

CONTACT



FALL/WINTER 2023

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A MESSAGE FROM THE CEO

Hello and thank you for reading our Fall/Winter 2023 Contact Newsletter.

As usual, we have been hard at work at YWCA Metro Vancouver delivering programs and advocating for fair and just communities. Our staff never cease to impress me with their hard work and dedication, while constantly pushing to make the world a better place.

It is in this spirit that we began work on our forthcoming Strategic Plan earlier this year. I knew when I joined the organization in spring 2022 that this would be an exciting task. (Full disclosure: I love strategic planning.) My goal was to listen to the diverse people who make up the entirety of the YWCA community – board members, staff, program participants, donors and other collaborators – to truly understand where we are and what we are capable of.

The process has given us a clear understanding of the rich scope of our work and what our strengths are. We have learned more about the current gaps in services, highlighting opportunities to reach underserved community members with innovative and responsive programming. And we identified what more we need to do to be an inclusive organization, including facing our own complicity in colonialism.

After many rounds of feedback and revisions, we decided on three goals, one for each pillar that upholds the YWCA: programs and services, advocacy and our people and systems. The Strategic Plan will also include our commitments, strategies and the outcomes we aspire to achieve. It's been an invigorating process, and I can't wait to share the final work with you at the start of 2024.

If that were all we've been working on, I'd say it was a lot. But YWCA staff have also launched new employment programs, celebrated Indigenous cultures through art, song and dance, moved forward with building new safe and affordable housing, and are raising awareness on important issues such as the prevalence of concussions that women experience because of violence by an intimate partner.

This work that we do, that you are a critical part of through your support, brings up a range of emotions – gratitude, concern and inspiration are just a few. What I'm reminded of again and again is that in the face of challenges, we are always stronger together.

Thank you for your ongoing commitment to build a world that is equitable and just.



Erin Seeley, CEO
YWCA Metro Vancouver



YWCA HOUSING UPDATES



Alec Dan, Mayor Mike Hurley, Cindy Beedie, Erin Seeley and MLA Janet Routledge break ground at Cindy Beedie Place

As the cost of living continues to rise, safe, affordable housing options in the Lower Mainland are simply out of reach for many. Without bold action, the impact on families, communities and our cities will be felt for generations.

YWCA Metro Vancouver is committed to building innovative partnerships that will result in more housing for women and single mothers and their families. And we have some exciting projects in the works.

Cindy Beedie Place

Located at 4803 Canada Way, our new housing community named Cindy Beedie Place will include 41 two-bedroom and 15 three-bedroom homes co-located with an early learning and child care centre, that the YWCA will operate.

Our partners include philanthropist Cindy Beedie and donors through the Beedie's Rock n the Park event, an anonymous donor, the City of Burnaby, the Province's Building BC: Women's Transition Housing Fund and the ChildcareBC New Spaces Fund. This much-needed on-site affordable child care for infants and toddlers will benefit the housing residents and community. The groundbreaking took place November 2 and the project is expected to be complete by late 2025.

"Today we are bringing together a vision I have had for many years of a place where vulnerable women and their children can live in safety, in a home offering the deepest levels of affordability" said Cindy Beedie, executive director, Beedie Foundation. "We also hope this project inspires

leaders in other cities to build similar projects in their own communities."

Grange Street, Burnaby

We are thrilled to share that we have completed our \$14.2M Capital and Endowment Campaign for a new housing community on Grange Street in Burnaby.

These 32 units for single mothers and their children living on low and moderate incomes are in an excellent neighbourhood close to Metrotown, grocery stores, the Bob Prittie Metrotown library, Central Park and transit. In partnership with Qualex-Landmark, we are aiming for a fall 2025 completion date and look forward to welcoming 32 families to their new safe and affordable homes.

We are grateful for Government of Canada's Reaching Home: Canada's Homelessness Strategy program and our generous community of donors who are making this work possible.

Once both housing communities are complete, YWCA on-site staff will help build safe communities and connect families with wraparound support, including educational bursaries and pathways, legal support and employment and training opportunities.

We are exploring several new housing developments and are looking for funding partners and donors to make them possible. Please contact Brenda Ulmer for more information at bulmer@ywcavan.org | 604 290 5896.

YWCA ARCHIVES: UNDERSTANDING OUR HISTORY



The original YWCA building at the corner of Burrard and Hastings, 1904

YWCA Metro Vancouver opened its doors in 1897 to provide housing and services to women arriving in Vancouver in search of education or employment. Over the last 126 years, the YWCA has been serving the community, providing programs and supports that have evolved with the changing times.

As an organization with a long history, we have a responsibility to better understand, acknowledge and address our complicity in historic and current colonial practices. To make steps towards this commitment, the organization has embarked on a project to archive our historic materials and develop a plan for redress.

With a grant from the UBC Community University Engagement Support (CUES) Fund, we partnered with UBC Library and Rare Books and Special Collections (RBSC) to catalogue, preserve and make available to both the public and the research community, YWCA records dating back to our origins in the region.

Our archives tell the story of the city through the

perspective of the dedicated women concerned about the safety and wellbeing of women and their children. These historic materials illustrate the context of how the YWCA chose which services to deliver alongside the advancement of women's rights, truth and reconciliation and other pro-social policies.

Now that we have completed cataloguing our archives, the next phase will be to develop a research plan. We have hired Reciprocal Consulting to help guide us in this challenging work in a project tentatively called: Truth and Reconciliation Research – Honoring, Lifting Up our Grandmothers, Aunties, Mothers, Sisters, and 2Spirit Truths for Reconciliation.

As we progress with this important work, we will keep the community informed.

For more information on YWCA archives, contact Elia Robles at erobles@ywcavan.org | 604 218 8409.

CHANGING THE NARRATIVE ON CONCUSSIONS

In May this year, YWCA Metro Vancouver partnered with Rethink Creative Agency and former NHL All-Star Trevor Linden to raise awareness around the shocking rates of intimate partner violence (IPV) that affect women, girls and gender diverse people in Canada.

Together, we created an impactful public service announcement called Concussion Story that challenges the narrative that concussions are solely a sports injury.

Why are we focusing on concussions?

In consultation with the Cridge Centre for the Family's Brain Injury Services, SOAR BC Project and Ending Violence Association of BC, it is estimated that for every NHL concussion, more than 7,000 women in Canada suffer the same injury because of IPV. Concussions are the leading cause of brain injury in the country, and concussions that women sustain through IPV often go unreported and untreated.

The campaign also calls for increased funding for research, more accessible treatment pathways and better support for people who have experienced brain injury because of IPV. We also hope to educate people on concussion symptoms and to support women who suffer symptoms to seek help and feel safe to speak up.

Harnessing the success of the campaign, in September we co-hosted a Breakfast Roundtable with Her Honour Janet Austin, Lieutenant Governor of BC. We welcomed panelists Karen Mason and Dr. Paul van Donkelaar, co-founders of SOAR BC; and Dr. Shelina Babul with BC Children's Hospital. Lisa Rupert, YWCA VP of Housing and Violence Prevention, served as moderator.

These experts discussed obstacles to holistic treatments, gaps and advances in research and what policy changes we must demand to address this problem.

"Women tell us that they feel alone, isolated and are experiencing extreme levels of stress, anxiety and shame," said Measha Gallagher, community program worker with the Cridge Centre for the Family's Brain Injury Services. "The more our



**For every NHL
concussion, over 7,000
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concussions by an
intimate partner.**

communities are talking about the impacts of brain injury from intimate partner violence, the more women will learn they are not alone."

Concussion Story aired on SportsNet and CBC for four weeks, resulting in 160 pieces of coverage, 71 major media stories and more than 70 million views. The campaign sparked interest locally and around the world, with governments and organizations reaching out to speak with us.

We are deeply grateful to Karen Gilmore, former YWCA Metro Vancouver Chair and former YWCA Canada Chair, for believing in this project from its inception, for her generous support and for encouraging other generous donors to contribute to this campaign.

For more information, visit ywcavan.org/myconcussionstory. To support our advocacy, contact Amy Juschka ajuschka@ywcavan.org | 604 895 5810.

COMING TOGETHER IN SONG AND DANCE



Coastal Wolf Pack - photo by Suzette Amaya

In honour of National Day for Truth and Reconciliation, YWCA Metro Vancouver and the Truth and Reconciliation Committee hosted a community event called Rhythms of Resilience: Vibrations of Hope and Healing.

One of the deepest legacy impacts of colonial residential schools was the loss of cultural traditions, specifically dignity for Matriarchal traditions. Indigenous children were not allowed to sing, dance or speak their languages while in residential schools and many ceremonies were banned both by governments and churches.

On September 27, we gathered at the Japanese Hall where Elder Mary Point helped steward an event that featured artists from across the region, including Coastal Wolf Pack, Desirae, JB the First Lady, Murray Porter and M'Girl. Artist Teresa Walker was also commissioned to create a cradle board art piece to honour children. Attendees

were invited to write messages on the cradle board, especially to those children who never returned from residential schools.

Also helping oversee the event were four witnesses: Vancouver City Councillor Rebecca Blich, MP for Vancouver East Jenny Kwan, MLA for Vancouver-Mount Pleasant Joan Phillip and Executive Director of the Indian Residential Schools Society Angela White.

In addition to bringing together people in celebration and remembrance, the event was meant to spotlight and celebrate a sample of the rich and varied Indigenous cultures and gifts from the area.

“We organized the event to showcase a small sample of the rich cultures and diverse traditions that Indigenous people offer to the world. Honouring the women and children who are with

us today and those who have been missing is a necessary step toward reconciliation,” said Viola Thomas, Indigenous Relations Advisor.

More than 350 people made the trip to enjoy the songs and dancing. Child minding was provided, and attendees also enjoyed a free meal that staff and volunteers at YWCA Crabtree Corner Community Resource Centre spent the day making.

Board Chair, Lawrie Ferguson served as the evening’s emcee and shared on the organization’s ongoing work. “YWCA Metro Vancouver is committed to uplifting truth and reconciliation and today’s event is part of our collective responsibility to contribute to exposing the

truth and encouraging meaningful actions for reconciliation.”

We extend our gratitude to The National Centre for Truth and Reconciliation and the Regional Advisory Circle for their generous grant from the Na-mi-quai-ni-mak (I remember them) Community Support Fund, as well as the Vancity Community Fund for supporting this very special event.

For more information about the YWCA’s work toward truth and reconciliation, contact Tamara Robertson-Fry at trobertysonfry@ywcavan.org | 604 895 5860.



JB the First Lady and Desirae Cardinal - photo by Suzette Amaya



Elder Mary Point and Event Witnesses (from left to right: Rebecca Bligh, Angela White, Joan Phillip, Mary Point and Jenny Kwan) - photo by Suzette Amaya



M’Girl - photo by Suzette Amaya

EQUITY COMMITTEES UPDATE

Racial Equity Committee

In May, the Racial Equity Committee organized its second annual Cultural Feast. All staff were invited to bring a dish from their cultural heritage to share, and colleagues connected over a delicious array of food from a diverse range of cultures.

This committee also highlighted the need for training and knowledge about neurodiversity. Rae Morris Consulting led a series of workshops for YWCA staff on incorporating a neurodiversity perspective into practice in the workplace and in working with vulnerable populations.

The Racial Equity Committee is also working with the Human Resources department to clarify the conflict resolution procedure so that employees feel more informed, safer and supported during the process.

Gender Inclusion Committee

The Gender Inclusion Committee organized a fun Pride event in June. Attendees were asked to write messages of support, which were placed on a Progress Pride Flag that will be displayed at the Program Centre. Dozens of YWCA staff and friends came out to show their support.

In response to the increasing anti-trans rhetoric in media and online, the committee released a

statement of support on gender-affirming care for youth that was published on our social media channels and blog. We will continue to advocate on this important issue.

This committee is creating a Gender Inclusion Toolkit which will describe our standards, guidelines and procedures to support employees who may choose to share gender information at the workplace. This toolkit is meant to cultivate a sense of safety and belonging for trans and gender diverse individuals in the workplace and amongst our clients and program participants.

Equity Book Clubs

In June, each committee hosted book clubs to engage YWCA staff across departments in conversation. The titles chosen were:

- *Five Little Indians* by Michelle Good
- *So You Want to Talk About Race* by Ijeoma Oluo
- *Seeing Gender* by Iris Gottlieb

These online book club gatherings provided a great opportunity for colleagues to participate in open and respectful dialogue and share their thoughts and learnings.

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



YWCA Gender Inclusion Committee at our annual Pride Event

EMPOWERING CAREERS: YWCA'S NEW EMPLOYMENT PROGRAMS



YWCA Employment and Training Programs participants and staff

In a stride towards inclusivity and empowerment, YWCA Metro Vancouver has recently launched three innovative employment programs.

YWCA Believe: Nurturing Careers for Gender Diverse Communities

YWCA Believe is a new employment program that supports gender diverse or 2SLGBTQIA+ newcomers and refugees. It offers personalized one-to-one coaching for career advancement and workshops covering crucial topics like resume and cover letter development, interview skills and navigating outness in the workplace. YWCA Believe is generously funded by Immigration, Refugees and Citizenship Canada.

YWCA PowerUp: Fostering Entrepreneurs

YWCA PowerUp empowers aspiring self-identified women freelancers and entrepreneurs with essential skills for business initiation, management and growth. The program delves into marketing strategies, financial acumen and goal-setting techniques. Participants are also equipped with the knowledge and tools needed to navigate the competitive entrepreneurial landscape and create thriving and impactful ventures. This program is being delivered in collaboration with our YWCA colleagues across the country, specifically YWCA Hamilton.

YWCA Skills for Success: Paving the Way in Manufacturing

Addressing the need for representation in the manufacturing sector, YWCA Skills for Success is a 16-week intensive program designed for self-identified racialized or visible minority individuals who seek a career in manufacturing. This program is anchored in the Skills for Success training framework, focusing on critical skills like digital proficiency, effective communication, creativity and problem-solving. We are grateful to Employment and Social Development Canada for funding and for our partnership with Northwest Skills Institute, Douglas College, The Essential Skills Group and ETHOS Career Management.

Speaking on the significance of these programs, Carolyn Neilson, VP of Employment and Training Services at the YWCA said, "Having a supportive community network while enhancing or learning new skills is invaluable for many, particularly those who face additional barriers to employment. These initiatives empower visible and racialized minorities, by providing the support needed to gain valuable skills and pursue sustainable careers goals."

For more information about YWCA employment programs, contact Fulvia Carregan at fcarregan@ywcavan.org.

PEER-TO-PEER: PLANTING THE SEEDS OF POSITIVITY

Have you seen food prices recently? Anya, Kyla, Zoe and Amy have, and they wanted to do something that would address the issue while serving their local community. That's why these four high schoolers embarked on a peer-to-peer fundraising campaign to raise money and build garden beds for a YWCA housing community.

Despite the demands of their busy lives, these committed volunteers raised \$1,635 to build garden beds and gained a host of skills along the way. "We have learned about teamwork, leadership, organization and the importance of effective communication. These experiences have enhanced our ability to navigate real-world challenges," Kyla said.

Providing fresh herbs, fruits and vegetables, the garden beds are a lasting gift that aligns with their values of combatting climate change, spreading awareness around food sustainability, while cutting down on plastic waste.

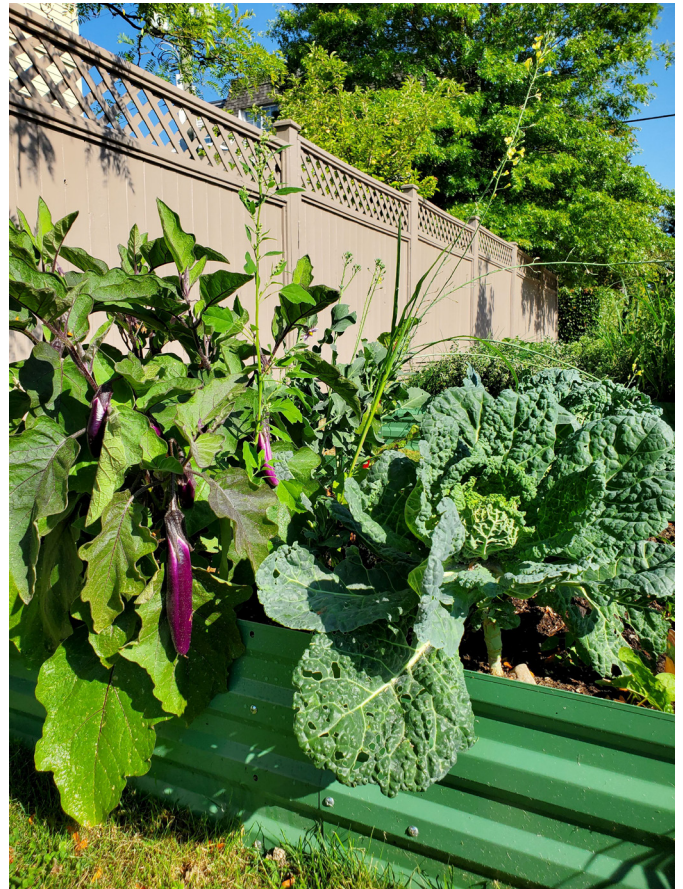
For Anya, it's also about passing on knowledge to future generations. "We will educate our younger peers so they may be able to work on similar projects," she said.

YWCA housing community residents have also benefited from their new garden plots. Some families are learning about organic gardening, and their community garden has become a favorite place to be in the summer. Others are trying out different vegetables that they were not familiar with, encouraging them to discover new foods.

"It was great to see kids hunting for strawberries and getting excited to pick and eat them," a YWCA housing staff member said. She added that the children have been taking care of the gardens and gaining an appreciation for nature and where food comes from.

YWCA Peer-to-Peer Fundraising

YWCA peer-to-peer fundraising is the perfect way to turn something you already love doing into a gift for the community. The high schoolers offered some sage advice for planning your peer-to-peer fundraising. To start, "find an idea you are



A blooming garden bed at YWCA Alder Gardens

truly passionate and excited about as you will feel so much more motivated and excited to create something amazing," Anya said. "Small actions can make a big difference," Kyla added.

Warmer weather is coming to an end, but you can take a leaf from Kevin Hanley's book, who took cold dips for 60 days to fundraise for the YWCA Ukrainian Mothers' Support Group. Other ideas include read-a-thons, a fitness goal or in honor of a celebration like anniversaries or birthdays.

And don't forget: kindness can stem from small seeds of action. We're rooting for you!

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

THE MAGIC OF GROUP FITNESS



Group fitness class at YWCA Health + Fitness Centre

Since the YWCA Health + Fitness' early beginnings, group fitness has been a pillar of our programming. In 1915, the YWCA offered a variety of physical training classes for women, a grass hockey club and a girls' basketball team.

In 1968, cardiovascular exercise was suggested to improve health and prevent disease, so Jazzercise and aerobic dance came to life. The combination of dance and aerobic movements allowed for socializing, creativity, variety and a lot of fun! As time went by, resistance training was added into group fitness and workouts like Step Aerobics, Zumba and Cycling became huge hits.

Today, people are looking to get stronger while practicing mindfulness. They want to slow down and work out smarter - feeling the burn is no longer the only goal. Strength training such as HIIT (High Intensity Interval Training) and flexibility training such as Yoga or Pilates have become favourites. And we are so grateful for the generosity of volunteer instructors who make it all possible.

Anyone from any background can access group fitness—something our members appreciate.

Brenda comments, "I'm very new to the facility and already loving the diverse fitness options. I attend at least one group fitness class every day and enjoy them very much. The online booking system is a great way to plan out my workouts for the week." Sam adds, "the Aquafit instructors are excellent, and the classes are fun!"

Members can book up to seven days in advance via our YWCA Health + Fitness mobile app and there is no limit to the number of class bookings; drop-ins are permitted if space is available. Members can also check out our YWCA Health + Fitness Fit on Demand Vimeo channel to work out at home. Visit our mobile app to retrieve the password to get access to the videos.

We are also excited to announce our Group Fitness Party in the new year. We will gather and celebrate all the talented and motivating instructors who have ever taught at YWCA Metro Vancouver. If this includes you, please contact us at comments@ywcavan.org for more information.

To join the Health + Fitness Centre for fitness classes or to work out in the gym, contact memberservices@ywcavan.org | 604 895 5777.

LEGACY GIVING: MOYNA KRUSELL – A LOVE STORY

For over 22 years, Moyna Krusell was a smiling presence at the YWCA Health + Fitness Centre. She worked out regularly to maintain her health and mobility, even as health issues increasingly impacted and eventually ended her life in March 2023.

But this is a love story. Together for 50 years, Rick Bennett cherished his wife and began joining Moyna at the Fitness Centre to support her as it became increasingly difficult to keep up her beloved routine. To help, YWCA personal trainers Johanna Ward and Josh Clark crafted gentle pool and gym workouts that allowed Moyna to exercise comfortably. Johanna and Josh visited Moyna in the hospital during her final days, sharing that, “Moyna meant a lot to many of us. Even now, her smile and warmth are missed.”

Rick and Moyna had a rich social life and their friends describe Moyna as clever and kind with a wonderful laugh and keen sense of humour. When they gather in the months since Moyna’s passing, together they remember Moyna’s intelligence, her lifelong passion for politics and global issues, and her generosity to her community.

This inspired Rick to continue advocating for the issues that were important to her, as a way to keep her memory alive and to honour the impact she had on her friends and family.

With that in mind, Rick donated \$100,000 to the YWCA to create the Moyna Krusell Memorial Endowment. The annual proceeds from this generous endowment will help maintain accessibility to the YWCA Health + Fitness Centre for individuals with disabilities and other barriers. Moyna especially appreciated the accessible changing rooms, the aquatic wheelchair and mobility lift to access the pool, the specialized training of staff to assist with her needs, the subsidized memberships for people with financial or disability barriers and most of all, the welcoming atmosphere. Johanna often reflects on her close relationship with Moyna. “It’s fitting that her memory will live on in this generous, compassionate and spirited way,” she said.

Rick has been touched by those wanting to help keep Moyna’s memory alive. “Let me encourage you to expand the impact of Moyna’s legacy by donating to her endowment in her memory. In doing so, you are helping so many others who otherwise are invisible.”

To learn more about Legacy Giving or how to leave an endowment in your will, contact JoAnne Fahr at jfahr@ywcavan.org | 604 895 5829 or Shantal Cashman at scashman@ywcavan.org | 604 895 5859.



Moyna and Rick

DAY ON THE HILL

By Jess Tong

October 3 was a unique day in Ottawa. The air was a thick soup in the 32° heat wave. MPs were voting for a new Speaker of the House in a rare mid-session election. And I was hurrying between parliamentary meetings with a group of brilliant young women I'd just met the evening before.

In a field traditionally dominated by men in suits, we might have looked out of place. But this was the point. It was the third annual YWCA Day on the Hill and we were there to generate a buzz.

Over 70 YWCA leaders from across Canada were on Parliament Hill to speak to the federal government about the housing crisis and its intersection with gender-based violence. In groups, we took meetings with MPs, Senators and other members of government to make our ask:

An investment of \$600 million for the renewal of the Women and Children Shelter and Transitional Housing Initiative, with an expansion to include permanent affordable housing for women, gender diverse people and their families.

Thanks to YWCA Canada's Young Women Leadership Miles, I was there to lend my voice

alongside counterparts from YWCAs in Banff, Toronto and Halifax. Equipped with an armful of notes and a generous amount of imposter syndrome, I made our case: From coast to coast to coast, we see the same needs and hear the same stories. We are experts in housing solutions that meet the needs of women and their families. And addressing the desperate need for safe affordable housing leads to opportunities for growth and economic stability.

Erin Seeley, YWCA Metro Vancouver's CEO, and Lisa Rupert, VP of Housing and Violence prevention, also attended, taking their own parliamentary meetings including with Women and Gender Equality Canada.

By the end of the day, Canada had its first Black Speaker of the House, Greg Fergus, the heat had not relented, and I was equal parts exhausted and energized knowing that our input belongs in government, and so do we.

To support our safe and affordable housing communities, contact Bobbi Sarai Tanguay at bsarai@ywcavan.org | 604 418 2225.



YWCA Delegates at Day on the Hill

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 EYRIE

YWCA MUNROE HOUSE

YWCA PACIFIC SPIRIT TERRACE

YWCA SEMLIN GARDENS

YWCA xw7æpicən

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

POWERUP: 604 968 4151

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

BELIEVE: believe@ywcavan.org

CAREER PATHS FOR SKILLED IMMIGRANTS:
604 209 8271

JOB FUTURES 55+: 604 220 7183

PRISM: 604 684 5307

SKILLS FOR SUCCESS: 778 554 2290

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.

BOARD OF DIRECTORS

Chair: Lawrie Ferguson
Vice-Chair: Michelle Cooper-Iversen
Treasurer: Cathy Imrie
Secretary: Diane Sparrow

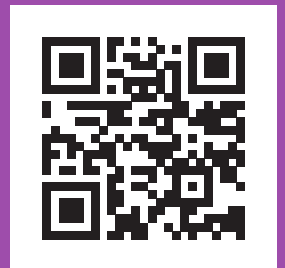
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Marilyn Mauritz
Morna Sileika
Diane Sullivan



YWCA Metro Vancouver operates on the ancestral and unceded territories of the x^wməθk^wəy̓əm (Musqueam), Sḵwəxwú7mesh (Squamish) and səliłwətaʔɬ/Selilwitulh (Tsleil-Waututh) and Nations. We also acknowledge the unceded territories of Semiahmoo and the Stó:lō peoples, including the Katzie, Kwantlen, Kwikwetlem and Gayqayt Nations, as well as the treaty lands of the Tsawwassen Nation.

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donations@ywcavan.org



DONATE NOW

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NEWSLETTER**

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