

CONTACT

SPRING/SUMMER 2025

Housing Action Fund

Accelerating the development of new affordable housing for women and their children

New Indigenous Initiatives and Engagement Department

Meet the team doing this important work

Declaring Gender-Based Violence an Epidemic in BC

Learn more about our campaign

Peer-Centred Advocacy Council

An exciting update from YWCA City Shift

Healthy Hustle

Healing through physical activity

From Employee to Legacy Donor

Celebrating JoAnne's retirement

A MESSAGE FROM THE CEO



In June, I will have had the honour of being CEO of YWCA Metro Vancouver for three years. Every day I continue to be amazed by the strides our employees, volunteers, board members, donors and program participants are making to advance gender equity.

We continue to pursue our vision as we strive for a just and equitable world. Early last year, we developed our five-year Strategic Plan, outlining our goals and commitments. At the end of 2024, to complete our strategic framework, we developed our new organizational values: intention, courage, community and empowerment. These four values align us, inform our interactions, guide us in challenging situations and are reflected in our decision making. More information about what these values mean to us is available on our website.

We also conducted our second Employee Engagement Survey at the end of 2024, and I'm thrilled with the results. More than two-thirds of our 564 employees completed the survey, with 96% saying they feel the YWCA does a good job of supporting the communities we live and work in. As well, 90% feel proud to say they work at the YWCA and support the direction the YWCA is taking.

These results are encouraging because the work being done at the YWCA wouldn't be possible without this dedicated, passionate team. It's only through trust and collaboration that we're able to offer critical, wrap-around supports like housing, employment resources, mentorship, legal assistance and child care.

This work also wouldn't be possible without donors and supporters like you. Through these pages you'll read stories of how these partnerships are having a lasting impact for women, gender-diverse people and children in our community. I continue to be amazed by this collective impact and I'm incredibly excited for what lies ahead.

Thank you for being a part of the YWCA community,

Erin Seeley, CEO
YWCA Metro Vancouver

‘MY FUTURE PATH IS CLEAR’: YWCA HOUSING ACTION FUND

Coming from Afghanistan with her mom, Husnia was excited about her future in Canada. That changed when they arrived and found that her stepfather, who had sponsored them, had become a different person. Concerned for their safety, Husnia and her mom knew they had to leave him.

They learned about YWCA housing and were able to temporarily move into a second-stage transition house for women fleeing family violence. With the help of a YWCA support worker, they began looking for a permanent place to live.

For many women and their children in Metro Vancouver, safe, affordable housing is out of reach. Those who are in unsafe homes often remain with their abusers if they have no other options.

This is why the YWCA is committed to building more safe and affordable homes for women and children. In the last 25 years, the YWCA has created 16 housing communities in seven cities across Metro Vancouver, providing secure homes for more than 700 women and children.

It’s not enough. With the steep rise in the cost of rental housing and the prevalence of renovations, there are more than 1,000 single-mother-led families on YWCA’s housing waitlist. To respond to this need, the YWCA established the YWCA Housing Action Fund.

The YWCA Housing Action Fund helps move new, affordable housing projects from concept to construction. Without these funds in place, projects may be delayed or reduced in scale. Instead, donor support enabled YWCA Sandy So Vista, which opened in September, to double its number of deeply affordable units for women and their children.

As a result, both Husnia and her mom got long-term, affordable housing. And it has been life-changing for them.

“My confidence has emerged and I feel like my future path is clear,” Husnia said, adding she’s pursuing her Bachelor of Business Administration at Langara College.

To learn more about the Housing Action Fund and how your support can help us build new homes, visit ywcavan.org/housing-action-fund or reach out to Shantal Cashman at scashman@ywcavan.org or 604-895-5859.



Mom and son play at YWCA Housing Community.

CINDY BEEDIE: ENVISIONING A SUPPORTIVE COMMUNITY

Wanting to do something truly memorable for her 50th birthday, Cindy Beedie reached out to the YWCA in 2018 with a vision: to create a housing project specifically to support single mothers and their children.

Already a dedicated volunteer with the YWCA's Women of Distinction Awards Selection Committee, Cindy had a deep understanding of the work of the YWCA and was committed to doing something more.

In partnership with Cindy Beedie, BC Housing's Women's Transition Housing Support Fund, City of Burnaby and an anonymous donor, Cindy Beedie Place will provide 56 safe, deeply affordable homes to low-income single mothers leaving violence when it opens this fall. It'll also include a 37-space child care centre catering to toddlers and preschool aged children. Cindy Beedie Place will provide residents with wrap-around supports including educational bursaries, legal advocacy and employment training.

Cindy grew up in Coquitlam and studied political science at SFU, where she met her husband, Ryan. They married 33 years ago and moved to West Vancouver, where they raised their three children.

Committed philanthropists, Cindy and Ryan have supported numerous local and international initiatives across health, education and social change. Cindy serves on the Leadership Circle of ONE, an organization founded by Bono in 2004 focused on ending extreme poverty and preventable diseases. A music lover, Cindy is also the co-founder of Beedie Rocks, a bi-annual concert celebration that has raised over \$3 million for the Greater Vancouver Food Bank and YWCA Metro Vancouver. She received the 2025

Women of Distinction Award in the category of Community Champion.

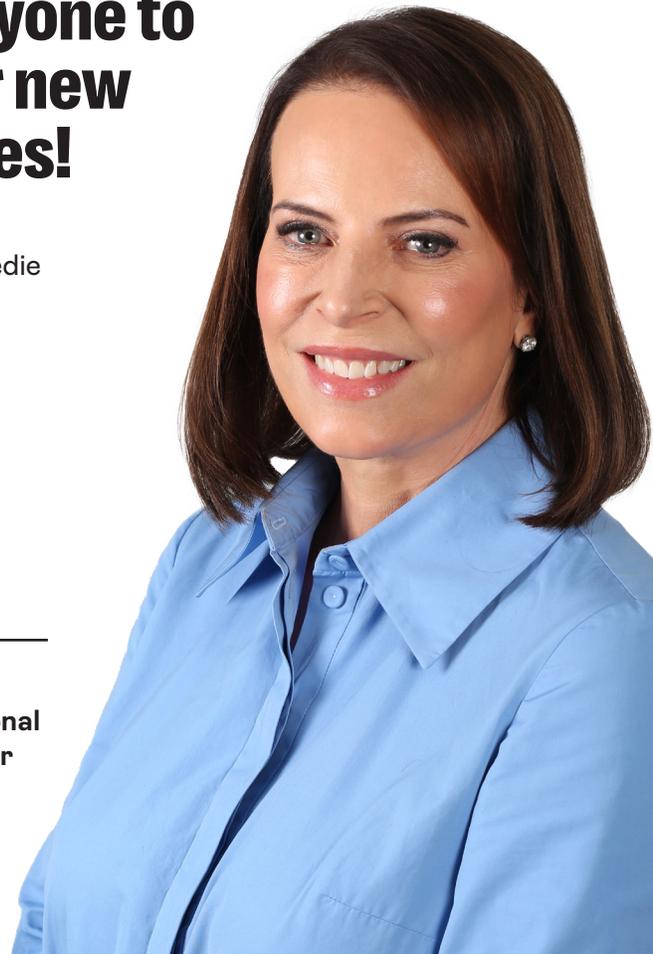
Cindy's dedication to education, housing and community support continues to transform lives locally and internationally.

"My hope is that Cindy Beedie Place offers mothers and their children, not just a safe place to live, but comfort and support during a very difficult time," Cindy says.



My vision is a supportive community where these families can thrive. I can't wait to welcome everyone to their new homes!

Cindy Beedie



Please contact Brenda Ulmer at 604 895 5764 or bulmer@ywcavan.org if you would like to make a transformational gift and help build a desperately needed housing community for single mothers and their children.

INTRODUCING THE NEW INDIGENOUS INITIATIVES AND ENGAGEMENT DEPARTMENT



Christina Campbell and Grace Tait.

After the 2021 discovery of unmarked graves and remains of 215 children at the Kamloops Residential School, Crabtree Corner Associate Director Grace Tait advocated for the creation of a team to help strengthen the YWCA's engagement with Indigenous peoples. That year, the Indigenous Initiatives and Engagement department formed, working with YWCA employees to Indigenize programs, practices and spaces, and advising the organization on its work to advance truth and reconciliation.

In July 2024, Grace officially moved over to the Indigenous Initiatives and Engagement department as Associate Director. Grace is a member of the Tsimshian Nation, registered to Lax Kw'alaams BC and comes from a long lineage of Hereditary Chiefs from her Matriarch (Mother) communities of Port Essington and Kitkatla, BC. She was born in Prince Rupert, but grew up in the Downtown Eastside, where she has spent decades advocating alongside urban Indigenous and multi-cultural families in the community.

"It's time to use our voices and push things along," Grace stated. Her vision has been pivotal in forming a dedicated team focused on sharing knowledge, building capacity and driving collective advocacy.

In October 2024, we welcomed Christina Campbell as Manager. As a proud Musqueam Band member and previously the Program Manager of the x^wnač^ət Safe Home in Musqueam, Christina has spent years working directly with Indigenous families and community groups, building trust and fostering meaningful relationships.

"I am thrilled to join this enthusiastic and hard-working team at YWCA," she shared. Reflecting on her personal journey, Christina added, "My grandmother once worked with the YWCA, and stepping into this role feels like coming full circle. Her legacy inspires me to help create a safe, inclusive and impactful environment for our community."

The team is working on a range of initiatives, from strengthening relationships with Host Nations and leading advocacy alongside Indigenous women and families to creating meaningful opportunities for Indigenous employees to build community and strengthen culture.

To support this exciting work, please contact Kathy Lilyholm at klilyholm@ywcavan.org or 604-895 5851.



YWCA City Shift's Peer-Centred Advisory Council.

LAUNCHING YWCA CITY SHIFT'S PEER-CENTRED ADVOCACY COUNCIL

Over the last three years, YWCA City Shift has partnered with local governments across Metro Vancouver and beyond to prioritize equity in decision-making, programming and policy development.

Driven by our commitment to bold, transformative change through education and advocacy, YWCA City Shift is excited to announce the launch of its Peer-Centred Advocacy Council. This initiative, made possible thanks to funding from Women and Gender Equality Canada, reflects the YWCA's focus on advocacy and systems change, emphasizing knowledge sharing, capacity building and empowering council members to advocate both individually and collectively on issues that impact their lives.

The first cohort is comprised of 19 graduates from the YWCA's Single Mothers programs. The first council meeting took place in January 2025 and over the course of 15 months, members will be equipped with the skills and knowledge needed to influence public policy, drive awareness and shape public opinion on a specific issue.

Members will participate in sharing circles and

thoughtful group activities to set the council's advocacy goals, develop strategies and define measurable outcomes with support from YWCA staff and government relations experts. Additionally, members will attend workshops covering topics surrounding advocacy skills, understanding how government works, community organizing and more.

City Shift will also collaborate with 3 Crows Productions to create a documentary that showcases the progress and impact of the Peer-Centred Advocacy Council. This short film will not only tell powerful stories from council members but also serve as a practical tool and source of inspiration for others looking to adopt or replicate this model in their own advocacy efforts.

The YWCA City Shift Team is truly honoured to work alongside the exceptional members of the Peer-Centred Advocacy Council and looks forward to seeing the meaningful impact and lasting change that they will achieve.

For more information about City Shift, contact Leah Rambally at Irambally@ywcavan.org.

FINDING JOY ON YWCA'S BOARD OF DIRECTORS

For YWCA Board Vice-Chair Michelle Cooper-Iversen, being on the board is being part of an environment filled with “female joy.”

“You’re in a space with women who are career-driven, that are passionate about their community, that are smart, intelligent, that are compassionate, that are kind,” she said. “It’s an incredible bunch.”

Michelle, who is the Chief Operating Officer at the Co-Operative Housing Federation of BC, joined the YWCA’s Board of Directors in 2022. This September, she will be named Chair.

Michelle moved to Canada from Trinidad and Tobago with her family when she was a child. She says she was surrounded by hard-working women who “wrapped their hearts and love” around her while she was growing up.



Michelle Cooper-Iversen.

Her grandmother, for example, made her living as a domestic worker and held multiple jobs.

“She bore these physical scars of how hard she worked for us to have a better life,” Michelle said.



I have a lot of appreciation for the people that came before me.

And Michelle hasn’t shied away from hard work either. She rose up at CHF-BC, first starting at the organization as an administrative executive assistant, which she says is an important part of her narrative.

Even in her personal life she loves to tackle challenges, like hiking Peru’s famous Inca Trail.

Michelle says being on YWCA’s board is part of the “returning” phase of her life.

“I’m returning back to community, I’m returning in terms of opening the doors for other women, other people, racialized peoples, I think we all come with different experiences,” she said.

The YWCA Board of Directors is comprised of 12 volunteer community leaders, who serve up to three two-year terms and meet seven times a year. The Governance and Nominating Committee leads an annual recruitment process and new directors are elected by members at the Annual General Meeting.

For more information on the YWCA Board of Directors, contact Helen Kim at hkim@ywcavan.org.



Bus stop ads placed in Vancouver showing the prevalence of sexual assaults in that area.

DECLARING GENDER-BASED VIOLENCE AN EPIDEMIC IN BC

In BC, nearly 48% of women have experienced some form of intimate partner violence—whether physical, sexual, emotional, psychological or financial—since the age of 15, according to Statistics Canada data. This deep-rooted prevalence pushed us at YWCA Metro Vancouver to establish a coalition with more than 30 other anti-violence organizations, academic experts, business leaders, community advocates and educators, calling on BC’s government to declare gender-based violence an epidemic.

After multiple meetings, the coalition drafted a letter outlining the severity of gender-based violence in our communities and sent it to Premier David Eby and several other MLAs, calling on them to take bold action.

Advocacy work ramped up last fall, during the 16 Days of Activism to End Gender-Based Violence, through our Close to Home Campaign. The campaign included collecting hundreds of

signatures supporting our letter to the premier and bus stop ads in Vancouver showing the prevalence of sexual assaults within a 10-block radius of each ad.

“We wanted to create a way to remind people how pervasive gender-based violence is,” YWCA Metro Vancouver CEO Erin Seeley said in an interview with CBC News. “It’s not isolated in specific neighbourhoods, it really is across all our communities.”

The Close to Home campaign attracted significant media coverage, including pieces by CBC, CTV, Ming Pao and an op-ed by Erin and former MLA Katrina Chen in the Vancouver Sun.

Members of the YWCA team then met with Premier David Eby in December, and in January, he acknowledged gender-based violence as an epidemic in his mandate letter to Minister of Finance Brenda Bailey.

Looking ahead, the YWCA will examine the economic impacts of gender-based violence in BC, thanks to funding from The Houssian Foundation and SPARC BC.

We're thrilled with this progress, but we know there's so much more that can be done. We're calling for the BC Coroner to conduct a review of suspected deaths resulting from gender-based violence and want to see the provincial government adopt a multi-pronged approach to prevent, track and address this violence. We're also calling for more investments in transitional and long-term housing to support women, children and gender-diverse people and more focus on violence prevention.

"Gender-based violence needs to be at the forefront and needs a whole-of-government approach to address it," Erin said.

For more information on our advocacy work, please contact Shauna Shortt at sshortt@ywcavan.org.

Gender-based violence at a glance

Nearly one-in-two women in BC (48%) has experienced some form of intimate partner violence since age 15. Nearly **30%** have experienced physical or sexual violence, specifically.

(Statistics Canada)

A woman or girl is killed every 48 hours in Canada.

(Canadian Femicide Observatory for Justice and Accountability)

Women living in Canada are almost **four times more likely than men** to have been sexually assaulted at least once since the age of 15, according to self-reported data.

(Government of Canada)

One-in-five Canadian women, girls and gender-diverse people report experiencing online hate and harassment.

(Canadian Women's Foundation)





YWCA Rooftop Garden blooming during the 2024 season.

YWCA ROOFTOP GARDEN'S GROWING COMMUNITY

In the heart of downtown Vancouver, the YWCA Rooftop Garden flourishes as a space for sustainability, wellness and community. From April to October, our garden coordinator and volunteers grow fruits, vegetables and Indigenous plants that provide nutritious meals at YWCA Crabtree Corner. This green space nurtures food security, environmental stewardship and opportunities for learning and connection.

This year, the Rooftop Garden will host new projects and events designed to deepen community engagement and celebrate traditional growing practices. The season kicked off in April with a special garden tour and information session for YWCA Health + Fitness members, employees and donors, featuring insights from master gardeners.

New this season, the YWCA's Indigenous Initiatives and Engagement team will play a key role in garden stewardship, incorporating traditional ecological knowledge and expanding the variety of medicinal and edible plants. New additions such as salmonberry and multiple huckleberry varieties will enrich the garden's biodiversity. Future possibilities include crafting

tea blends and healing salves from garden-grown ingredients, providing hands-on learning experiences for participants.

Throughout the season, special events will bring the community together. The Summer Solstice celebration will honour the changing seasons with cultural teachings and interactive activities, while the Thanksgiving Harvest in October will offer a time to reflect on abundance and gratitude.

Beyond the rooftop, YWCA Metro Vancouver is expanding its commitment to sustainable green spaces by revitalizing gardens at Cheshá7min-awtxw, May Brown Place, Semlin Gardens and Fraser Gardens. These sites will receive fresh soil, Indigenous herbs, seeds and essential gardening tools to create thriving, long-lasting spaces that support residents.

From workshops to celebrations, there is much to look forward to in the coming months.

To learn more about supporting the YWCA Rooftop Garden, contact Sandra Cheung at scheung@ywcavan.org or 604 895 5824.

HEALTHY HUSTLE: HEALING THROUGH PHYSICAL ACTIVITY

On a bright Tuesday morning, laughter and music filled the air as a group of women moved in unison following the instructor at the front of the room. These women are participating in Healthy Hustle, a trauma-informed physical activity program run by YWCA Crabtree Corner. This popular drop-in program has been going strong for about a decade and offers a variety of fitness classes.

“This program has changed my life,” said Darlene, who started coming to the classes about a year ago. “I have improved my self-esteem by connecting with the community. We need more programs like this—it’s impacted me hugely.”

Many of the program participants are new moms who are solo parenting with limited resources. Childminding is provided along with light snacks, bus tickets and the equipment needed to participate in the activity. It’s one of the many programs offered at Crabtree Corner, supporting women and their families on Vancouver’s Downtown Eastside.

“This program has given me self-confidence, ‘me time’ as a mom and I’ve met wonderful people,” said Patti. She enjoys the cardio dance and aquafit classes but emphasizes that the approach taken by the organizers, creating an understanding and welcoming environment, matters just as much. “They meet your needs and where you’re at. If you’re not comfortable with doing something, then you don’t have to do it.”

Darlene loves yoga, swimming and dance classes in particular. “You have to pay attention to the dance moves and really focus on what you’re doing. You are getting out of your head and focusing on this class,” she said.

For more information on how to support Crabtree Corner’s wide range of programs and services, contact Josh Hardwick at jhardwick@ywcavan.org or 604 895 5823.



Healthy Hustle participants at a group fitness class.

THE NEW WAY OF WELLNESS

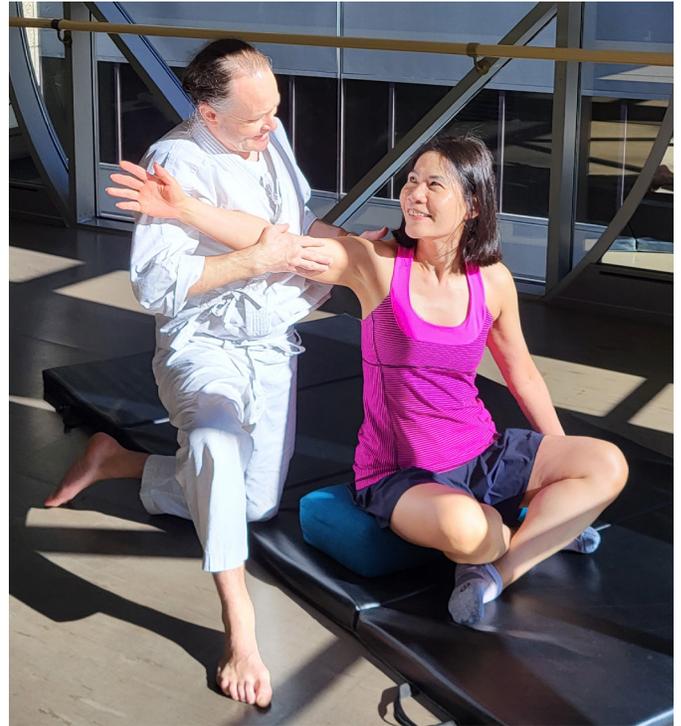
As the fitness industry has grown and evolved over the years, so have the offerings and services. While exercise is essential, so are other forms of self-care and health management. Having it all available in one location is the new way of wellness.

Besides the importance of convenience for busy lifestyles, YWCA Physiotherapist Amanda Rnic sees other benefits of being more integrated. "I can connect with someone's trainer; I have access to all the same equipment. I can show them where it is, how to use it and it breaks yet another barrier," she said.

People are also looking for ways to make a connection between physical challenges and mental wellness, says YWCA Kinesiologist and Advanced Shiatsu Practitioner Cameron Hunt. "Shiatsu is a physical therapy that helps you feel more joyful and balanced. This ancient Japanese massage technique has been modernized for the needs of people today."

Many companies recognize the importance of health services and offer health benefits as part of their compensation package. This can include wellness dollars for memberships, and coverage for kinesiology, nutrition, physiotherapy and osteopathy.

Christiane Habeck has been a YWCA Health + Fitness Centre member since 2017. Her focus is holistic well-being, including recovery and self-care. She takes a mix of group classes, uses the steam room, and sees YWCA Osteopath Brano Zadubeneć for one-to-one stretch therapy, a hands-on approach that helps to alleviate muscle restrictions, reduces joint stiffness and improves mobility.



Shiatsu practitioner Cameron Hunt and YWCA Health + Fitness Centre member, Amanda.

"The YWCA embodies a modern approach by offering a complete wellness experience under one roof," Christiane says.

Our Health Services include: body composition assessment, fitness benchmark testing, physiotherapy, shiatsu and stretch therapy

Plus, we offer aquatics, fitness classes, personal training, Pilates Reformer and pickleball!

To join the YWCA Health + Fitness Centre, contact memberservices@ywcavan.org or call 604 895 5777.



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‘IMAGINE THE IMPACT’: JOANNE’S YWCA LEGACY

After more than 14 remarkable years at the YWCA, JoAnne Fahr, a cherished colleague and friend, has retired. We asked JoAnne to reflect on her experiences at the YWCA and what inspired her to become a legacy donor.

A proud prairie girl from Melville, Saskatchewan, JoAnne fondly recalls her childhood filled with sports, outdoor activities and school achievements. She attended the University of Saskatchewan with aspirations to become a social worker. JoAnne met her future husband, Terry, on the local ski slopes and after getting married, the couple moved to BC in 1978.

As a young mom, JoAnne’s passion for helping others led her to volunteer and work at various social service charities. In 2010, she joined the YWCA to fill a maternity leave position, a decision that would turn into a lasting career.

“Fourteen-and-a-half years later, I’ve broken my short attention span record, thanks entirely to my incredible boss, Brenda, and the amazing colleagues, participants, and donors I’ve met along the way,” JoAnne shares.

JoAnne’s work at the YWCA was especially rewarding, particularly the opportunity to connect with donors. Her favourite memories are when someone would tell her they were adding the YWCA to their will. “Leaving a bequest to the YWCA may be the best thing you ever do. Any size is welcome and imagine the impact it will have on future generations,” she says. JoAnne and Terry made their own decision to add the YWCA to their will in 2012.

As JoAnne settles into retirement, she looks forward to more travelling, hiking and time spent with friends and family, including her five grandchildren. We thank JoAnne for her dedication and legacy. Her effervescent humour and kindness will be missed, and the impact she has had on the YWCA community will always be remembered.

To discuss Legacy Giving with the YWCA, please call or email Angela Turner at aturner@ywcavan.org or 604 895 5864.



Legacy Donor JoAnne Fahr.

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 well-being.

BOARD OR DIRECTORS

Board Chair: Lawrie Ferguson

Board Vice-Chair: Michelle Cooper-Iversen

Board Treasurer: Cathy Imrie

Board Secretary: Diane Sparrow

Board Members: Barbara Bahry, Carol Liao, Celeste Haldane, Diane Sullivan, Joanna Ban, Roopa Davé, Sasha Gladu, Zahra Hudani

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

EARLY LEARNING AND CHILD CARE CENTRES

YWCA CITYGATE
1192 Quebec Street | 604 687 1150

YWCA CRABTREE CORNER
533 East Hastings Street | 604 216 1655

YWCA LESLIE DIAMOND
535 Hornby Street | 604 895 5816

YWCA EMMA'S
3839 Carolina Street | 604 879 1121

YOUTH AND MENTORSHIP PROGRAMS

DATING SAFE: youth@ywcavan.org

GUIDE TO HIGH SCHOOL: youth@ywcavan.org

INDIGENOUS MENTORSHIP PROGRAM:
ksieben@ywcavan.org

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 SANDY SO VISTA
YWCA SEMLIN GARDENS
YWCA x^wλəpicən

EMPLOYMENT AND TRAINING

For more information, visit ywcainjobseeker.org

Programs for self-identified women

ASPIRE: 604 335 1094
AXIS: 604 313 6527
DISCOVER: discover@ywcavan.org
EMPLOYMENT NAVIGATOR: 604 312 0483
ENGAGE MENTORSHIP HUB: 604 900 2391
FOCUS@WORK: 604 699 1788
HEALTH CONNECT: 778 730 2444
POWERUP: 604 968 4151
SURVIVE TO THRIVE: 604 936 5694
TECH CONNECT: 604 219 8525

Programs for youth

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

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 group, grandparents' group, violence prevention programs, support for those living with FASD and more.

533 East Hastings Street | 604 216 1650

WOMEN OF DISTINCTION AWARDS

Awards that recognize outstanding women and workplaces.

ywcavan.org/wod | 604 895 5768

OUR SOCIAL ENTERPRISES

YWCA HOTEL
733 Beatty Street, Vancouver
604 895 5830 | hotel@ywcavan.org

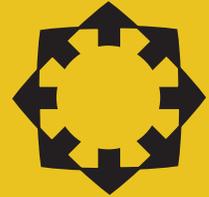
YWCA HEALTH + FITNESS CENTRE
535 Hornby Street, Vancouver
604 895 5777 | memberservices@ywcavan.org



PURPOSE



RESILIENCE



FLEXIBILITY

CONTACT NEWSLETTER

Editor: Alyse Kotyk

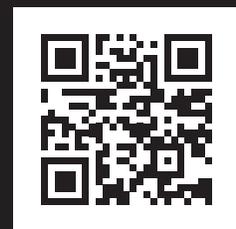
Writers: Shantal Cashman, Laura Duong, Heiky Kwan, Leah Rambally, Bobbi Sarai Tanguay, Melissa Shaw, Alex Sigouin, Angela Turner



Accredited
IMAGINE CANADA

We respectfully acknowledge that our main office and many of our programs are located on the traditional, ancestral and unceded territories of the x^wməθk^wəyəm (Musqueam), S_kwxwú7mesh (Squamish) and səilwətaɫ (Tsleil-Waututh) Nations, and that our work across British Columbia spans the territories of more than 200 First Nations. We also acknowledge the First Nations, Metis and Inuit peoples who live in our communities.

YWCA Metro Vancouver
Charitable Registration No. 108227943 RR0001
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604 895 5800



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DONATE NOW