



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



RETURN POSTAGE GUARANTEED

CONTACT SPRING/SUMMER 2019

In this issue

**YWCA HOUSING UPDATE**  
*New housing community expected to be complete this fall*

**THE OPIOID CRISIS**  
*What it means for the YWCA*

**KNOWLEDGE KEEPERS**  
*Seniors connect at Crabtree Corner*

**HARNESSING THE MOMENTUM OF WOMEN DELIVER**  
*The world's largest conference on gender equality*

**INTERNATIONAL WOMEN'S DAY PANEL**  
*The 2019 BC Budget and Gender-Based Analysis Plus*

**CHILD CARE UPDATE**  
*Prototypes test universal model*

**THE NEXT 125**  
*Salons highlight pressing issues*

**HEALTH + FITNESS**  
*The Pilates Studio*

**WORKBC UPDATE**  
*YWCA employment programs expand reach with new WorkBC contracts*

**PASSING THE BATON TO FUTURE GENERATIONS**  
*Why Puspa Affandi is leaving a legacy gift to the YWCA*

**THE GIFT OF LIFE INSURANCE**  
*One way to leave a legacy*

♥ Please share this issue of Contact with a friend

**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



Gender equality is not only a matter of social justice but also good policy. Although the gender gap is narrowing in many areas, women still face deep inequalities. Women who work full-time still earn about 75 cents for every dollar earned by a man. Women are underrepresented in leadership positions and on boards, and overrepresented in minimum wage and part-time work. They also carry a disproportionate burden of unpaid care and domestic responsibilities. Women are at greater risk of domestic violence, sexual assault and harassment. The reasons behind these persistent gender disparities are complex. Public policy is one area where it is possible to strategically broaden opportunities available to women and girls and extend services that have vital impacts on the advancement of gender equality, which is one of the best investments a society can make.

Policy was a key focus of our International Women's Day celebration on March 8. I had the pleasure of moderating a panel discussion with Ministers Selina Robinson, Katrina Chen and Melanie Mark, and Parliamentary Secretary for Gender Equity, Mitzi Dean. Our focus was the provincial budget and the importance of using a gendered and intersectional lens when making decisions related to policy, programs and budgets. You can read more about our event on page 4.

As many of you know, YWCA Metro Vancouver has long advocated for affordable, high quality and inclusive child care. Access to quality, affordable child care helps women and families reconcile work-life conflict, provides a strong start for children

and benefits our economy. Recently, the provincial government initiated a prototype for a \$10 a day model across the province. YWCA Emma's Early Learning and Child Care Centre is one of these prototype centres, and you can read more about the impact \$10 a day child care has had on Emma's families on page 5.

Good public policy will also be a prominent focus at Women Deliver 2019, the world's largest conference on gender equality and the health, rights and wellbeing of women and girls, which is coming to Vancouver in June. The YWCA was an early champion of Women Deliver, and we are a proud member of the Women Deliver Mobilization Consortium. On June 3, our Youth Advisory Council will partner with the Lieutenant Governor of British Columbia to host a Women Deliver side event that will focus on youth civic engagement and young women's leadership.

As we approach another federal election, I encourage you, our readers, to participate in our democratic systems and learn more about the policies and initiatives that support gender equality at the municipal, provincial and federal levels. Finally, thank you to our passionate and committed donors, volunteers, staff and partners, for all you do to advocate for gender equality and support women and families in our communities.

*Deb Bryant*

**Deb Bryant**  
Chief Executive Officer

# YWCA HOUSING UPDATE



## NEW HOUSING COMMUNITY EXPECTED TO BE COMPLETE THIS FALL

With the vacancy rate in Metro Vancouver currently below 1% and entry-level housing prices significantly above where they were just a few years ago, housing affordability remains unquestionably in crisis.

The lack of safe, affordable housing is a major source of stress for many families—particularly for those led by single mothers. To help address this critical need, the YWCA is developing two new housing communities: YWCA Pacific Spirit Terrace in Champlain Heights, which will provide 31 units of housing, and YWCA St. Georges in North Vancouver, which will provide 14 units of long-term housing for single mother-led families.

Construction is nearing its final stages at YWCA Pacific Spirit Terrace, with flooring being installed and most of the suites painted. Installation of the kitchen cabinets has also begun, and the exterior brickwork and cladding is nearly finished. The project's expected completion is fall 2019.

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.

At YWCA St. Georges, excavation is underway. The crane is being erected and footing and concreting have recently commenced. The projected completion is January 2021.

We are grateful to The Province of BC - BC Housing, Summer Split Foundation, held at Vancouver Foundation, Valley Properties Ltd. and The Stollery Charitable Foundation and other generous donors for their significant contributions to this project.

Both developments will provide critical support for single mothers and their families, as finding safe, affordable housing is the first step on their path to personal and economic independence.

While YWCA Pacific Spirit Terrace is fully funded, we need to raise \$576,432 for our St. Georges project.

If you would like to make a contribution to help fund our St. Georges housing community, contact Kathy Lilyholm at 604 895 5851 | [killyholm@ywcavan.org](mailto:killyholm@ywcavan.org)

Street view of YWCA Pacific Spirit Terrace, where construction is nearing its final stages, with flooring being installed and most of the suites painted. The project's expected completion is Fall 2019.



# KNOWLEDGE KEEPERS



Knowledge Keepers was launched after a YWCA staff member recognized that many senior women were accessing Crabtree's weekday hot lunch, one of the few women-only hot lunch programs in the neighbourhood.

## SENIORS CONNECT AT CRABTREE CORNER

YWCA Crabtree Corner is a hub of activity in Vancouver's Downtown Eastside, offering programs for families in times of need. While many services are geared toward single mothers and their children, we respond to the changing needs in our communities and fill in gaps in services whenever possible.

A YWCA staff member recognized that many senior women were accessing Crabtree's weekday hot lunch, one of the few women-only hot lunch programs in the neighbourhood. Many of these senior women face multiple barriers including poverty, inadequate housing, poor health and language barriers, while others might be raising their grandchildren whose parents have fallen victim to the opioid crisis.

To address the needs of these seniors, we launched the Knowledge Keepers program, where people from different cultural groups come together to build community and develop new connections across generations and cultures. One group brought together Asian seniors with single moms. Child minding was provided while adults gathered for activities. The introductory ice breaker session was held at a Chinese restaurant and participants discussed the significance and meanings of different ingredients for various celebrations.

We also had a chair yoga session to introduce gentle ways to stay nimble and active. In another session,

children also attended and participants learned the traditions of dumpling wrapping and how different regions have their own special way of wrapping. It was a hands-on session and the group enjoyed a hot meal of soup and dumplings prepared by our Asian volunteer cooks. To end the program, we invited a guest speaker to present an exchange of Indigenous history and culture.

Similar streams were developed for an Indigenous group and a mixed heritage group. May Kwan, Supervisor of Crabtree Corner Community Programs, shared, "Knowledge Keepers showed that when we provide opportunities to bring people from different backgrounds and ages together, we can help to reduce isolation, connect the community and help build new skills. Participants shared that they felt more included in the community after taking part in the program."

We look forward to witnessing these new relationships flourish in the years to come.

Knowledge Keepers was made possible by a grant from the New Horizons for Seniors Program through Employment and Social Development Canada.

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

# THE OPIOID CRISIS



The impacts of the opioid crisis are widespread, reaching communities across the country, including Metro Vancouver and the YWCA.

## WHAT IT MEANS FOR THE YWCA

Public awareness around the opioid crisis and its effect on communities is growing, and so is the number of overdoses and drug-related deaths in Metro Vancouver and across the country. Health Canada has deemed the opioid crisis a public health emergency, as it has lowered the national average life expectancy while the death toll continues to climb, reaching more than 10,000 since 2016.

### How did we get here?

There are several complex factors that have created this crisis.

In the 1990s, pharmaceutical companies advertised prescription opioids as less addictive than they were. This led to their over-prescription by doctors, followed by an increase in the number of cases of opioid addiction. A government crackdown on prescription opioids pushed users to synthetic, and potentially lethal, illicit drugs.

The increase in toxicity of illegal drugs is another factor. The presence of powerful illegal substances

such as fentanyl, a drug 50-100 times more potent than morphine, has entered illicit drug supplies. Of accidental opioid-related deaths in 2018, 72% involved fentanyl.

### Who is being affected?

In Canada in 2018, 2,066 people died due to the opioid crisis, with 754, or 36%, of deaths occurring in British Columbia. Indigenous community members are disproportionately affected with 14% of all overdoses in the province experienced by First Nations people. However, the impacts of opioid overdose and death are widespread, reaching communities across the country.

### How is the YWCA responding?

The YWCA is working to provide a judgment-free, supportive environment for those affected by the opioid crisis. At YWCA Crabtree Corner, program participants and staff are seeing recovery relapses, children being orphaned and families experiencing unfathomable loss.

To provide support, participants in the Aboriginal Infant Development Program, have been led through grief writing groups, which use writing as a tool to cope with suffering from loss.

Across the organization, the YWCA is working to make sure that senior leadership, board members and staff have an awareness of how to support those using substances and how to take action in the event of an overdose. Training to administer naloxone, a medication that quickly reverses the effects of an overdose from opioids, has been carried out to YWCA staff.

YWCA leadership will continue to make educated decisions to further support efforts on risk mitigation and to find solutions in response to the opioid crisis and its effects for those in the YWCA community.

To support the women and families at YWCA Crabtree Corner, contact Adina Spivak at 604 895 5789 | [aspivak@ywcavan.org](mailto:aspivak@ywcavan.org)



# INTERNATIONAL WOMEN’S DAY PANEL



From left: YWCA CEO Deb Bryant with Ministers Selina Robinson, Melanie Mark, Katrina Chen and Parliamentary Secretary Mitzi Dean on International Women’s Day.

## THE BC BUDGET AND GENDER-BASED ANALYSIS PLUS

On International Women’s Day, YWCA Metro Vancouver partnered with the Government of British Columbia to host an informative and lively panel discussion on the 2019 provincial budget. Moderated by YWCA CEO Deb Bryant, the panel included a powerhouse group of women politicians: Hon. Selina Robinson, Minister of Municipal Affairs and Housing; Hon. Melanie Mark, Minister of Advanced Education, Skills and Training; Hon. Katrina Chen, Minister of State for Child Care; and Mitzi Dean, Parliamentary Secretary for Gender Equity.

The panel focused on how the provincial government considers the perspectives and experiences of diverse groups when determining spending priorities.

Budget 2019 was the first time the provincial government used an analytical process called Gender-Based Analysis Plus (GBA+) to evaluate how diverse groups of people may experience policies, programs and initiatives. GBA+ is intended to increase

accountability and to recognize that Indigenous women, women of colour, immigrant women, LGBTQ people and women with disabilities disproportionately experience gender-based harassment, violence and discrimination.

The panelists, who also answered questions from the audience, discussed how the government uses the GBA+ framework when addressing economic and social inequities in various sectors, including housing, child care and education. Some examples include:

Hon. Selina Robinson highlighted that the government has made the largest budget commitment to housing in the history of the province (\$7 billion over 10 years).

Hon. Katrina Chen spoke about the advancements in child care throughout the province and how the government wants to engage communities and create stable child care spaces.

Hon. Melanie Mark shared that youth aging out of foster care will now be able to receive a post-secondary education free of cost.

Other topics of interest from the audience included improving transportation in rural communities, senior caregiving and how Indigenous women experience discrimination and government initiatives. There is still work to be done in these areas, but International Women’s Day was a moment to celebrate progress towards gender equality in BC. The YWCA thanks the Province of British Columbia for partnering with us on this event.

*Learn more about our advocacy work at [ywcavan.org/advocacy](http://ywcavan.org/advocacy). To support our work advancing universal child care, affordable housing and stopping violence against women, contact Kathy Lilyholm at 604 895 5851 | [klilyholm@ywcavan.org](mailto:klilyholm@ywcavan.org)*

# HARNESSING THE MOMENTUM OF WOMEN DELIVER



In February, members of the YWCA Youth Advisory Council were invited to meet with Honourable Carole James to discuss what the BC budget means for youth. The Youth Advisory Council is partnering with the Lieutenant Governor of British Columbia to host a Women Deliver side event focusing on civic engagement.

YWCA Metro Vancouver was an early champion of bringing the Women Deliver Conference to Vancouver. As the world’s largest conference on gender equality and the health, rights and wellbeing of women and girls, Women Deliver provides an excellent opportunity to enhance Canada’s leadership on gender equality and generate increased investment in the wellbeing of women and girls at the local level.

The YWCA is proud to be a member of the Women Deliver Mobilization, a national movement to improve Canadian leadership on gender equality and drive progress for the health, rights and wellbeing of women and girls.

On June 3, the YWCA Youth Advisory Council, a group of youth passionate about equality ranging from ages 15 to 21, will partner with the Lieutenant Governor of British Columbia to host a Women Deliver side event that focuses on youth civic engagement and young women’s leadership. This interactive event will bring together intergenerational leaders to discuss community involvement, leadership, pluralism and democracy.

The YWCA thanks CanWaCH and Women Deliver 2019 Mobilization Canada for sponsoring our event.

*The Women Deliver Conference will take place in Vancouver from June 3-6 with delegates from the YWCA in attendance. If you would like to support our Youth Advisory Council, please contact Natasha Krotez at 604 895 5823 | [nkrotez@ywcavan.org](mailto:nkrotez@ywcavan.org)*



## CHILD CARE UPDATE



Since 1984, Emma's Early Learning and Child Care Centre has helped young parents achieve self-reliance and independence by combining academic work, counselling and health and parenting information. Children are provided with a stable, stimulating environment while their mothers are supported in their studies.

### PROTOTYPES TEST UNIVERSAL MODEL

"I phoned my wife immediately and she was worried by the panic in my voice, but it was just pure excitement and giddiness," remarked a parent at YWCA Emma's Early Learning and Child Care Centre when he was told that he would be paying just \$200 a month for child care.

This price adjustment comes with the provincial government's introduction of Universal Child Care Prototype Sites, which are testing funding and

operational models required to move British Columbia towards a universal child care system. YWCA Emma's is one of 53 licensed child care centres selected by the Province to be a prototype site. At these sites, parents pay just \$10 a day for child care.

Parents at Emma's are already reaping the benefits of paying less for child care. One family called it "absolutely life-changing." They report feeling less stressed, with more capacity to focus on their daughter:

"Once we went back to focusing on our kid and finding fun things to do, it enriched our relationships."

Another family noted that "the prototype has made it financially less stressful for us as a family. We've been able to put more money into our daughter's education savings plan and do enrichment activities, like swimming lessons."

After housing, child care is the highest monthly expense for families raising young children in Metro Vancouver, costing upwards of \$1,400 per month. The lack of affordable child care means that many women—often the primary caregivers—sacrifice their own career growth and long-term economic security to raise their children.

YWCA Metro Vancouver understands the role affordable child care plays in helping women and families reconcile work-life conflict and supporting parents' overall wellbeing. Affordable child care enables women to enter and remain in the workforce.

We have been advocating for a high-quality, universal child care system for decades. Our recent advocacy work encouraged the provincial and federal governments to work together to allocate adequate funding towards building an affordable system in BC. There is more work to be done, but we celebrate this major investment in BC's families and are grateful to operate YWCA Emma's as a prototype site until March 31, 2020.

This adjustment does not affect parents being supported through Heron's Nest: Education Centre for Young Parents, whose children also receive care at YWCA Emma's.

To learn more about our advocacy work, visit [ywcavan.org/advocacy](http://ywcavan.org/advocacy) or contact Amy Juschka at 604 895 5810 | [ajuschka@ywcavan.org](mailto:ajuschka@ywcavan.org)

## THE NEXT 125



Dr. Deepa Narayan with Nancy Mortifee at our recent Next 125 salon.

### SALONS HIGHLIGHT PRESSING ISSUES

Our bold new campaign, The Next 125, aims to meet the growing needs of our region. To do so, The Next 125 will raise \$10 million in recognition of YWCA's 125th anniversary in 2022, and will engage allies through events, volunteerism and by compiling and sharing their personal histories with the YWCA.

As part of this exciting initiative, we are hosting a series of intimate salons for supporters and friends, where experts share insights on key community issues that are priorities for the YWCA. Last October, we were grateful to host our first salon at a long-time supporter's home. It was an engaging dialogue on

Women in Politics. Ellen Woodsworth first shared her history and experience on the City of Vancouver council. She also discussed her work with Women Transforming Cities and their Hot Pink Paper Campaign, which outlines how cities can be more women-friendly, including investing in Indigenous women and girls, affordable housing, child care and ending violence against women. Clea Brown also discussed her experience running for city council with the Green Party. She shared how party politics presents distinct challenges for women, and in particular for women of colour. Clea underscored the importance of role models as she described how her mother, Rosemary Brown, provided inspiration through her own political career as the first black woman to run for leadership of a Canadian federal party.

We hosted our second salon this past April, which featured Dr. Deepa Narayan, international advisor on poverty, gender and development. Deepa spoke about her latest book, *Chup: Breaking the Silence About India's Women*. The book draws on her 600 detailed interviews with women and some men across India. Through her research, Deepa identifies seven key habits that lead to a woman habitually "deleting" herself. She found this to be a deeply entrenched problem, despite a woman's education, success, financial status and family background.

To date, The Next 125 has raised \$8 million through gifts of \$25,000 or more. Campaign supporters have made one-time gifts, group donations, hosted events, made pledges and left gifts in their wills. We are honoured to announce The Next 125 ambassadors: Diane Forsythe-Abbott, Lauren Gehlen, Ann Mortifee, Lis Welch and Cynn timer Woodward. New and increased campaign gifts will be matched up to \$1 million through funding from a generous anonymous donor.

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



# THE PILATES STUDIO AT THE YWCA HEALTH + FITNESS CENTRE



Recently the Pilates Reformer Cadillac Trapeze has been added to the YWCA's Pilates training to further enhance participants' strength and development.

Like many people, Aurora found that the biggest challenge to making a lifestyle change, especially with regard to health and fitness, was just getting started. She discovered that getting the right support and guidance is key to creating change, and sticking to it!

Having dealt with a hip displacement that nagged her for years, along with frequent lower back pain, Aurora was no stranger to physical therapies. When she joined the YWCA Health + Fitness Centre in 2016, she wanted to learn Pilates as it had been on her bucket list for

years. As she explored the various Pilates options, she was amazed at the variety of programming and the quality of instructors and trainers. Today, she credits the YWCA's Pilates training for fully resolving her hip displacement and back pain.

Our Pilates Studio and programming are always evolving. What started off as Pilates mat classes has now branched into small group training and private sessions on the reformer. Recently the Pilates Reformer Cadillac Trapeze has been added to the mix to further enhance participants' strength and development.

Instructors like Fleur and Monique will tell you that the list of health benefits from Pilates is long and includes increased muscle strength and tone, and improved concentration, flexibility, posture, coordination and balance. Not to mention the rehabilitation and prevention of joint, spine and/or musculoskeletal injuries, as seen in Aurora's success story.

The really great thing about Pilates is that it is suitable for people of all ages, body types and levels, from beginner to advanced. To get the full benefits, Fleur suggests practicing Pilates at least two to three times per week. One can expect to see improvements in posture after only 10 to 20 sessions. Aurora will tell you that at 50 years old, she now feels stronger and fitter than at any other time in her life thanks to the Pilates training at the YWCA. It's no surprise to us that the YWCA Health + Fitness Centre was voted one of Vancouver's best Pilates Studios in the Georgia Straight!

*If you're curious about Pilates training at the YWCA Health + Fitness Centre, visit us or connect with Fleur Palliardi at 604 895 5762 | fpalliardi@ywcavan.org*

# WORKBC UPDATE



The recent expansion enables the YWCA to strengthen its impact in new communities through excellent support and services for job seekers and continued relationships with employers across Metro Vancouver.

## PROGRAMS EXPAND REACH WITH NEW WORKBC CONTRACTS

Over the last seven years, YWCA WorkBC Centres have helped nearly 10,000 job seekers find meaningful employment across Vancouver and on the North Shore.

The WorkBC program operates on a catchment-based model, with each employment centre catering

to the specific needs of the community in which it is located. Starting this past April, the YWCA expanded its WorkBC program into a fifth catchment area: the Tri-Cities, which consists of a centre in each city of Coquitlam, Port Coquitlam and Port Moody. We were also successful in renewing our contracts in Vancouver

South and North Vancouver, and are operating three additional centres as a subcontractor: Vancouver City Centre, Vancouver Westside and Career Zone.

Through funding provided by the provincial and federal governments, YWCA WorkBC Centres offer a wide variety of free employment services for job seekers ages 16 to 65+, as well as specialized programs and support for immigrants, youth, Indigenous peoples, personnes francophones, persons with disabilities, survivors of violence and abuse, older workers and women returning to work after an absence.

The team has also cultivated an excellent event-based approach to connecting job seekers and local employers within their communities through job fairs, panel discussions and employer presentations. Last September marked the 4th annual Vancouver Job Fair which featured 60 local employers and attracted nearly 2,000 job seekers.

The recent expansion enables the YWCA to strengthen its impact in new communities through excellent support and services for job seekers and continued relationships with employers across Metro Vancouver.

The YWCA is thrilled to be widening the reach of our employment programs. We look forward to continuing to serve job seekers and employers through WorkBC Centres across Metro Vancouver over the next five years.

The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

*To learn more about YWCA WorkBC Employment Services, visit [facebook.com/YWCAJobSeeker/](https://facebook.com/YWCAJobSeeker/)*



## PUSPA AFFANDI: PASSING THE BATON TO FUTURE GENERATIONS



Puspa Affandi, a YWCA staff of over a decade, is leaving a legacy gift to make sure the work of the YWCA continues for future generations.

I am originally from Indonesia. In the mid-90s, my husband and I moved to Vancouver to continue our education. When I finished my studies, I began working at an advertising agency located two blocks from the YWCA Program Centre downtown. I thought it was just a fitness facility until I joined the organization as a Marketing Assistant in 2005.

That's when I learned about the great things the YWCA does in our community, and how necessary this work is. I enjoyed my job, my colleagues and the family-friendly, supportive environment the YWCA offers.

Now I work as the Sales Manager at the YWCA Hotel Vancouver. As an organization, we have a wonderful team of supporters—our dedicated volunteers and generous donors, to whom we are indebted. Without their generosity, we would not be able to continue our collective effort to build better lives for vulnerable single moms and their families. This community work needs to continue and the baton needs to be passed on to the next generation of YWCA supporters.

My husband and I are in the process of writing our wills to include the YWCA. It's a unique opportunity for us to show our support and ensure the work of the YWCA continues.

We are blessed with a son who will soon be a teenager. It sounds cliché but as parents, we want to leave the world a better place for him and his generation. I also want to respect and honour the women who came before me who worked towards gender equality. A legacy gift is our way of doing that for future generations.

Support the work that began in 1897 by leaving a legacy gift to the YWCA in your will. 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)

## GIFTS OF LIFE INSURANCE

*Aside from a bequest in your will, another type of gift that you can include as part of your estate plans is the proceeds from a life insurance policy. For an existing policy, with the charity named as the beneficiary, you will receive a tax deductible receipt for the cash value at the time of your donation.*

*For a new policy, you will receive an annual tax receipt from the named charity on the premium payments that you make each year.*

*In this way, you will gain a tax advantage during your lifetime and your chosen charity will receive a larger gift than the total of the premium you pay.*

*As with all planned gifts—wills, life insurance, annuities and others—you should speak with your financial planner to ensure your best interests are represented.*

*For more information about planned gifts, 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)*

## GIVE HOPE. INSPIRE A DREAM.

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

### ☐ Here is my gift of:

☐ \$100 ☐ \$50 ☐ \$25 ☐ Other \_\_\_\_\_

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

**OR**

☐ Please charge my credit card

☐ Visa ☐ MasterCard ☐ American Express

CARD # \_\_\_\_\_

EXPIRY \_\_\_\_\_

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

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

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

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

Bank Name \_\_\_\_\_ Account # \_\_\_\_\_ Branch ID \_\_\_\_\_

**OR**

☐ Monthly charge to my credit card \$ \_\_\_\_\_

☐ Visa ☐ MasterCard ☐ American Express

CARD # \_\_\_\_\_

EXPIRY \_\_\_\_\_

3-DIGIT SECURITY CODE \_\_\_\_\_

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Name(s) to appear in recognition listings \_\_\_\_\_

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](http://ywcavan.org)



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: [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 5793

### 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 5802

### 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 5845

### BEING ME

After-school program for grade 7 girls in South Surrey with a focus on healthy lifestyles.  
tel 604 895 5793

## HOW YOU CAN SUPPORT THE YWCA

### DONATIONS

There are many ways to financially support the 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 5850 | [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

### WORKBC CENTRES

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

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

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

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

**WorkBC Vancouver City Centre**  
206 - 535 Thurlow Street, Vancouver  
tel 604 872 0770

**Career Zone - Youth Satellite**  
1260 Granville Street  
tel 604 605 4666

**WorkBC Coquitlam**  
221 - 3030 Lincoln Avenue -Coquitlam  
tel 778 730 0174

**WorkBC Port Coquitlam**  
206 - 2540 Shaughnessy Street - Port Coquitlam  
tel 778 730 0171

**WorkBC Port Moody**  
301 - 130 Brew Street - Port Moody  
tel 604 917 0286

### 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

### 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

## 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)

## 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

## 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

**CHAIR** Geri Prior  
**VICE CHAIR** Lisa Coltart  
**TREASURER** Woon Ai Tsang  
**SECRETARY** Meera Bawa

**BOARD MEMBERS**  
Barbara Bahry  
Paulina Cameron  
Diana Chan  
Elayna Diemert  
Valerie Mann  
Marilyn Mauritz  
Genevieve Pinto  
Morna Creedon Sileika

## CONTACT NEWSLETTER

**EDITOR** Elysse Cloma  
**WRITERS** Elysse Cloma  
JoAnne Fahr  
Amy Juschka  
Verneet Kaur  
Natasha Krotez  
Adina Spivak  
Arden Sutherland  
Mimi Vu

**DESIGN** Epic Design  
**PRINTING** VanPress

**CHARITABLE REGISTRATION NO.**  
108227943 RR0001

