

CONTACT

SPRING/SUMMER 2023

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and more.

A MESSAGE FROM THE CEO

It might be cliché to talk about new beginnings in spring, but after such a long Vancouver winter, it's impossible not to be affected by the days growing longer and the world coming out of hibernation. Maybe we are especially attuned to it here on the wet, west coast, but I feel a sense of renewed energy.

This Spring/Summer issue of Contact focuses on just that – all of the fresh programs, projects and advocacy work that we have committed to as an organization.

The YWCA Hotel has been undergoing a revitalization resulting in more rooms to serve visitors and emergency spaces for women and families seeking shelter, while shrinking our environmental footprint.

Our commitment to ensure universal child care means training more Early Childhood Educators, so we launched Discover, a free program for immigrant women to become certified and begin a fulfilling career as an ECE.

To move forward our inclusion, diversity, equity and accessibility work, YWCA staff is deeply engaged. Our three staff committees continually bring forth opportunities to help us all learn and grow as individuals and as an organization. This year, staff are leading the development of a gender-inclusion toolkit and a declaration on our commitment to Truth and Reconciliation.

Our advocacy work is also producing results. City Shift is on the minds of municipal leadership across the Lower Mainland and our Hopeful Hair campaign demonstrates our solidarity with women in Iran who continue to fight for their human rights.

As we marked International Women's Day in March, we presented a new look for our 40th annual Women of Distinction Awards and had a fabulous time celebrating the women and workplaces that make a difference in our community at the Announcing the Nominees event. But we also took time to acknowledge that women's rights around the world are increasingly at risk and that we have so much work to do locally and globally to achieve a world that is safe and has equal opportunities for everyone.

On that, I have gathered together an excellent team to work collaboratively on our forthcoming Strategic Plan – a bold new path to guide us into the future. This work is exciting and feels especially significant as we envision all that we want to do to support our community.

As always, YWCA staff and supporters are at the forefront of creating meaningful change. I hope the turning of seasons brings with it renewed hope for you, too. Thank you for reading and as always, thank you for being a part of the YWCA community.



Erin Seeley, CEO
YWCA Metro Vancouver



Erin Seeley at the YWCA Rooftop Garden.

AN EXCITING SEASON FOR THE YWCA HOTEL



Staff in front of the YWCA Hotel.

The YWCA Hotel is one of the organization's social enterprises, which means that the revenue it generates is invested back into YWCA Metro Vancouver's programs that serve our community. It is one of the city's best hidden gems, offering tourists and travelers a variety of rooms at great prices and in an unbeatable location.

We are always striving to improve our facilities so that our guests have the best experience possible. Currently, we are renovating and refurbishing the hallways and all the rooms in the original tower – they will be ready by May, in time for the high season. We also have new furnishings on our rooftop patio and we can't wait to welcome guests to sit under our new café lights this season.

Caring for the environment is also a priority and our new green initiatives include the following:

- Transitioning from plastic to wood key cards
- Installing wood door signs
- Replacing small bottles of shampoo and bodywash with dispensers in the showers
- Changing to LED lighting throughout the hallways and rooms to reduce power usage

It has been thrilling to see the Hotel fill up again and we are close to operating at the capacity we had before the pandemic. And with all the changes we have been undertaking, we are excited to show off our improved rooms and remind people why the YWCA Hotel is an excellent choice for people coming to explore and experience all that Vancouver has to offer.

Barbara Lane is the Hotel's Director and she has been getting ready to welcome guests from around the world. "The Hotel staff's enthusiasm continues as we renovate the original tower rooms and welcome guests to our new Queen and Queen-Queen rooms in our additional tower," she said. "We are excited for longer days and warmer weather and for guests to enjoy our fresh and modern guest experience."

If you or someone you know is looking for a room to stay in Vancouver, we encourage you to book soon – the spring and summer seasons are filling up quickly. For more information, visit ywcavan.org/hotel.

A SPECIAL DAY AT GOVERNMENT HOUSE

As the sun glistened off the Salish Sea and danced around the impressive ballroom at Government House in Victoria, BC, it was easy to forget that just a few hours before, YWCA Metro Vancouver staff and supporters had been trudging through 20cm of surprising fresh snow with their fingers crossed that the ferry would still be running.

On February 28, we were so pleased to see 110 YWCA Metro Vancouver supporters congregated in the beautiful residence of BC's Lieutenant Governor, Her Honourable Janet Austin. The YWCA's former CEO welcomed guests in as old friends, while her dog, Vice-Regal MacDuff, mirrored the cordiality of Her Honour, effortlessly mingling with the groups of supporters who were reacquainting themselves with his owner. It was a joyous and heartfelt moment to reflect on the history and impact of the YWCA.

Despite the treacherous travel conditions, many compassionate and generous individuals made the journey and celebrated the YWCA's ongoing efforts to achieve gender equity. Her Honour, YWCA CEO Erin Seeley, Board Chair Val Mann and Robbie Tee and Nicola Espiritu, daughters of long-time YWCA employee Grace Tee, all gave thoughtful speeches threaded with the theme of gratitude.

Val reminded us of the long-lasting effect of being involved with the YWCA when she said: "The YWCA – and I was told this when I joined the Board – is an organization that never quite lets you go. I think it is fair to say that it holds a special place in Her Honour's heart as it does, and will do, for me."

Many donors in the room shared their personal experiences with the YWCA over the past years, and for the more recent supporters, there was the chance to learn about the organization's legacy. Her Honour remarked on the collective support for the YWCA, noting that "we are all citizens who share a responsibility for each other" before thanking all those who "support the vision and practical feminism of the YWCA."

Thanks to our donors, our reach in the community demonstrates the momentum

we have accumulated through advocacy and integrated services, towards the goal of a more equitable world for women, families and allies. This event at Government House helped us share the impact with our kind supporters and show our appreciation for their generosity.

For opportunities to donate to or become involved with the YWCA, please contact Shantal Cashman at scashman@ywcavan.org | 604 895 5859.



From the left: Robbie Tee and Nicola Espiritu, event speakers, Erin Seeley, YWCA CEO, Val Mann, YWCA Board Chair and the Honourable Janet Austin, Lieutenant Governor of BC.



Guests at the Government House Tea on February 28, 2023.

SHIFTING CITIES TOWARDS EQUITY



Photo by Bigstock

YWCA City Shift aims to make our region more equitable, just and prosperous by supporting Metro Vancouver cities to challenge assumptions, incorporate diverse perspectives and support actions that serve the entire community. And the YWCA City Shift team has been busy rolling out this important work.

Since hosting the Reimagining our Cities event and workshop series last fall, we have been expanding our reach, talking and listening to civil servants and allies who share City Shift's vision.

In our conversations with elected leaders and municipal staff, we heard that city-focused resources on advancing equity and inclusion are hard to come by. So, we engaged Lisa Moffatt and Alix Krahn of Resilience Consulting, along with help from our City Shift Advisory Council members, to develop the Equity Kickstart Guide for Cities. This guide includes steps cities can consider as they embark on their community-facing equity journeys, along with promising practices, case studies, templates and other helpful resources.

The City Shift team is also delegating at council meetings across the region and asking cities to consider piloting a project using an equity lens. Several cities are looking at potential pilots that include community-engagement practices, zoning bylaws and transportation plans.

YWCA Director of Communications and Advocacy, Amy Juschka, and City Shift Project

Lead, Shauna Shortt, recently facilitated a workshop at the Columbia Institute's High Ground Conference in March. They were joined by Amina Yasin, City Shift Advisory Council member and Director of Public Hearings and Planning, Renovate the Public Hearing with Simon Fraser University.

The conference and workshop demonstrated how cities are poised and ready to take on this work. "We are excited by the level of engagement at the conference," said Amy Juschka. "Cities are recognizing the value of this work and they are ready to embrace it. With our Kickstart Guide and leadership, we think that City Shift will have a long-term, positive impact on residents who are often overlooked in terms of their experience navigating civic life."

City Shift is also working with cities across the region to advance a Union of BC Municipalities (UBCM) resolution calling on cities in BC to prioritize equity in their decision-making practices. We will be attending the annual UBCM conference in September 2023.

We are thrilled by the momentum and excitement that City Shift is building and look forward to bringing you more updates. We are also very grateful to Women and Gender Equality Canada for their support.

For more information on YWCA City Shift, contact Shauna Shortt at sshortt@ywcavan.org | 604 895 5722.

BIG 'IDEA'

At YWCA Metro Vancouver, we continue to embed inclusion, diversity, equity and accessibility (IDEA) throughout our organization and daily work. Our three staff equity committees play a significant role in these efforts.

Gender Inclusion Committee

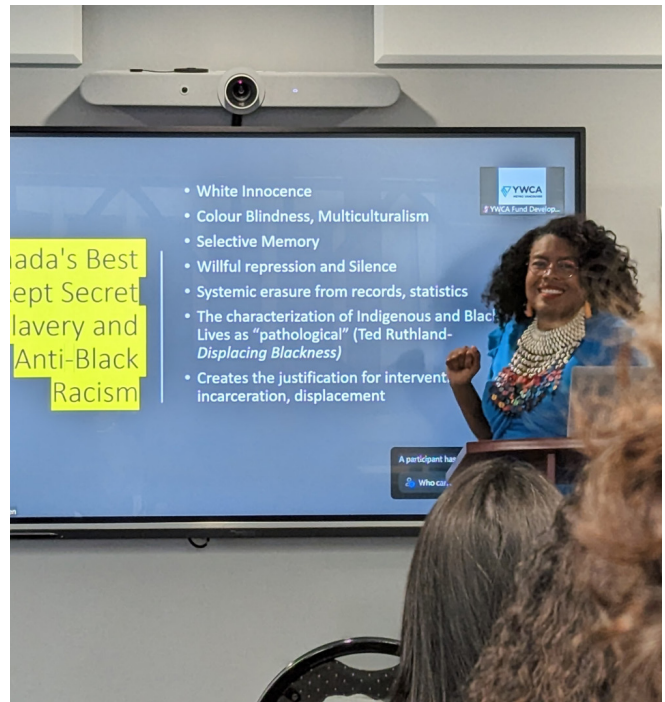
The gender inclusion committee is particularly focused on fostering a safe and inclusive environment for trans, gender diverse and questioning (TGDQ) individuals. To explore meaningful and tangible ways to progress gender inclusion in our workspaces, programs and services, the committee partnered with TransFocus and conducted an internal survey to assess the existing levels of inclusion for TGDQ employees, as well as recommendations to action.

Additionally, staff engaged in extensive gender diversity training, and were invited to participate in further strategy-focused sessions to identify, analyze and action solutions that would increase gender inclusion in our programs and services. They are also helping provide ideas to best support and educate participants and clients accessing these programs.

Racial Equity Committee

The racial equity committee identifies opportunities and initiatives to create an inclusive, informed and welcoming organization for racialized individuals. Over the past few months, they prioritized assessing the organization's recruiting and hiring practices and identified ways to increase diversity and make the process more inclusive and accessible. The committee was also involved in creating and implementing an anonymous incident reporting procedure for employees to effectively manage workplace discrimination and micro aggression challenges.

The committee also wrote a blog post to celebrate Black History Month, with a focus on Black resistance and allyship. They hosted an organization-wide learning event with Dr. June Francis, a prominent specialist in anti-racism and advocate for equity, diversity and inclusion for racialized groups as well as human rights.



Dr. June Francis speaks to YWCA staff during a special event in celebration of Black History Month.

Truth and Reconciliation Committee

The truth and reconciliation committee continues to support Reciprocal Consulting in providing mandatory truth and reconciliation training for all YWCA staff. The committee also hosted a public event with Michelle Good, author of *Five Little Indians*, which concluded the YWCA 16 Days of Activism Against Gender Based Violence campaign.

Most recently, this committee organized a lunch and learn about the ongoing tragedy of missing and murdered Indigenous women and girls ahead of the Women's Memorial March on February 14. Staff were invited to watch an episode of the APTN and CBC series 'Taken', followed by a discussion with Viola Thomas, YWCA Indigenous Relations Manager. Staff were also encouraged to attend the march and a large number took part in the annual event that takes place in the Downtown Eastside.

Each staff committee has exciting plans and projects in the works and we are excited to bring you updates as they develop.

For more information on YWCA IDEA policies and work, contact Tamara Robertson-Fry at trobertsonfry@ywcavan.org | 604 895 5860.

16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE

16 Days of Activism Against Gender-Based Violence is an annual international campaign that calls for the prevention and elimination of violence against women, girls, Two-Spirit and gender-diverse people. This is an important time for YWCA Metro Vancouver to leverage our influence and advocate for this community. Too little action has been taken to protect the lives and well-being of women and girls, especially those who are Indigenous, so we centred our campaign this year around the National Inquiry into Missing and Murdered Indigenous Women and Girls by highlighting 16 of the 231 Calls for Justice from the Inquiry's Final Report.

For 16 consecutive days, we spotlighted a Call for Justice, showcasing what action has (or hasn't) been taken since the Final Report was published in 2015. We offered suggestions on what further action needs to be taken by government and individuals to support these efforts. This impactful campaign was posted on social media and accompanied by Indigenous art depicting both the discrimination against and resilience shown by this community.

Welcoming author Michelle Good

To wrap up our 16 Days campaign, we had the honour of hosting Michelle Good at the

Firehall Arts Centre on December 10, for a free community gathering and a reading of her book *Five Little Indians*. Michelle is a writer, lawyer, teacher, member of the Red Pheasant Cree Nation and winner of the Governor General's Literary Award. As she shared some of her research on the history of Residential Schools and the long-term impacts of colonialism in Canada, Michelle was charismatic, kind and captivating.

Elder Mary Point opened and closed the event and taught the attendees a childhood lullaby in her native language of the **xʷməθkʷəy̓əm** (Musqueam) Nation, encouraging the audience to follow along. Elder Eugene Harry, from the Squamish Territories, also provided a blessing. Witnesses were called forth to observe the discussion in order to report back what they learned.

We are deeply grateful to Michelle Good for her generosity.

To learn more about the YWCA's commitment to truth and reconciliation, contact Tamara Robertson-Fry at trobertsonfry@ywcavan.org | 604 895 5860.



From the left: April Beaver, YWCA Aboriginal Infant Development Program Consultant, Viola Thomas, YWCA Indigenous Relations Manager, and Michelle Good.

HOPEFUL HAIR: A WALL OF HOPE

Like so many around the world, YWCA Metro Vancouver staff were moved to action after the death of Mahsa Amini, a young Kurdish woman who died after being arrested and beaten by the “morality police” in Tehran because of “inappropriate attire.”

As protests against the Islamic Republic of Iran and its oppressive rule erupted, we watched as young girls and women banded together around the world and cut their hair in defiance. The cutting of hair became a potent symbol and act of protest in the women-led revolution in Iran — an act that the YWCA supported with a demonstration last December in Vancouver and Toronto.

To encourage Canadians to stand in solidarity with Iranians, we partnered with creative agency Rethink and YWCA Toronto to produce the Hopeful Hair Wall. On December 3, 2022, we brought the 6x18ft panel to the WOMAN, LIFE, FREEDOM demonstration at the Vancouver Art Gallery and invited community members to cut a lock of their hair in solidarity and add it to the installation. People from all backgrounds participated, and the result completed the words WOMAN, LIFE, FREEDOM.

The panel was then shipped to Toronto and on December 18, 2022, YWCA Toronto's staff marched alongside the community carrying the Hopeful Hair Wall during a demonstration



YWCA staff and supporters march in solidarity with the people of Iran holding the Hopeful Hair Wall on the streets of Toronto in December 2022.

attended by thousands of supporters.

Our goal with the Hopeful Hair Wall was to send a powerful message and show Iranian women that they are not alone. To help continue the conversation, we launched **HopefulHair.com**, a site that offers ways to get involved and support Iranians.

We extend our gratitude to our generous sponsor BBTv, BBTv Chair and CEO, Shahrzad Rafati, and to Rethink for making this campaign possible.

To learn more, visit hopefulhair.com and to get involved with YWCA advocacy campaigns, contact Amy Juschka at ajuschka@ywcavan.org | 604 895 5810.

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“The Hopeful Hair campaign is a testament to the global citizenship of Canadians, and the humanitarian importance of the situation in Iran. Millions of people in Iran, particularly women, are protesting for their freedoms at a time when their voices are being stifled. We must be their voice at this critical turning point in history. Stand and act in solidarity with the brave women and men striving for change.”

- Shahrzad Rafati, Chair and CEO, BBTv Holdings



NEW HOUSING IN BURNABY



A new YWCA housing community with 32 two-and-three-bedroom units is under construction on Grange Street in the heart of Burnaby!

We are aiming for a fall 2025 completion date. A capital and endowment campaign to fund the project is underway; we have raised 78% of our goal, but we still need to raise \$3.2M.

Should you be interested in making a donation or becoming a lead donor who could name this new housing project, please contact Bobbi Sarai at bsarai@ywcavan.org | 604 418 2225 or donate online at ywcavan.org/burnaby-housing.

Scan the QR code
with your phone
to donate now



DISCOVER: A NEW CAREER PATH



Early Childhood Educators play with children at YWCA Emma's Early Learning and Child Care Centre.

While many sectors are in an uncertain phase of post-pandemic recovery, early childhood education is one area that has seen steady, ongoing growth. In response to the need for more Early Childhood Educators (ECEs) across the province, and aligned with our commitment to universal child care for families, YWCA Metro Vancouver launched an exciting new program called Discover.

Discover is a free, 46-week employment program for immigrant women who want to embark on fulfilling careers as ECEs. Through a partnership between the YWCA, WorkBC Centres and Sprott Shaw College, participants gain the specific skills and experience required to work as an ECE in accordance with provincial regulations.

For many immigrant women, Discover provides a clear pathway toward a rewarding career that promises stability for the foreseeable future. "Current projections show that 12,000 ECEs will be required over the next 10 years to fulfill the demand set out in the Childcare BC plan," says Devi Sharma, Program Manager of Discover. "There is an increasing shortage of certified workers as this occupation is regulated and requires an ECE certification."

Discover participants develop a broad range of theoretical knowledge and practical skills that enable them to create and lead educational, age-appropriate activities for children. They also

learn to supervise children and professionally communicate with parents, fellow staff and other individuals involved in a child's development.

"At the completion of the program, participants receive full certification as an Early Childhood Educator, including licensing and all regulations as required by the Province of BC," shares Devi. "This includes a 10-week employer practicum, which provides valuable experience and increases confidence."

Funded by the BC Ministry of Social Development and Poverty Reduction, Discover is a Project-Based Labour Market Training program, benefitting the local community and job-seeking individuals by providing a combination of training, work experience and follow-up support delivered under a project-based training model. We are grateful to all our partners who contribute to the delivery of this impactful program.

The second Discover cohort started in February and the third is scheduled to begin in September 2023 for participants based in Victoria, BC.

For more information on Discover, visit ywccavan.org/ywca-discover or email discover@ywccavan.org.

ICE, ICE, BATHING: THE COOLEST WAY TO SUPPORT THE YWCA

YWCA Metro Vancouver recently launched an online peer-to-peer fundraising platform. This digital hub empowers community members to independently take action and raise funds to support mothers, children and families across Metro Vancouver.

Open to everyone, the collaborative platform offers guidance, tips and resources, while remaining flexible enough for registrants to get creative. It walks users through customizing an individual or team page, setting a goal and spreading the word. By supporting essential programs and raising awareness, registrants become vital pillars of support in the community.

This winter, Kevin Hanley took the plunge.

He committed to 60 days of cold dips, from November 24, 2022 to January 22, 2023, submerging himself in ice-cold water to support the YWCA. He created a fundraising page, documented his progress on social media and ventured into frozen oceans and lakes for five minutes at a time. Meanwhile, donations rolled in.

His goal was to raise money for the YWCA Ukrainian Mothers' Support Group, a program that helps Ukrainian refugee moms form connections, learn about resources and navigate parenting alone. Kevin gathered 71 supporters to cheer him on and raised a total of \$3,190.

However, not all fundraisers have to make a big splash to have an impact.

Other types of challenges, like read-a-thons or fitness goals, can be highly effective and done virtually. Fundraisers in honour of birthdays or weddings are simple ways to engage supporters. Even one-time events, like summer barbecues, can quickly raise substantial funds. What's important is building connections, leading change and inspiring others to do the same.

Over the past few years, peer-to-peer fundraising has become an unprecedented phenomenon. In 2021 alone, the top 30 Canadian peer-to-peer programs collectively raised \$154 million. This fundraising model is especially powerful for

its ability to generate trust, cooperation and momentum in the community.

In the end, that was what stood out for Kevin—people coming together to uplift each other. “I really enjoyed the experience,” he said. “I’d really like to thank all my supporters for everything. From all the donations, messages I received, followers on my Instagram page and people that stopped to chat to me on my way in or out of the water. It was great to see people get behind me so positively. Also, a massive shout out to everyone who joined me for a dip along the way (some more reluctantly than others).”

For those with “cold feet” to get started, Kevin has some tips: “Don’t be afraid to get out there and try to get people involved. More often than not, people are happy to help,” he said. “And don’t get caught up in the overall goal, set yourself smaller goals throughout the process and have fun in reaching them.”

To learn more or start your own fundraiser, contact Jess Tong at jtong@ywcavan.com | 604 895 5789 or visit ywcavan.org/fundraise.



Kevin (centre) and his friends and supporters during the last day of the challenge.

SWIM YOUR WAY TO FITNESS AND FUN

The YWCA Health + Fitness Centre offers adult private swim lessons and registered group swim programs. Our 25-meter, UV-purified pool has shared lanes for length swimming and one multi-purpose lane. A hot tub and steam room are also available in the pool area.

Learning how to swim is a skill you can learn at any point in life, and it is beneficial for many reasons: personal health and fitness, rehabilitating an injury, or being comfortable at the beach or pool. If an emergency happens near the water, knowing how to swim could also prevent serious injury or save a life.

In terms of exercise, swimming is often overlooked. It's an incredible workout and a zero-impact sport that improves cardiovascular health, reduces stress and anxiety and boosts confidence. Swimming is also a fun social activity and is suitable for all ages.

The YWCA registered swim program was designed to support members in meeting their swim goals from beginner to advanced. Our aquatics team members are highly experienced, friendly and supportive; they also take part in swim meets, marathon swim events and truly value sharing their love of swimming with others.

We also offer adult aquafit classes. These are multi-level so anyone can join, and the watery environment results in a safe, effective workout with minimal impact on the joints.

We sat down with two members of our aquatics team to gather more insight. They said, "Vancouver is surrounded by water and we have a higher risk of ending up in it, so learning how to swim is extremely important. Swimming is an entry-level and zero-impact sport that we enjoy teaching. It is rewarding to see our members so excited, motivated and open to learning a new activity. We go at the learner's pace and the environment is inclusive, positive and supportive to all."

We also asked members what they liked most about the YWCA's aquatics programming and pool. One response was, "The atmosphere is inclusive and I have made friendships here. The pool is my happy place and second home." Another comment was, "The pool has little chlorine, lots of space and dedicated swim lanes. It's one of the best pools I have ever used!"

To enroll in YWCA swim lessons or classes, download our mobile app today, or contact the YWCA Health + Fitness Centre at memberservices@ywcavan.org.



Instructor and student at the YWCA Health + Fitness Centre pool.

RENATE MUELLER: A LIFE OF GIVING

Last summer, several staff from YWCA Metro Vancouver attended Renate Mueller's celebration of life on the grounds of the beautiful Shaughnessey Golf and Country Club. It was a brilliant afternoon filled with belly laughs and stories of Renate's countless adventures, her entrepreneurial acumen, love of golf, travel, bling, ability to meet everyone in a room and make new friendships everywhere she went.

Renate was also dedicated to supporting women living at YWCA Munroe House, the first second-stage transition housing in Canada with onsite support for women and children leaving violence. There are currently three YWCA second-stage housing communities, and a combined total of 33 units for women to live somewhere safe, while accessing YWCA programs and supports.

Over time, Renate built a trusting relationship with staff and residents at Munroe House. She would regularly drop off much-needed gift cards for groceries, gas and transit and for special occasions, she would pop by with meals for each family and carefully selected gifts for each of the women. Renate hoped that her small efforts would result in women feeling cared for and valued. For Renate, some of her most valued possessions were the cards and messages of gratitude she received from the residents.

Renate was a Legacy Donor to the YWCA and left the organization a bequest in her will. We are so grateful that she chose to continue supporting the YWCA into the future and we



Renate Mueller

honour her memory and her generosity through our continued work and support.

If you are interested in leaving a gift to the YWCA in your will or for more information on becoming a Legacy Donor, contact Shantal Cashman at scashman@ywcavan.org | 604 895 5859 or JoAnne Fahr at jfahr@ywcavan.org | 604 895 5829.

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YWCA METRO VANCOUVER
**WOMEN OF DISTINCTION
AWARDS**
PRESENTED BY
Scotiabank



SEEING CHANGE INSPIRES CHANGE

Recognize trailblazers across Metro Vancouver by nominating a woman or workplace for a YWCA Women of Distinction Award.

DEADLINE: December 1, 2023
YWCAVAN.ORG/WOD

YWCA PROGRAMS AND SERVICES

For more information, visit ywcavan.org

SUPPORT FOR WOMEN AND FAMILIES

SINGLE MOTHERS' SUPPORT SERVICES:
604 219 8952

PEACE PROGRAM: 604 734 5722

STOPPING THE VIOLENCE OUTREACH GROUP:
stoppingtheviolence@ywcavan.org

JAPANESE OUTREACH PROGRAM:
hkase@ywcavan.org | 604 209 1808

SEEDS OF INDEPENDENCE VIOLENCE
OUTREACH:

seedsofindependence@ywcavan.org

LEGAL EDUCATOR: 604 216 1672

A STRONG START FOR CHILDREN

CITYGATE EARLY LEARNING AND CHILD CARE:
1192 Quebec Street | 604 687 1150

CRABTREE CORNER EARLY LEARNING AND
CHILD CARE:

533 East Hastings Street | 604 216 1655

LESLIE DIAMOND EARLY LEARNING AND
CHILD CARE:

535 Hornby Street | 604 895 5816

EMMA'S EARLY LEARNING AND CHILD CARE:
3839 Carolina Street | 604 879 1121

HEALTHY CHOICES FOR YOUTH

HIGH SCHOOL MENTORSHIP PROGRAM:
mentorship@ywcavan.org | 604 219 5628

GUIDE TO HIGH SCHOOL: 604 895 5779

CIRCLE OF SISTERS INDIGENOUS
MENTORSHIP PROGRAM: 604 895 5802

DATING SAFE: ywcavan.org/datingsafe

SAFE, AFFORDABLE HOUSING

For women and single mother-led families.

For more information, contact
propertyservicesassistant@ywcavan.org or visit
ywcavan.org/housing

Coquitlam

YWCA COMO LAKE GARDENS

YWCA COMO LAKE MEWS

Langley

YWCA FRASER GARDENS

North Vancouver

YWCA Cheshá7min-awtxw

YWCA MAY BROWN PLACE

Richmond

YWCA MOIZ AND NADIA PLACE

Surrey

YWCA ALDER GARDENS

YWCA ARBOUR HOUSE

Vancouver

YWCA CAUSE WE CARE HOUSE

YWCA CRABTREE HOUSING

YWCA SEMLIN GARDENS

YWCA PACIFIC SPIRIT TERRACE

YWCA MUNROE HOUSE

YWCA EYRIE

YWCA xw̓k̓apicən

PATHWAYS TO EMPLOYMENT

For more information, visit ywcajobseeker.org

Programs for self-identified women

AFGHAN WOMEN'S EMPLOYMENT:
604 219 0618

AXIS: 604 313 6527

BREAKING GROUND: 604 809 1001

CHANGING GEARS: 604 690 7341

DISCOVER: 604 209 5221

EMPLOYMENT NAVIGATOR: 604 312 0483

FOCUS@WORK: 604 699 1788

SURVIVE TO THRIVE: 604 936 5694

TECH CONNECT: 604 219 8525

Programs for youth

ACCELERATE: 604 219 0618

GEAR UP: 604 250 9342

OFF THE LEASH: 604 605 4666

STRIVE: 604 970 0139

Other employment programs

CAREER PATHS FOR SKILLED IMMIGRANTS:
604 209 8271

JOB FUTURES 55+: 604 220 7183

PRISM: 604 684 5307

TECHLINK: techlink@ywcavan.org

WORKBC CENTRES

YWCA provides WorkBC employment services including job search resources, personal employment planning, training and more.

WorkBC North Vancouver: 106-980 West 1st Street, North Vancouver | 604 988 3766

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

WorkBC Vancouver South: 7575 Cambie Street, Vancouver | 604 263 5005

WorkBC Midtown West: 300 - 2150 West

Broadway, Vancouver | 604 688 4666

WorkBC Vancouver City Centre: 206 - 535 Thurlow Street, Vancouver | 604 872 0770

Career Zone - Youth Satellite: 1260 Granville Street, Vancouver | 604 605 4666

WorkBC Coquitlam: 221 - 3030 Lincoln Avenue, Coquitlam | 778 730 0174

WorkBC Port Coquitlam: 206 - 2540 Shaughnessy Street, Port Coquitlam | 778 730 0171

WorkBC Port Moody: 301 - 130 Brew Street, Port Moody | 604 917 0286

CRABTREE CORNER COMMUNITY RESOURCE CENTRE

A welcoming centre for women and their families in the Downtown Eastside. Services include early learning and child care, transitional housing, food programs, single mothers' support groups and support for those living with FASD.

533 East Hastings Street | 604 216 1650

WOMEN WHO INSPIRE

WOMEN OF DISTINCTION - Awards that recognize outstanding women and workplaces. ywcavan.org/wod | 604 895 5768

ABOUT YWCA METRO VANCOUVER

YWCA Metro Vancouver is a registered charity, gender equity advocate and community service provider. We boldly envision a just and equitable world for women, families and allies. We deliver affordable housing, early learning and child care, training and employment services, and a range of holistic programs that help support individual, collective and economic wellbeing.

2022 - 2023 BOARD OF DIRECTORS

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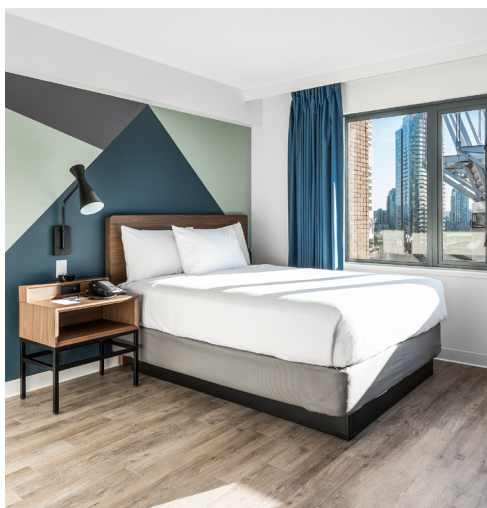
DONATE

Your gift ensures that families across Metro Vancouver get the resources they need to build community, gain financial stability and move toward their goals.
ywcavan.org/donate



STAY

The YWCA Hotel provides affordable accommodations for local and international travelers, while generating funds that support local families.
ywcavan.org/hotel



JOIN

YWCA Health + Fitness offers two modern, co-ed fitness facilities in downtown Vancouver. Revenues support programs for local women and families.
ywcavan.org/fitness



VOLUNTEER

Give back by mentoring, lending your skills and more. Our website features opportunities for individuals and groups.
ywcavan.org/volunteer



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