



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



RETURN POSTAGE GUARANTEED

CONTACT SPRING 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



MESSAGE FROM THE CHAIR AND INTERIM CEO



As many of you know, we recently said goodbye to our CEO Janet Austin, who was sworn in as British Columbia's Lieutenant Governor on April 24. Janet leaves behind a tremendous legacy of growth and diversification, and we wish her all the best as she embarks upon this exciting new chapter. You can read more about what the YWCA accomplished under Janet's leadership in this issue.

As we continue our recruitment for a new CEO, we are committed to ensuring the YWCA remains a leader in advancing women's equality through advocacy and integrated programs that support women to achieve personal and economic independence.

The YWCA has long advocated for a system of universal, affordable, high quality and inclusive child care. Our recent Child Care Now Campaign encouraged the provincial and federal governments to work collaboratively and allocate adequate funding towards building an affordable system. We shared some big successes in recent months, as both levels of government arrived at a framework to take action to address the need for a solid universal system that focuses on affordability, quality and accessibility. We know it will take some time to develop the ideal model and we support government in their phased approach to rolling out affordable and sustainable child care for BC. You can read more about this, and what it will mean for families, on page 3.

Access to safe, affordable housing remains one of the greatest barriers to alleviating poverty for single mothers and their children, and we continue to address this issue through innovative partnerships and projects, including our work with Chard Development Ltd. to build 14 units of affordable housing in the City of North

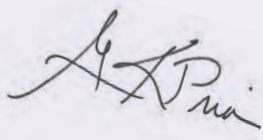

Vancouver and our plan to expand the YWCA Beatty Hotel/Residence.

Our work supporting youth continues, and this spring we were delighted to partner with Hootsuite on an event to commemorate Pink Shirt Day, a national day of bullying prevention. We gathered a diverse panel of speakers from the youth, academic and civic engagement communities to highlight the link between cyberbullying, gender and race. Following the discussion, attendees participated in an interactive session to explore collaborative solutions to combat cyberbullying.

In 2022, YWCA Metro Vancouver will celebrate 125 years of changing lives – a significant milestone made possible by the generosity of our donors and volunteers, and the trust of our communities. In recognition of this, we are launching The Next 125, a five-year campaign that will allow us to meet the evolving needs of our communities as we look ahead to the next 125 years. You'll read more about The Next 125 in this issue.

As always, our work would not be possible without you – our dedicated donors, volunteers and staff. Thank you for all that you do to support women, children and youth in our communities.

Sincerely,



Michelle Sing,
Interim CEO

Geri Prior,
Chair

YWCA HOUSING UPDATE

OUR HOUSING MISSION

The lack of safe, affordable housing is a major source of stress for many families – particularly for those led by single mothers. Access to safe and affordable housing gives single mothers and their children stability and security, improves health and food security and supports women on their path to economic independence.

Since 2012, YWCA Metro Vancouver has doubled its stock of emergency accommodation and transitional housing for women leaving abuse, and long-term housing for single mothers and their children. Through generous donations and innovative partnerships with municipalities and developers, the YWCA continues to create safe, inclusive and affordable housing communities for single mothers and their children.

HOUSING PROVIDER OF THE YEAR

We are pleased to announce that the YWCA is the recipient of the BC Non-Profit Housing Association's 2017 Housing Provider of the Year award. This award recognizes the YWCA as an innovative non-profit housing provider that responds to an environmental, operational or community challenge. As the first organization in Canada to offer second-stage transition housing for women and their children leaving abusive relationships, and transitional housing for pregnant and parenting women overcoming substance use issues, the YWCA has established itself as a non-profit housing provider that progressively adapts to the dynamic needs of Metro Vancouver's communities.

OTHER HOUSING UPDATES

YWCA Pacific Spirit Terrace

Construction is expected to be complete in Winter 2018. Pacific Spirit Terrace will provide 31 units of affordable housing above the new Fire Hall No. 5 in Champlain Heights, Vancouver. Framing and walls at YWCA Pacific Spirit Terrace have been completed.

We have raised 100% of our \$2.754M capital campaign to build Pacific Spirit Terrace. Thank you to everyone who came together to make this dream a reality.



Framing and walls at YWCA Pacific Spirit Terrace have been completed. Construction is expected to be complete in Winter 2018.

YWCA St. Georges

The YWCA has partnered with Chard Development Ltd. to build 14 units of affordable housing for low- and moderate-income single mother-led families in the City of North Vancouver. There is a need for affordable housing in the City of North Vancouver, as it has one of Metro Vancouver's highest average rents and lowest vacancy rates.

We have raised \$3.7M of the \$6.4M capital and endowment campaign for the YWCA St. Georges project. Work started in April 2018 and completion is expected by Summer 2020.

We are grateful to the Government of Canada – Homelessness Partnering Strategy, The Province of BC – BC Housing, The City of Vancouver, Pacific Spirit Foundation, Streethome Foundation, MariaMarina Foundation and other generous donors for their significant contributions to this project.

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

TRUTH AND RECONCILIATION



The YWCA is committed to the full realization of equality for Canada's Indigenous peoples.

OUR SHARED ROLE IN RECONCILIATION

Advancing Reconciliation is critical to breaking down barriers to equality and building resilient, sustainable communities. We recognize the ongoing legacies of colonialism and their destructive impacts on Indigenous peoples' education, cultures and languages, health, welfare and economic opportunities. YWCA Metro Vancouver is committed to the full realization of equality for Canada's Indigenous peoples, and has a long

history of working with Indigenous groups to provide holistic, culturally relevant programs and services.

We have engaged Reciprocal Consulting, an award-winning Indigenous-run firm, to develop an organization-wide Reconciliation framework that will embed a culture of Reconciliation across the YWCA and support the important work of Indigenous collaborators and community partners.

"[YWCA] has a long history of working with Indigenous groups to provide holistic, culturally relevant programs and services."

As part of our shared efforts, Reciprocal Consulting surveyed YWCA staff to assess their knowledge of Indigenous history in Canada and to obtain their input on the project. This feedback helped shape the content of our first workshop, which highlights Canada's colonial history and legacy, and offer guidance on how to combat racism and be an ally. Future workshops and knowledge-building exercises will build upon our commitment to Reconciliation and inform all aspects of our work – from advocacy to service delivery.

To encourage and advance this important initiative from coast to coast to coast, we will share our Reconciliation framework with YWCAs across Canada. We also look forward to sharing more about this exciting initiative with you as it unfolds.

We all have a role to play in Reconciliation. Here are some simple actions you can take:

1. Read a book by an Indigenous author and learn more about their history and experiences.
2. Review the 94 calls to action from the Truth and Reconciliation Commission's report.
3. Volunteer or donate to initiatives that support Indigenous communities.

If you would like to learn more about how to support Reconciliation in your workplace, please contact Lisa Rupert at 604 734 5722 | lrupert@ywcavan.org

To support YWCA programs and services for Indigenous women and their children, please contact Kathy Lilyholm at 604 895 5851 | klilyholm@ywcavan.org

CHILD CARE ADVOCACY UPDATE



Access to affordable child care presents a clear path towards personal and economic independence for women and families.

A MILESTONE YEAR FOR UNIVERSAL CHILD CARE IN BC

Second to housing, child care is the highest monthly expense for families with young children, and remains one of the top barriers to women's economic security. In Vancouver, families can pay upwards of \$1,400 per month for children under three – if they can find it. With child care spaces for only 20% of children, parents must deal with long waitlists; for many, the lack of child care spaces means they must consider options that limit their full participation in the workforce.

Despite an increase in the number of fathers who play an active role in the care of young children, women still carry the major share of responsibility for unpaid care and domestic work. This, along with the high cost of child care, has a direct impact on a woman's decision to return to work after having children. Many shift to part-time work or leave their professions to seek more supportive work environments, just as they enter what should be their most productive earning years. It is not coincidental that women are having fewer children later in life than in past decades. In urban centres like Vancouver, many young families are making the difficult decision to move out of the city, due to affordability challenges driven by the high cost of housing and lack of affordable child care.

For many of the mothers who live in our housing communities and access our programs and services, lack of affordable child care leaves them trapped in impossible situations related to poverty and violence. Access to affordable child care presents

a clear path towards personal and economic independence for women and families.

BC Makes Major Investment in Child Care

Advocacy is an incremental process where success is dependent on a balance of factors, including evidence-based research, political will and public support. After many years of child care advocacy, amplified by the recent YWCA Child Care Now Campaign encouraging the Province of BC to allocate funding towards building an affordable child care system, we have taken a significant step forward. This February, the Government of British Columbia's 2018 budget included \$1 billion over three years towards a child care program that prioritizes the three key elements of a solid universal system: affordability, quality and accessibility.

Some of the allocations include:

A new child care benefit, worth \$1,250 per month, per child, starting in September, which could apply to up to 86,000 families.

A reduction in child care fees, the addition of 22,000 new child care spaces and programming to help support providers who want to become licensed.

Starting April 1, parents with children in licensed care are eligible to receive between \$60 and \$350 per month in fee reductions.

Now is a time to celebrate this major investment in child care. There is more to be done, but we now have the political and financial foundation to get to work.

The YWCA operates four early learning and child care centres in Vancouver which feature play-based curriculums and staff trained in early childhood education, infant-toddler care, first aid and special needs. These centres provide much-needed services to families, teen mothers completing high school and low-income families in the Downtown Eastside.

To support YWCA Metro Vancouver's early learning and child care centres, contact Kathy Lilyholm at 604 895 5851 | klilyholm@ywcavan.org

To learn more about the YWCA's advocacy work, contact Amy Juschka at 604 895 5810 | ajuschka@ywcavan.org

The 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 of our child care centres.

THE NEXT 125



The Next 125 will celebrate women and allies working together for a brighter future.

MEETING COMMUNITY NEEDS FOR THE NEXT 125 YEARS

In 2022, YWCA Metro Vancouver will celebrate 125 years of changing lives – a milestone made possible by the generosity of donors and volunteers and the trust of the community.

The YWCA opened its doors in 1897 to provide housing and services to women in search of education and employment. With each passing decade, we continued to support the underserved – primarily women and children – with innovative programs and advocacy to address the root causes of inequality.

Today, the YWCA remains committed to helping women and families flourish, creating safe, inclusive communities and building a brighter future for everyone. These three pillars form the foundation of The Next 125, a new five-year campaign launched in anticipation of our 125th Anniversary to meet the needs of vulnerable families for the next 125 years and beyond. Priority projects include YWCA St. Georges housing, the YWCA endowment and the YWCA Beatty Hotel expansion.

With help from Next 125 ambassadors and campaign donors – a group of visionary community builders who share a deep commitment to supporting women and children across Metro Vancouver – we will raise \$10M to meet the growing needs of our region.

We are honoured to announce our first ambassador, Ann Mortifee who has committed to this transformative work.

Together, we have raised \$5.35M towards our goal, but our work continues. We invite you to join as a Next 125 ambassador or donor by pledging \$25,000 or more. Tailored funding opportunities are available, including group donations and legacy giving.

To join this initiative or to learn more about becoming a Next 125 ambassador, please contact Natasha Krotez at 604 895 5823 | nkrotez@ywcavan.org

Saying Farewell to a Visionary



After 15 years serving as the CEO of YWCA Metro Vancouver, Janet Austin has been appointed to the distinguished role of Lieutenant Governor of British Columbia, serving as a representative of the Queen.

It is the highest position within the Government of BC and appointed by the Prime Minister of Canada. We cannot think of anyone more deserving than Janet to fill this role. Janet's appointment to Lieutenant Governor is a testament to her leadership, locally and nationally. She is often called upon to represent not only the YWCA, but a range of diverse organizations as a board member, advisor and community volunteer.

The YWCA was well-positioned for growth and diversification when Janet joined as CEO in 2002, and she was the perfect leader to steward the organization through this exciting period. Under Janet's leadership, the YWCA's operational budget more than doubled; we became a leading provider of safe, affordable housing for single mothers and their children across Metro Vancouver and we expanded our advocacy work, resulting in systemic change at all levels of government.



PROPELLING VISION INTO ACTION

Those who work closely with Janet have heard her say “vision without execution is hallucination”, a mantra which guided much of her work. From championing our social enterprise model to positioning the organization as a leader in women's issues, Janet's impact can be felt far and wide. Here are just a few highlights from Janet's time at the YWCA.



REVITALIZING THE YWCA MISSION

The YWCA's vision of achieving women's equality is rooted in our work to address the systemic causes of poverty and social inequality. Early on, Janet recognized the need to articulate the importance of achieving women's economic independence within the YWCA's mission. This remains a strategic focus of the organization across all programs and advocacy work.



BUILDING SAFE, AFFORDABLE HOUSING FOR SINGLE MOTHERS AND THEIR CHILDREN

Housing remains a key barrier for single mothers living in poverty and those fleeing violence. Janet's previous experience working in housing development has been an incredible asset to the YWCA. During her 15 years as CEO, the organization has doubled its stock of safe, affordable housing, to 12 housing communities and two in development. Today, 449 women and their children call the YWCA home.



ADVOCATING FOR SOCIAL CHANGE

Advocacy is both a core function of the YWCA and a personal passion of Janet's. Her approach to advocacy, rooted in finding the win-win for all stakeholders, has resulted in lasting systemic change. Janet has led award-winning advocacy initiatives like the YWCA Mothers without Legal Status Project, which created provincial policy change around income assistance for women without permanent immigration status fleeing abusive relationships. She also established the YWCA as a leading advocate against the sexualization of women and girls and integrated this work into our youth education programs. Our long-term advocacy on universal child care has resulted in major advancements for high quality, affordable child care in BC.



BRIDGING THE GAP TO BUSINESS

Janet is well known for her collaborative approach and has built valuable ties to the local business community. In 2014, Janet became the first non-profit CEO to chair the Greater Vancouver Board of Trade. Janet has championed and evolved the YWCA's social enterprise model, which includes the YWCA Health + Fitness Centre, YWCA Beatty Hotel / Residence, YWCA Thrift Shop and Meeting Room Rentals. Today these social enterprises account for 22.5% of YWCA revenue, and have positioned the YWCA as a contributor to the local economy while diversifying YWCA funding streams and supporting the overall financial sustainability of the organization.



ADVANCING TRUTH AND RECONCILIATION

In June 2015, the Truth and Reconciliation Commission released its findings, along with 94 recommendations to change policy and advance the process of Canadian Reconciliation. Janet has a deep commitment to this work and set the course for the YWCA to establish Truth and Reconciliation as a strategic focus. She led the development of an organization-wide Reconciliation strategy with the goal to embed a culture of Reconciliation across all aspects of the organization while continuing to serve Indigenous peoples through YWCA mentorship, employment and community programs.



On behalf of all of us at the YWCA, we want to say thank you, Janet, for your leadership, friendship and vision. Your legacy will be felt for many years to come.

The Janet Austin Advocacy and Public Education Fund has been established in honour of Janet's legacy, and to carry forward her work to advocate for gender equality. For more information or to support the fund, please contact Kathy Lilyholm at 604 895 5851 | klilyholm@ywcavan.org

HEALTH + FITNESS



YWCA Metro Vancouver Board member, Meera Bawa, gets instruction from Head Lifeguard, Jenn Allan.

IT'S NEVER TOO LATE TO LEARN HOW TO SWIM

When running began to impact her joints, Meera Bawa knew it was time for a new exercise routine. By chance, she ran into her elementary school teacher at a community pool. Her teacher had been retired for more than 10 years and swam a mile each day. She was full of energy and so graceful in the pool that Meera was inspired and promised herself that she

would learn to swim. A member of the YWCA Health + Fitness Centre since 2014, Meera knew exactly where to go to start.

"I knew swimming would be more low-impact than running and provide as much, if not more, of a workout. I began lessons with Head Lifeguard, Jen Allan, two

years ago and have not looked back. My decision to take private swim lessons at the YWCA has been one of the best of my life."

Within weeks, Meera noticed she was physically stronger, and even began running again.

"With Jenn's guidance I am on my way to swimming 400 meters in less than 10 minutes. I could not swim 25 meters when I began my lessons."

She has also improved her mental strength and endurance. "There have been times during my lessons when I've thought I couldn't achieve a certain time goal or learn a new stroke - like the butterfly - but in each case, I've been guided to and beyond my goal. I draw on these successes in decisions and doubts that arise outside of the pool."

Meera's experience with private swim lessons at the YWCA extend beyond the obvious physical and mental benefits. "From the front desk staff and lifeguards, to my swim instructor extraordinaire, the sense of community at the YWCA is the biggest draw."

When you book a private swim lesson at the YWCA Health + Fitness Centre, you work with an experienced instructor, who will build your confidence in the water, share swim fundamentals, lead you through a great workout and more.

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

Recent pool accessibility improvements were funded by Employment and Social Development Canada through the Enabling Accessibility Fund.

SUPPORTING SURVIVORS OF VIOLENCE TO ACHIEVE ECONOMIC INDEPENDENCE



Clients reconnect with themselves and their career goals through YWCA's WorkBC LEADS program.

YWCA WORKBC LEADS PROGRAM HELPS SURVIVORS ACHIEVE THEIR PERSONAL AND CAREER GOALS

Overcoming trauma is a long and complicated journey, but it is not one you have to take on alone.

Violence, abuse and bullying impact a person's life in many ways and can have long-term effects, such as depression, lack of self-confidence and low self-esteem. The social and economic impacts are also considerable. According to the World Health Organization, survivors of violence and/or abuse may suffer isolation, inability to work, loss of wages, lack of participation in regular activities and limited ability to care for themselves and their children.

"The LEADS program helped me find my voice, to help me grow. It changed my life..."

In 2015, the YWCA's WorkBC Learning Employment and Development Skills (LEADS) program was created as a response to the barriers survivors of violence and/or abuse face when looking for

or returning to employment. The program helps survivors recognize, understand and overcome the impact of abuse, and regain the confidence needed to reintegrate into the workforce and become economically independent.

"The LEADS program helped me find my voice, to help me grow. It changed my life and how I look at certain things. It taught me that I don't have to listen to what others have said about me in abusive relationships, and that I'm not alone." - R.V.

We asked Titi Adebajo, LEADS Program Coordinator, why this program is unique:

"I helped design LEADS to be the kind of program that treats people as experts in their own lives; creating an environment that allows individuals to feel safe and free to learn, while taking pathways to discover new talents or affirm their transferable skills. I envisioned

a program where people can use past learning to find meaningful work, and where each pathway would lead a step closer to wellness, increasing employability and strengthening confidence."

The LEADS program is offered at YWCA WorkBC Vancouver Westside, Vancouver South, North Vancouver, City Centre and Vancouver North East Regions (in partnership with Family Services of Greater Vancouver and MOSAIC). We have recently expanded to Maple Ridge, thanks to a partnership with Douglas College.

The LEADS program is funded by the Government of Canada and the Province of British Columbia, and receives generous support from the Diamond Foundation.

For more information on the LEADS program, please contact Titi Adebajo at 778 877 1533 | leads@ywcavan.org

THE JOY OF GIVING



Meghan Spencer and Elaine Decker wrap gifts for their Presents of Peace holiday hamper.

HOW ELAINE DECKER SUPPORTS THE YWCA THROUGH LEGACY GIVING

Fifteen years ago, a work colleague suggested I consider getting involved with YWCA Metro Vancouver. On her suggestion, my family and I applied to participate in the Presents of Peace program, and as the story goes, “the rest is history.”

It was challenging and exciting to buy gifts for people we didn’t know, imagining the lives of the mothers and children on our list, to follow the requests without getting too excited by my own ideas and love of books. Shopping, wrapping and delivering our holiday hamper has become our own holiday joy, an annual affair that includes now-adult children and their spouses. We are reminded of our own blessings, and rewarded by being able to share them with our YWCA “families.”

Over the years, we have followed the excitement of many YWCA projects and programs, like affordable child care, youth education, combatting sexualization, job preparation and stopping violence against women. What particularly excites me is the deeply thoughtful way these programs are developed and the steady awareness that these elements of family

life are all connected. I’ve attended panel discussions, presentations, book launches and celebrations, and I always leave with a renewed commitment to support the work of the YWCA to help foster healthy individuals, healthy families and a healthy society.

One specific way to show support is through legacy giving. Knowing that my sons had been well supported by “the Bank of Mom” to establish their own adult lives, I considered how I could help the YWCA more directly. The outcome was the designation of the YWCA as the beneficiary of my life insurance policy. The monthly premium on the policy hasn’t changed, the paperwork for the change was minimal and the feeling is as joyful as taking part in Presents of Peace!

To participate in Presents of Peace, please contact Vanessa Wellington at 604 895 5826 | vwellington@ywcavan.org

For more information on legacy giving, please contact JoAnne Fahr at 604 895 5829 | jfahr@ywcavan.org

IN MEMORY OF LINDA MITCHELL

As you enter the second floor of YWCA Cause We Care House, you will notice the plaque entitled “In Memory of Linda Mitchell”.

Linda was a passionate community builder and champion of literacy across Canada. It is more than appropriate that her name is attached to the inspiring new space atop of the néčá?mat ct Strathcona Public Library.

As Founder and long-time Executive Director of Literacy BC, Linda helped shape public policy around literacy, and left an indelible imprint on this issue across the country. She believed that literacy was fundamental to the health and well-being of individuals and families. Throughout her extensive and rich career, she brought literacy to the lives of thousands of people.

Linda had a long-standing connection to the YWCA. She served as a Board member, a Board Chair and twice earned the honour of a YWCA Women of Distinction Award nomination.

The plaque represents Linda’s impact on our community, and the imprint she left on so many people throughout her life. Her family is deeply honoured that her accomplishments and legacy are remembered at YWCA Cause We Care House, where support, love and empowerment are ever-present.

The second floor community space at YWCA Cause We Care House offers three unique employment programs in partnership with WorkBC and YWCA Employment Services to provide women with access to employment training:

- YWCA Admin Essentials prepares women for sustainable and meaningful employment in office administration.
- YWCA Changing Gears is a Class 1 truck driving training program.
- YWCA Tourism Essentials is a training program for Women 15-30 years of age who are facing barriers to employment and want to explore and work within the tourism sector.

For more information about how you can support YWCA Cause We Care House please contact Kathy Lilyholm at 604 895 5851 | klilyholm@ywcavan.org

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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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 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.
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

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

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 5763
enquire@ywcavan.org | 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 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

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

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

ADMIN ESSENTIALS

Prepares women for sustainable employment in office administration.
200-720 East Hastings Street
tel 778 379 2148

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

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

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

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

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