YWCA is partnering with the City of North Vancouver on a new development located at 13th and Lonsdale, providing 9 units. The expected completion is Summer 2017.

NEW

- YWCA is partnering with Chard Development Ltd. to provide 14 units of affordable housing in the City of North Vancouver. The project is currently under development application review and construction is expected to start Summer 2018. We have raised 28% of our \$6.5M capital and endowment campaign. Completion is expected mid-2020.

We are grateful to the Province of British Columbia – BC Housing for the significant contributes made to each of these projects.

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

CHILD CARE CRISIS



Without access to safe, reliable, quality child care like that at YWCA's Emma's Early Learning and Child Care Centre, young mothers would be faced with yet another hurdle when trying to complete their education.

High Quality Early Learning and Child Care: We Can Afford It

Vancouver is a beautiful and vibrant city, often lauded as one of the most liveable cities in North America. Unfortunately, it is also one of the most expensive cities in the world and Vancouverites face significant challenges with affordability. Next to housing, child care is the highest expense for families with young children, with the average cost reaching upwards of \$1,300/month for infant and toddler care. For low-income single mothers, lack of access to child care keeps many trapped in the cycle of poverty.

The research confirming the multiple benefits of high quality, affordable child care – for children, families, employers, communities, government budgets and the economy – appears to be widely accepted. However, the main barrier to implementing such a system in BC is the belief that it is too expensive.

In the 1990s, Quebec implemented \$10-a-day child care for its families. Economist Pierre Fortin found almost immediate economic and fiscal benefits from the provincial child care plan: it enabled more women with young children to return to work, which boosted Quebec's economy and generated significant returns from higher tax revenues; reduced social assistance for families with children and lowered reliance on other income-tested benefits.

Evidence shows that the benefits outweigh the costs, even in the near term. Increased participation of women in the workforce, jobs, GDP growth and reduced income inequality are some of the economic returns that could be realized through investing in a universal child care system.

The federal government provides a monthly payment to families, the Child Care Benefit (CCB) – and will invest \$500 million in 2017-18 to support the establishment of a National Framework on Early Learning and Child Care (CCPA). Budget 2016 promised an initial \$500 million in 2017-18 for early learning and child care. Building on this commitment, Budget 2017 proposes to invest an additional \$7 billion over ten years starting in 2018-19, to support and create more high-quality and affordable child care spaces across the country. A portion of this investment will be dedicated to early learning and child care programs for Indigenous children living on- and off-reserve.

The YWCA operates four centres across Metro Vancouver with play-based curriculum and staff trained in early childhood education, infant-toddler care, first aid and special needs. These centres provide valuable and much-needed services to families, teen mothers finishing high school and low-income families in the Downtown Eastside.

To support the YWCA Metro Vancouver's early learning and child care centres, contact Elia Robles at erobles@ywcavan.org | 605 895 5856

To learn more about the YWCA's advocacy work contact Chantelle Krish at ckrish@ywcavan.org | 604 895 5767

YWCA is grateful to the BC Ministry of Children and Family Development, United Way of the Lower Mainland and other generous donors for their support.

CONFIDENCE ROOTED IN COMMUNITY



YWCA Circle of Sisters Offers Positive Role-Models for Indigenous Women

There is strong evidence that the key to empowering Indigenous girls and women is through fostering their connections with their cultural roots and communities. YWCA Circle of Sisters, a group mentorship program, is built on this concept. The program offers a safe and empowering space for Indigenous girls and young women to come together to share and celebrate their roots, and to explore important issues that affect them, their families and their communities.

Volunteer mentors in the program are Indigenous women, often post-secondary students or young professionals, who are keen to serve as positive role models. The mentors and mentees gather monthly in the program's Sunday Circle, where they share experiences and explore current Indigenous issues. The program enables the mentees to deepen their knowledge and understanding of the impact of colonization, intergenerational trauma and how to foster their personal and community resilience to the path of healing.

"I can't fully express how important this program is to me. It has changed my life in so many positive ways. I have become a stronger, more confident, more articulate and well-rounded person. The relationships I have formed with the sisters are life-long and the cultural enrichment I have gained cannot be replicated in any other space."

Through partnerships with local high schools, Circle of Sisters offers a six-session, bi-weekly program to Indigenous girls (mentees). YWCA staff member and Métis facilitator, Anna Soole, delivers the program with the volunteer mentors, where students learn about topics such as healthy relationships, assertiveness and self-esteem through a lens of Indigenous culture, traditions and the history of colonization.

Mentees often note that Circle of Sisters provides them with their first opportunity to engage with their Indigenous roots in a positive and meaningful way. The program also helps mentees increase their sense of cultural pride and connection to their Indigenous heritage and feel more inspired to make healthy life choices. One mentee describes Circle of Sisters as "an absolutely necessary program to build confidence, leadership and life skills in Indigenous girls."

To learn more about YWCA Circle of Sisters Indigenous Mentorship program, please contact Lindsay Nielsen at lnielsen@ywcavan.org | 604 895 5859

Funding for YWCA Circle of Sisters Indigenous Mentorship program is generously provided by the Amir and Yasmin Virani Family Foundation, UBC President's Endowment Fund, Port Metro Vancouver and Betty Burrell.

YWCA HOTEL: SERVING THOSE IN NEED



YWCA Hotel: More Than Just a Tourist's Choice

For the second year in a row, the YWCA Hotel Vancouver has received TripAdvisor's Traveller's Choice Award, honouring the property as part of the top 1% of hotels worldwide.

The Hotel stands out as a quality bargain, providing safe and affordable accommodation in a convenient location right next to BC Place. Outside of focusing solely on providing travellers with great rooms, the Hotel also provides an affordable option for students and others looking for extended stays and short-term residences in the highly competitive Vancouver rental housing market.

"We have a cab driver staying with us currently. It's difficult for him in Vancouver's housing market because he is living paycheck-to-paycheck and his cash flow

fluctuates," comments Associate Director, Housing, Barbara Lane. "Due to his occupation, it's difficult for him to pay rent all at one time or to afford a security deposit." In addition to kitchen amenities and convenience, he chose to stay at the Hotel because of the budget-friendly prices and the ability for flexibility in his circumstances.

"We have great rooms, spacious shared kitchens, lounges, meeting rooms, an extremely convenient location, bargain rates and some of the friendliest staff in town," explains Arthur Mills, Vice President, Hotel and Housing Development, "but not just that, we're a hotel with a heart. We need to continue running a successful revenue-generating hospitality unit that enables the YWCA to achieve its mission."

The Hotel is a social enterprise, where all the dollars from the travellers' stays support YWCA programs and services in the community. What makes the Hotel truly remarkable is how it serves the community and those in need behind the scenes.

Often, those who are seeking assistance from the Hotel are facing unique situations. Some are women leaving abusive relationships, students, immigrants or refugees; some are guests on medical trips who simply cannot find a place to stay. The Hotel steps in to fill these gaps, offering a safe, comfortable and affordable place where people can rest.

For more information on the YWCA Hotel, please visit ywcavan.org/hotel | 604 895 5830 toll-free (North America) 1 800 663 1424

YWCA BOYS 4 REAL: FINDING PURPOSE THROUGH VOLUNTEERING



Thomas discovered his love of teaching when volunteering with the YWCA Boys 4 Real program.

YWCA Boys 4 Real Volunteers Make a Difference

Volunteerism is a selfless act of giving, but more times than not, we hear stories about how it has helped shape people's passions and sense of purpose.

Thomas is one of these people.

Being a volunteer with our after-school program, Boys 4 Real, for more than four years, there is no doubt that he is committed to the YWCA and the cause. "It was a unique experience to work with Grade 7 youth, where you are giving them skills to prepare for high school."

"Boys 4 Real has given Thomas a clearer direction of where he is headed professionally."

Thomas joined our program as a facilitator, meaning he was also a student when he was volunteering. For him, school wasn't as rewarding as he would have liked. He was pursuing a biology degree, but was unsure of his next steps. Outside school, he enjoyed working with youth through programs like Boys 4 Real and was passionate about healthy living, but didn't know how he could marry the two, "I would go to class and do my assignments, but I felt no connection and couldn't really see a future in what I was learning."

DISCOVERING THE IMPACT

It was a matter of turning to what made him happy to decide what to do; at the time, one of those things was volunteering with Boys 4 Real. His favourite parts are the community service and healthy living modules, where he can share what he's learning in university as a biology student.

Boys 4 Real has given Thomas a clearer direction of where he is headed professionally. He is now a teacher candidate at UBC, pursuing a career where he can continue working with students about topics he is passionate about.

Volunteering with YWCA has helped Thomas see the impact he can make as a mentor and we are happy to have impacted him, too. Thank you for your work, Thomas!

For information on becoming a Youth Education volunteer, contact Adam Butz at abutz@ywcavan.org | 604 895 5779

To give to our Youth Education programs, contact Bobbi Sarai at bsarai@ywcavan.org | 604 895 5780

YWCA Boys 4 Real is made possible with funding from United Way of the Lower Mainland, CKNW Orphan's Fund, Lagniappe Foundation, Edith Lando Foundation, Weyerhaeuser Company and the City of Surrey.

FOCUS ON SUCCESS WITH YWCA FOCUS@WORK

Empowering Women in Their Job Search

YWCA FOCUS@Work empowers women to regain their confidence, rediscover their talents and skills and reconnect with themselves as they seek meaningful employment. It comes as no surprise that in this supportive and affirming environment, the clients who complete the program become its biggest champions and advocates.

One such person is Nataliia Golovachova, who wrote an inspiring letter of thanks to the facilitators that helped her back on her path:

It was my husband who found this program for me. I was completely devastated at that time: a woman, who was supposed to be strong, who managed to advance her career from data-entry clerk to TOP-manager of a large production enterprise, who's idea was to immigrate seeking a better future for her daughter and her family, who despite the label "immigrant" overcame the obstacles with finding good housing, schooling and getting a loan approved.

I kept failing to find a job. Day after day, I looked at job postings and sent applications. Over 50 of them. "Overqualified" and "no Canadian experience" were the responses.

Shift to recruitment agencies. "No Canadian experience". It seemed like every stranger on the street, every cashier at the store, everyone was looking at me and wordlessly shouting, "No Canadian experience".

I stayed home more often. Aware that our funds were going one way - out. Sipping alcohol to help fall asleep for at least a few hours. Never asking for help.

I dragged myself to the office of FOCUS@Work not expecting much. I just followed my husband's suggestion. "What else can they do?" My philosophy was that the only person who could either develop or demolish you is you... and at that point I couldn't help myself anymore.



Former and current YWCA Employment staff celebrate Nataliia Golovachova's completion of FOCUS@Work
Left to right: Betty Ann McInnes, Nataliia Golovachova, Carolyn Neilsen and Marnie Marley

I was among many other intelligent, talented women who were facing the same sort of challenge. I was given a chance to start my journey to learn who am I and finally become friend to that person. I have learnt that I am not that bad: I have my values, my skills, my accomplishments. And I have learnt that I am as unique as everyone else. I've realized my mistake: I was expecting someone else to sort my problems out, but found out that I could do it. All I needed were resources to do it and support.

Day-by-day I painted my grey world in bright colors. It was a journey to my rebirth and re-evaluation. And I remember the moment it started: I woke up one morning and literally felt happiness. No job, no property, fading funds,

responsibility towards family. But I was happy! I knew I was going to change my strategy and work on plan B and if plan B wouldn't work, move to plan C, D, E and beyond.

I am grateful for all you have done for us.

Thanks to the financial support of very generous individual donors and Accenture, many more women and their families will have better opportunities.

For more information please contact Carolyn Neilson cneilson@ywcavan.org | 604 895 5791

To donate to FOCUS@Work please contact Brenda Ulmer bulmer@ywcavan.org | 604 895 5764

YWCA CRABTREE CORNER COMMUNITY: EVERY PROGRAM INCLUDES A MEAL

The Social Cost of Food Insecurity

AT YWCA CRABTREE CORNER, EVERY PROGRAM INCLUDES A MEAL

The virtues of a good meal have been expounded upon in every form of literature, film and conversation. Of late, wholesomeness and healthiness have become the top desirable traits for a meal to have. But what happens when healthy food is out of reach?

For many of the program participants at YWCA Crabtree Corner, accessing food comes at the cost of sacrificing other basic needs such as clothing or shelter.

THE HEALTH AND SOCIAL COSTS OF FOOD INSECURITY

One in five BC children is living in poverty and more than half of them are the children of single mothers. For low-income families, food security—having reliable access to sufficient affordable, nutritious food—can seem unattainable. Evidence suggests children living with food insecurity have poorer school performance and experience added challenges as adults, including a higher prevalence of diabetes, cardiovascular disease, psychological and social development issues.

YWCA CRABTREE CORNER FOOD PROGRAMS

Crabtree Corner Community's kitchen provides breakfast for families using our programs and hot lunches on a drop-in basis for women and children in the community. Food is made from scratch using produce from the YWCA's Rooftop Garden and

through generous donations from FreshPoint and other community partners.

Each year, Crabtree Corner serves more than 32,000 nutritious meals to families living in the Downtown Eastside. "The food programs help our clients in a variety of ways," says Brenda Lavallee. "For women parenting on their own, they don't have the financial means to feed their families all three meals plus snacks. Families use the food programs at Crabtree to stretch their budgets to finance other activities for their children, like sports or school outings."

"Each year, Crabtree Corner serves more than 32,000 nutritious meals to families living in the Downtown Eastside."

We thank RBC Foundation for the ongoing support of food programs at Crabtree Corner, most recently donating \$40,000 in 2016. Other generous donors last year include Grayross Foundation, Provincial Employees Community Services Fund and many thoughtful individuals.

For just \$10 a month, you can help provide nutritious food for families in need. To learn how you can support YWCA Crabtree Corner food programs please contact Jazmin Rodriguez at jrodriguez@ywcavan.org | 604 895 5763

YWCA CULTURE SHIFT – ONE YEAR IN



Combating Sexualization in the Media

February 2016 marked the launch of YWCA Metro Vancouver's newest sexualization initiative – Culture Shift. Culture Shift is a research-based initiative funded by Status of Women Canada, designed to change attitudes and practices that contribute to the sexualization of women and girls.

We are one year into the project and it really feels like the movement is gaining momentum.

The first year of the project focused on two main tasks: completing the research and assembling an advisory council. The research included a review of existing literature, key informant interviews with experts in the field across North America and youth focus groups with females and males ages 19-25.

Embedded within the report (ywcavan.org/cultureshift) are eight recommendations for systemic change. These targeted recommendations suggest how we can mobilize shifts in practices that contribute to sexualization of girls and women from the individual level such as developing programming for youth and raising awareness about the topic to macro-level shifts that look at policy and curriculum.

The second component of the project involved a high-level advisory council of community business leaders. Fitting with the project goals of building unlikely allies, Culture Shift staffers explored both existing and new networks to bring together a group of 30 advisors who will help guide, counsel and mobilize the project and its goals of pushing forward the eight recommendations.

The current focus of the Culture Shift Project is to build public awareness about the impacts of sexualization and hypermasculinization through a year-long media campaign focussing on research findings and recommendations. We are also developing a media complaints tool kit that will provide the general public with a vehicle to take direct action on advertisements that sexualize women and perpetuate harmful ideas about gender roles in society. We continue to explore opportunities to build relationships with unlikely allies in the government and business sectors.

To be involved with the Culture Shift project, please contact Lori Boland at lboland@ywcavan.org | 604 895 5819

TRAIN LIKE THE FITTEST



"This is my favourite piece of equipment to use with classes and clients! One of the most fun and effective workouts with endless possibilities to challenge and push your body. So excited to show people what it's all about!" – Regan Courtney, Certified Personal Trainer and Health Coach.

Get to Know the Latest Fitness Program: TRX

Looking to shake up your workout routine and challenge your muscles in a brand new way? Check out the new TRX S-Frame at the YWCA Health + Fitness Centre.

This is a surefire way to beat boredom and bust through plateaus. YWCA personal trainer, Regan Courtney, runs a specialized, small-group TRX training program that offers innovative, fun and effective workouts to take your fitness to a whole new level!

WHAT IS THE TRX?

- Created by the Navy Seals, TRX is a body weight, suspension training system that develops strength, balance, flexibility and core simultaneously!
- The TRX is used not only by everyday people wanting to look and feel their best, but also world-class trainers, elite athletes, sports teams and even the military.

HOW DOES IT WORK?

- The system works by leveraging body weight and gravity to perform hundreds of exercises.
- Choose your own intensity. You are in control of how much you want to challenge yourself on each

exercise – simply adjust your body position to add or decrease resistance.

WHY SHOULD I USE IT?

- Delivers a fast, effective total-body workout
- Helps build a rock-solid core
- Increases muscular endurance and strength
- Increases joint stability and builds strong body awareness
- Benefits people of all fitness levels (pro-athletes to seniors)
- Reduces time spent pacing from one training station or equipment to another
- TRX Small Group Training offers
 - Personal attention
 - Motivation, support and advice
 - Fun atmosphere

To experience this great workout, join one of our registered programs or book your own private or small group training session. (Maximum 6 people)

For more information, contact Health + Fitness Member Services at ywcavan.org/fitness | 604 895 5777

CORPORATE DONORS: ENTRÉE DESTINATIONS



Entrée Destinations Serves up Breakfast While Strengthening Bonds in the Downtown Eastside

Corporate volunteering is a growing trend which allows organizations and employees to give back to the communities in which they do business while building healthy corporate cultures. Organizations encourage employees to build their leadership skills and use talents in rewarding ways, while helping the community.

“YWCA Metro Vancouver offers a wide range of volunteer opportunities for small groups and projects for larger teams who are looking to offer their specialized skills or labour.”

Entrée Destinations, a boutique holiday travel company, began its relationship with YWCA Metro Vancouver via the Presents of Peace Holiday Hamper program in 2008. The employees’ passion for YWCA Metro Vancouver and corporate volunteering led the Entrée Destinations team to deliver healthy, nutritious breakfasts to Crabtree Corner program participants once a month during 2016.

The Entrée team would, without fail, arrive with all breakfast ingredients in hand to cook and serve

breakfast at Crabtree Corner. Breakfast menu items included a variety of: bacon and egg breakfast sandwiches, French toast, pancakes, fresh fruit smoothies and yogurt fruit compotes; these were always accompanied by plenty of fresh fruit and orange juice.

The Entrée Destinations team not only make the special, healthy breakfasts but also make sure Crabtree Corner clients receive a warm welcome. The team works hard and has great pride in what they accomplish.

“We cooked 72 egg muffins with ham and cheese, the smoothie was very popular and so were the muffins. It’s awesome to see how much the guests enjoy it.”

YWCA Metro Vancouver offers a wide range of volunteer opportunities for small groups and projects for larger teams who are looking to offer their specialized skills or labour. By partnering with the YWCA through corporate volunteering, your organization can: highlight its corporate social responsibility, increase staff engagement, teamwork and collaboration, plus build employees’ pride in their work and your company.

For more information on Corporate Volunteering, please contact Alex Dubelko adubelko@ywcavan.org | 604 895 5795

CHANGING LIVES WITH CHANGING GEARS



Women Truck Drivers Take to the Road in this Innovative YWCA and WorkBC Program

Putting the words ‘women’ and ‘trucking’ together is becoming more common in today’s world.

Even though women represent only 3% of drivers in the trucking industry in Canada, those numbers are increasing as programs to assist women to enter such male-dominated industries are popping up across Canada.

One program is YWCA Changing Gears, a free 23-week Class 1 truck driving training program for women. The program offers training to eligible women to gain the skills necessary to obtain their Class 1 driving certificates with Air Brakes Certification.

Not only does the Changing Gears Program assist women in acquiring their Class 1 licenses, it also provides them with the essential skills needed to be successful drivers, with a focus on health and wellness, safety and overall well-being in the industry.

Although there is a projected shortage of drivers over the next 10 years due to the aging population of male drivers, it has not been easy for women to break into this field. Traditionally a male-dominated occupation, the industry is rooted in gender-based stereotypes, not only with employers but even with the women themselves. There is a general misconception that to be a truck driver, you need to be big, strong and mechanically adept.

“...providing women with the essential skills needed to be successful drivers, with a focus on health and wellness, safety and overall well-being in the industry.”

But women are demonstrating that they can do the job and therefore, deserve the job. And with the help of programs like Changing Gears, the public image of female truck drivers is beginning to change: we are starting to see more women in the driver’s seats of trucks.

More employers are seeking women drivers for the additional benefits that they are able to provide to their companies, such as a focus on safety, excellent document-use skills and overall reliability. In fact, women drivers have been proven to take fewer risks and have an overall lower accident rate.

In an effort to attract more women drivers, a growing number of employers are working towards creating environments where women are welcome and feel safe. The Changing Gears program is crucial in facilitating this change.

Changing Gears is now training its second cohort thanks to the generous funding from the Government of Canada.

For more information on Changing Gears and other YWCA employment program, please contact Lynda McFee at lmcfee@ywcavan.org | 604 895 5813



YWCA METRO VANCOUVER
WOMEN of DISTINCTION
AWARDS

celebrating those who inspire

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\$285 per person
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ywcavan.org/WOD

SINGLE MOTHER HELPING SINGLE MOTHERS



Gail Ruddy (right) and her daughter, Dr. Ginger Ruddy.

When my daughter and I sat down to discuss legacy gifts, we quickly agreed we wanted to support single mothers and their children. That was our reality from the time Ginger was born. We were lucky. I had a university degree and a secure job. We had a loving community of family and friends. So, although we lived modestly, we were safe and happy.

“YWCA’s integrated services ensure best access for clients with the most positive impact for their families.”

As a doctor, my daughter meets many young mothers who are struggling to look after their children while trying to improve their own employability skills. As an educator, I have spent years watching children thrive when they feel safe and loved. Providing a safe place to live, and support workers for a young mother to turn to when distressed and a caring community in which to live, are important.

I particularly like the way the YWCA has set up their programs which empower their clients to improve their lives and move on. Crabtree Corner and Cause We Care House are two models I admire. YWCA’s integrated services ensure best access for clients with the most positive impact for their families.

I wish our gift could be more. Nevertheless, this legacy gift is in my will because I believe the future depends on healthy, happy adults who have had a happy, secure childhood. Every woman and every child deserves a chance to thrive.

– Gail Ruddy

For more information on estate gifts please contact JoAnne Fahr at jfahr@ywcavan.org | 604 895 5829

LEGACY GIVING: YWCA THANKS HELEN MORRES

Helen Morres was very aware of community issues having worked in international development and NGO’s throughout her career. She felt a large responsibility to help others which prompted this letter in response to being asked to join the YWCA Inner Circle:

Thank you for your offer to join the Inner Circle of donors. The speakers who’d been through your mentorship programme were inspirational in describing the transformations in their lives. Indeed, we all need mentors..

In my retirement I continue to support many organizations, some known through my work. I am an enthusiastic supporter of the YWCA, but unfortunately the level of contribution for Inner Circle membership would mean dropping some of my existing portfolio. In fact, needs everywhere keep increasing.

With profound regret, therefore, I must decline your offer to join this worthy endeavour, although I will continue, and perhaps increase, my support for the YWCA’s great work in the community within my means.

With profound good wishes for your sterling work,

– Helen

Over Helen’s 10 years of donations, her 11 gifts totalled \$750. Yet, in her wisdom she found a way to stretch her hard earned money for a far reaching impact, by leaving YWCA and 6 other charities, gifts in her will.

Helen passed away in 2016 and YWCA Metro Vancouver will receive more than \$70,000 from her estate.

Please consider updating your will to include YWCA. It will have significant impact and leave a legacy you and your loved ones can forever be proud of.

Please contact JoAnne Fahr for more information at jfahr@ywcavan.org | 604 895 5829

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

 535 Hornby Street
Vancouver, BC V6C 2E8
tel 604 895 5763
fax 604 684 9171
ywcavan.org



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



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. YWCavan.org

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 Tupper Young Parent Services.
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 include workshops, special events, one-to-one support from a family resource worker and weekly community groups offered in partnership with neighbourhood houses and family places.
Vancouver **tel** 604 895 5849
Surrey **tel** 604 597 8528

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

LEGAL EDUCATOR

Provides one-to-one information and workshops for YWCA clients on a wide range of legal issues.
tel 604 216 1672

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

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

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:
tel 604 895 5766
enquire@ywcavan.org | ywcavan.org

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 issues.
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 or experienced 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

Located in Coquitlam, this supportive housing community is for low-income single moms and their children.
tel 604 936 5665

YWCA HOTEL

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

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 selected 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 support 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

CULTURE SHIFT

A project researching the systemic implications of sexualization of women.
tel 604 895 5819

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

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

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

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

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. Jobseekers have access to:

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

NORTH VANCOUVER

North Shore
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

Westside WorkBC
300-2150 West Broadway
tel 604 688 4666

Career Zone Youth Satellite

1260 Granville Street
tel 604 605 4666

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

FUTURES IN FOCUS

Supports single moms on a path towards sustainable employment.
tel 604 992 1493

LEADS

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

SKILLS MAX

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

CHANGING GEARS

Free 23-week truck driver training program for women.
tel 604 895 5813

ADMIN ESSENTIALS

Preparing women for sustainable employment in office administration.
403-535 Howe Street
tel 778 379 2148

2016/2017 YWCA BOARD OF DIRECTORS

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