



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



## CONTACT FALL 2015

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**YWCA VISION**  
Achieving Women's Equality

**YWCA MISSION**  
To touch lives and build better futures for women and their families through advocacy and integrated services that foster economic independence, wellness and equal opportunities.

**YWCAPAN.ORG**



## MESSAGE FROM THE CEO



As many of you know, the YWCA is dedicated to helping women and their families build better futures. For our core clients—low-income single mothers—this means surrounding them with a range of services that provide the foundation for success. Our programs are

diverse, integrated and designed to address the interrelated challenges our clients face. In this issue, you will learn how we put this approach into action through the story of one inspiring YWCA client.

On a grander scale, the YWCA is committed to achieving gender equality, which we view as citizens of all genders working together to create an equal society.

The sexualization of girls and women—and corresponding hypermasculinization of boys and men—remain significant barriers to equality that pervade virtually all forms of media. We see the consequences in increased tolerance for violence against women, increased rates of mental health concerns among youth and strained ability of both women and men to establish healthy relationships.

We remain committed to combating sexualization and hypermasculinization through our youth education programs and are delighted to announce that we recently received the YWCA Canada Award of Excellence in Advocacy for this work.

*“We remain committed to combating sexualization and hypermasculinization through our youth education programs...”*

I am also pleased to announce two exciting new projects that will enable us to take our work even further:

- The YWCA Strong Girls, Strong World project will empower youth to be change-makers in their communities, with a special focus on media literacy. You can learn more about the project in this issue.
- Support from Status of Women Canada will enable us to undertake a three-year multisectoral project to combat sexualization by engaging decision-makers, educators, youth and community.

These two initiatives complement each other; one takes a grassroots approach to advocacy by empowering youth through skill-building and knowledge exchange. The second will engage leaders from all sectors to examine opportunities for systemic change. We will launch the projects later this fall so stay tuned for more details.

Building on our long-standing history supporting youth, I am also pleased to announce support from the Province of British Columbia to continue the Strive program, an employment-focused program for youth transitioning from foster care. Since its inception in February 2014, more than 60 youth have completed the program and moved on to employment or further education.

Finally, we wouldn't be able to serve the communities we do without the ongoing dedication from our many supporters, for which we remain deeply grateful.

**Janet Austin,**  
CEO, YWCA Metro Vancouver

## CONNECTING COMMUNITY

*Finding Support and Friendship with the YWCA*

Vancouverites rank reducing social isolation as a community priority ahead of even headline-making issues such as homelessness and poverty. According to people surveyed in a 2012 study by Vancouver Foundation, it's hard to make friends in our city and we tend to shy away from community life. As a result, residents of Metro Vancouver are feeling lonely, but even more concerning is that these attitudes negatively affect individuals' health and limits their employment opportunities.

Among those most affected are single parents, especially single mothers. Parenting alone is a tough job and social isolation makes it even harder.

For women most likely to feel the impacts of social isolation, the YWCA's Single Mothers' Support Services offers peer support that can make the city less lonely. Groups help women meet peers they can trust, grow their support networks and build long-term relationships, which ultimately lead to stronger and more resilient communities. The groups' members help each other in seeking employment, training and making major life decisions.

The support groups complement a host of other YWCA programs and services for single mothers, like affordable housing, legal education and mentorship.

When Nicole joined the Single Mothers' Support Group, she was in the middle of an 18-month court battle with her ex-partner. The ordeal forced her to leave her job and eventually seek out income assistance. Confronting these challenges alone, Nicole needed someone she could relate and talk to and the Single Mothers' Support Group

gave her a community of women who could understand what she was going through.

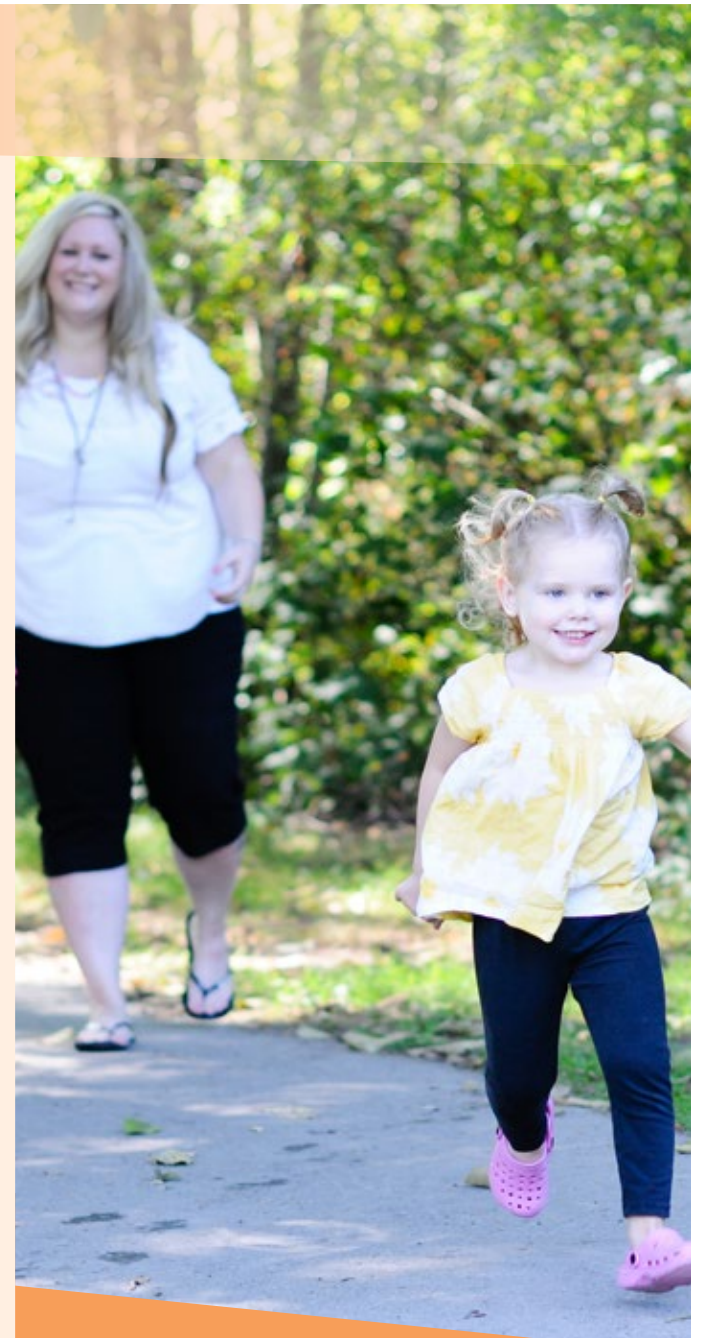
Nicole was able to build relationships in weekly support group meetings. “I was able to trust these women because I got to know them,” Nicole notes. The meetings offered her a “healthy and safe” space, where she felt free to “share things I was happy and excited about and things that upset or frustrated me.” She adds, “It was really easy to connect and I felt comfortable sharing things about my family because the group was not there to judge me.”

Through attending the Single Mothers' Support Group, Nicole received information about schools and bursaries, which enabled her to go back to school and move off income assistance. She has graduated from the support group and is currently studying to become a social worker.

Jenn Bateman, a family resource worker for Single Mothers' Support Services, says, “Having the groups closed instead of drop-in allows moms to build safety and community. They come to know and trust those who have made the same commitment to the group.”

“It's nice for moms to see another person who knows the struggles faced by a single parent who is improving her life,” elaborates Bateman. “They're showing one another it can be done. They're committed to seeing one another better their lives.”

*You can help a single mom like Nicole combat loneliness and isolation by donating to YWCA Single Mothers' Support Services. Please contact Bobbi Sarai at 604 895 5780 / [bsarai@ywcavan.org](mailto:bsarai@ywcavan.org) to find out more.*



*YWCA Single Mothers' Support Services in the Fraser Valley receive generous support from a unique funding partnership between Coast Capital Savings, Envision Financial and Vancity credit unions.*

# SUPPORTING SINGLE MOTHERS



Single Mothers' Support Services offer women a chance to build useful skills, make valuable connections and start planning for their futures

## The Holistic Approach

When Sheila\* read about the YWCA Single Mothers' Support Groups in her local community paper, she felt a breath of fresh air in her otherwise overwhelming reality. Sheila was sinking - going through a difficult divorce, unemployed and unable to look beyond the immediate challenges of providing for her children. She picked up the phone to find out more and that started her journey with the YWCA.

### BUILDING A BETTER FUTURE

Since joining the Single Mothers' Group in 2010, Sheila has moved into a YWCA safe, affordable housing community, taken specialized employment programs for single mothers, been matched with a professional mentor who helped her get her real estate license and attended workshops on financial literacy, legal education and co-parenting. Most recently, Sheila attended How Change Happens, a YWCA workshop on advocating for social change, to support her growing desire to give back to her community. "Whenever I hear about a new YWCA program or workshop, I go!" said Sheila.

YWCA programs are designed to address the complex, interrelated challenges our clients face by building on each other. For example, once a woman safely leaves an abusive relationship and moves into YWCA housing, she can start planning for her future. This could mean visiting one of our three employment centres or applying for YWCA bursaries to help her go back to school. YWCA Single Mothers' Support Services help women grow their networks and build valuable personal and professional skills. Women leave the two-year single mothers' groups feeling empowered to take on new opportunities, knowing they have support from the YWCA.

### OVERCOMING ISOLATION

We also recognize that for many single mothers, social isolation is an unfortunate reality. When women are isolated and living in poverty, the challenges in their day-to-day lives can seem endless. Part of the reason Sheila was drawn to the YWCA was to overcome this isolation. "Unless people had gone through marriage, separation and divorce, they just didn't get it.

At the single moms' group, I finally met people like me and it took me out of isolation. I went from being withdrawn to learning how to ask for help. I made friends and that was a huge asset," said Sheila.

*"Whenever I hear about a new YWCA program or workshop, I go!"*

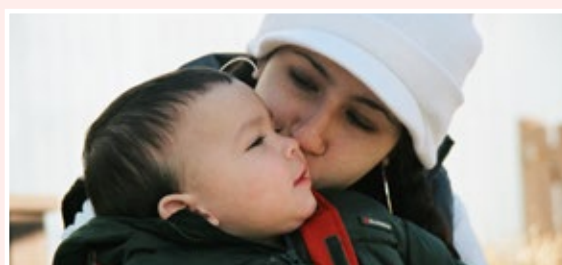
In Sheila's case, accessing multiple services has had lasting impacts, "I look at it as a puzzle; all the pieces are being put together to help me achieve my goals. With every YWCA service I use, I have grown to be a stronger person. I am so grateful."

*YWCA Single Mothers' Support Services are in need of more funding to continue to serve our growing client numbers. If you would like to help support single mothers in need, please contact Bobbi Sarai at [bsarai@ywcavan.org](mailto:bsarai@ywcavan.org) / 604 895 5780.*

\*Names have been changed to respect the privacy of the client.

## GETTING TO KNOW YOU

### Q & A with Deborah Carter, Homeless Prevention and Outreach Coordinator at Crabtree Corner



Deborah Carter is the Homeless Prevention and Outreach Coordinator at YWCA Crabtree Corner in the Downtown Eastside. She has worn many hats at the YWCA: program participant, volunteer and now staff member.

#### HOW DID YOU BECOME INVOLVED WITH THE YWCA?

When I first came to the YWCA, I was in a really dark place. I was newly recovering from addiction and felt so isolated. As I met staff, who showed me

different resources, I found out that I wasn't alone. My daughter and I finally found a place we felt connected to through the early learning and child care centre and a Single Mothers' Support Group, and opportunities opened up for me from there.

#### WHAT INSPIRED YOU TO WORK AT THE YWCA?

Crabtree was a really welcoming experience for me. It's a very understanding place, and I wanted to help give that to other people. It seemed a natural fit to give back to a place that has given me so much.

#### HOW HAVE YOUR PAST EXPERIENCES HELPED YOU NOW AS A YWCA STAFF?

A lot of the parents we work with face barriers, such as addiction and homelessness. These are all things I have experienced. That understanding helps me know where our program participants are coming from, and to have compassion.

#### TELL US ABOUT YOUR LIFE OUTSIDE OF WORK.

I have three daughters and I'm also a proud grandmother, so a lot of my activities are family-oriented. Other than that, I recently started a creative art journaling course.

#### HOW HAS THE YWCA ENRICHED YOUR LIFE?

In so many ways! It's helped me build friendships, given me a livelihood and built my confidence. People are very caring and supportive here at Crabtree, so it's hard not to feel good.

*The Homeless Prevention Program is funded through the Canada-BC Investment in Affordable Housing (IAH) Agreement 2014-2019.*

*For more information about programs and services available at YWCA Crabtree Corner, please contact Kathy Lilyholm at [klilyholm@ywcavan.org](mailto:klilyholm@ywcavan.org) / 604 895 5851.*

## SMALL GRANTS, BIG IMPACTS

### *Clean Slate Helps Families on the Brink of Homelessness*

When you live below the poverty line, even a small amount of debt can have a big ripple effect.

Sarah is a single mother with a 3-year-old son. She works full-time as an administrative assistant and fell behind on her rent after a family emergency. When her landlord served her an eviction notice, she reached out to the YWCA Clean Slate program.

The Clean Slate program is an integral part of YWCA Crabtree Corner Housing and provides grants that help low-income single mothers and pregnant women maintain their housing security. The grants clear outstanding utility and housing debts or moving costs.

YWCA Clean Slate gave Sarah a \$500 grant, saving her and her son from becoming homeless. The program also negotiated a repayment schedule with Sarah's landlord.

Clean Slate's Grant Committee includes past grant recipients and uses peer-based granting to make grant decisions. Grants range from \$200 to \$2,000, with the average totalling about \$500.

A program coordinator works with applicants to negotiate debt reduction where possible and refers them to other resources when necessary. Clean Slate also helps women who do not qualify for grants by referring them to community resources.

Melissa, a single mother of three, approached Clean Slate when she was living in transitional housing. Melissa was trying to get on a wait list for BC Housing, but was unable to do so because of outstanding household debt.

Clean Slate helped to clear Melissa's outstanding debt and covered her moving expenses, allowing her and her children to stabilize their lives. Today, Melissa attends the Health Assistant program at Vancouver Community College and is pursuing a nursing career.

*"Clean Slate helped to clear Melissa's outstanding debt... allowing her and her children to stabilize their lives"*

Since 2005, Clean Slate has provided support to many women like Sarah and Melissa. The program has awarded grants that have helped 528 women and 913 children to date.

Clean Slate operates on a monthly budget of \$3,000 for grants and is able to help an average of six women each month.

Clean Slate is funded in part by the Government of Canada's Homelessness Partnering Strategy and United Way of the Lower Mainland.



*YWCA Crabtree Corner helps low-income women build a better future for their children by providing hot meals, community connections and programs.*

*To learn how you can support the YWCA Clean Slate program and help low-income mothers at risk of homelessness, please contact Élia Robles at [erobles@ywcavan.org](mailto:erobles@ywcavan.org) / 604 895 5856.*

## VOLUNTEERS GIVE BACK AT COMO LAKE GARDENS

At YWCA Como Lake Gardens, a long-term, safe and affordable housing community for low-income single moms and their children in Coquitlam, volunteers make a big difference in the lives of 30 single mothers and 40 children. Como Lake Gardens, which is managed by two committed and passionate staff members, depends on volunteers to turn houses into homes.

Darcie Gabruck, Community Development Coordinator at Como Lake Gardens, lights up when she describes the positive effect volunteers have: "We rely heavily on our volunteers for planning and executing special events for our families, they host meals for Mother's Day, holiday dinners and BBQs, none of which would be possible without their dedication and hard work."

*"We rely heavily on our volunteers for planning and executing special events for our families... none of which would be possible without their dedication and hard work"*

Darcie says nothing goes unnoticed and all volunteers' efforts make a big difference in the lives of residents. Some volunteers work with Darcie on a weekly basis, others donate clothing, and one volunteer dresses up as Santa Claus every year.

In addition to their time, some Como Lake Gardens volunteers have also given financially. Their gifts have become bursaries for moms to go back to school and have given children the opportunity to go to summer camp.

Among the volunteers are two big groups of local, Coquitlam-based volunteers from the Canadian

Federation of University Women and Soroptimists International of the Tri-Cities.

A handful of individual volunteers donate their time on a weekly basis, offering the kids a chance to learn music and brush up on their math skills.

One volunteer, Sharon, has commuted from Vancouver to Coquitlam for the past three years to provide piano lessons for the children. She guides them through the basics and, for children who are interested in achieving certificates, Sharon prepares them for exams. Many of these children would otherwise not have the opportunity to study music since private lessons are expensive.

When asked what fuels her desire to drive two hours each week to teach music to kids at Como Lake Gardens, Sharon's answer is simple: She knows that learning to play the piano will grow her students' self-confidence and creativity, and improve their memory and self-discipline. "Children learn to become more confident through learning a new skill, whether it's arts, sports or music," she says. It is Sharon's hope that when her students grow up, they will pursue their passions and dreams and will pay it forward by volunteering in their communities.

Thank you to the many dedicated volunteers who cultivate and foster a sense of community and belonging in Como Lake Gardens.

*The development and opening of Como Lake Gardens would not have been possible without the generous support of the Province of British Columbia - Provincial Homelessness Initiative, City of Coquitlam, Government of Canada - Homelessness Partnering Strategy and YWCA donors.*

*For more information about volunteering, please contact Mariko Ikeda at [mikeda@ywcavan.org](mailto:mikeda@ywcavan.org) / 604 895 5814.*



*From repairing playgrounds at our early learning and child care centres to teaching piano lessons at our housing communities, our fleet of dedicated volunteers make a difference across YWCA programs and services.*

# EARLY LEARNING & DEVELOPMENT

## Laying the Foundation for Successful Kids Using the Pyramid Model

Since 1983, YWCA Emma's Early Learning and Child Care Centre has provided care for the children of low-income teen mothers who are finishing high school through the Sir Charles Tupper Secondary Young Parents Program.

Many of Emma's children face poverty-related challenges such as poor nutrition, precarious housing and undiagnosed special needs, which can often bring about behavioural issues at home and in the centre.

"When behaviour is really challenging, staff can feel overwhelmed and disheartened," explains Kirsten Bevelander, Senior Supervisor at Emma's. We needed a framework that would allow us to be strategic and act preventatively."

### PROMOTING WELLNESS

Looking to spend more time on positive play and interacting with children and less time addressing challenging behaviour, Emma's was able to adopt the Pyramid Model for Supporting Social Emotional Competence in Infants and Young Children with funding from Canada Post Community Foundation. The Pyramid Model is a framework of evidence-based practices that promote wellness among all children; targeted services to those who need more support; and intensive intervention when needed.

Developed by the Center on the Social and Emotional Foundations for Early Learning and the Technical Assistance Center on Social Emotional Intervention, the Pyramid Model comprises four tiers. Each tier provides educators and parents with guidance and strategies for early learning and development.

### BUILDING STRONG RELATIONSHIPS

The foundational tier focuses on nurturing and responsive caregiving relationships. "It's all about strong relationship-building between educators and children, educators and parents and among educators," explains Kirsten. "When the children are emotionally attached to their caregivers they are more responsive to learning."

The second tier focuses on creating high-quality, supportive environments. Kirsten says that can mean anything from ensuring smooth transitions throughout the day to the configuration of a playroom.

"One of the first things I noticed when I started at Emma's was the lack of adult furnishings," says Kirsten. "In order to build relationships, you need spaces where adults and children feel comfortable together. Now that we have couches, parents sit and chat together, mothers nurse babies; adults feel welcome and connect with the children more."

### HEALTHY STRATEGIES

The third tier of the pyramid focuses on social and emotional strategies to prevent behavioural issues. This includes explicit guidance on how to express emotions appropriately, play cooperatively and use social problem-solving techniques.

For example, when a teacher reminds a child, "It's Sam's turn to play with the truck, you'll need to wait until he finishes," she is teaching the child about patience, impulse control and behavioral expectations.

Emma's educators also use sign language with the infants and some of the toddlers to facilitate communication.

*"We always focus on the behaviour we want to see in the child, rather than the behaviour we don't want to see,"*

Kirsten also stressed the role of positive communication. "Most parents," explains Kirsten, "default to negative communication because that was how they were raised. We always focus on the behaviour we want to see in the child, rather than the behaviour we don't want to see. Instead of saying, 'Don't hit,' we talk about touching gently." Positive communication gives children the guidance they need to be successful.

The first three tiers of the pyramid provide Emma's children with the tools necessary for their



development. But when a child experiences a higher level of behavioral difficulty, educators engage the fourth tier.

"When a child needs more individualized intervention, Emma's educators work with parents to create a Positive Behaviour Support plan," explains Kirsten. "Together they identify specific areas of difficulty, implement the interventions and monitor progress."

Kirsten says the Pyramid Model has had a positive impact on Emma's educators, young mothers and children. "As educators and parents, we all want that magic wand to limit challenging behaviour, but there isn't one," says Kirsten. "It's more about a concerted effort to build relationships, be preventative and respond to difficult situations in a positive way," which the Pyramid Model supports.

"I hear a lot more positive communication and labelling emotions from young mothers," says Kirsten. "Everyone is speaking the same language and using the same strategies, which makes a big difference."

To learn more about the Pyramid Model and Emma's Early Learning and Child Care Centre, please contact Kathy Lilyholm at [klilyholm@ywcavan.org](mailto:klilyholm@ywcavan.org) / 604 895 5851.

## HEALTH + FITNESS

### Creating Lasting Results While Making New Friends and Staying Motivated

If you're looking for lasting results from your workout, head to the group fitness studio at the YWCA Health + Fitness Centre.

Group fitness classes offer the opportunity to turn your workout into a social activity. You'll have fun working out in groups and motivate each other to reach your fitness goals. After just a few weeks, you'll start to see positive results—and not just in your body. Regular group exercise improves your mood, too!

#### HERE ARE A FEW TIPS:

1. **Leave all expectations and judgments** at the door. Enter the studio with an open mind.
2. **Let go**, enjoy the music and share your positive energy with the group. Don't be afraid to dance your heart out at Bollywood or move to the music in Zumba class.
3. **If you have a competitive spirit**, let the group dynamic push you a bit harder. At the same time, know your limits and understand when you are going beyond your comfort zone.

The YWCA Health + Fitness Centre offers a variety of group classes for members, including bootcamp, Pilates, Tabata and indoor cycling. Group fitness classes are free for members on a drop-in basis—just show up and work out.

4. **Arrive before the class begins** to get settled and grab any necessary equipment. Stay until the end, or if you have to leave early let the instructor know before class begins. Warm-up and cool-down are part of the full workout.

#### Bonus tip!

Don't miss a workout. Schedule your favourite group fitness classes into your calendar and set alarms as reminders.



Looking to get in shape and meet new friends? The YWCA Health + Fitness Centre offers a supportive and health-focused environment with the latest equipment, great group classes and knowledgeable instructors. Schedule a tour at [ywcahealthandfitness.com](http://ywcahealthandfitness.com) or call 604 895 5777.

# STRONG GIRLS, STRONG WORLD



## Empowering Youth to Advocate for Social Change

Supporting youth in their transition into adulthood helps them become better prepared for life decisions and changes in their future, and empowers them to become active citizens in the community. This year, the YWCA will launch a new program for young women and girls: Strong Girls, Strong World (SGSW). This 2-year national project, funded by Status of Women Canada, will support our goals of growing a youth voice for women's equality. Working together with Plan Canada, YWCA Canada and YMCA Canada, under the theme of "girls as leaders and change-makers," SGSW will support young women to become agents of change in their local communities.

The project will be largely run by members of our Youth Advisory Committee, a group of high school girls and boys who help guide our youth-focused work, including the Anti-Sexualization Task Force and annual Youth Media Literacy Conference. Last year's Youth Advisory Committee led a successful conference with more than 50 attendees of their peers in Metro Vancouver. This year's committee will have a stronger focus on providing more opportunities for young girls.

In addition to advising on the after-school youth education programs, mentorship programs and work against sexualization in the media, SGSW and the Youth Advisory Committee will engage

students, educators, parents and other youth allies to fully recognize the challenges young people face, and work together with YWCA staff to start to overcome them.

*"I gained inspiration from listening to different perspectives and a sense of community with socially-conscious youth who want to create positive change."*

Jessica, a member of last year's Youth Advisory Committee says, "From participating in the Youth Advisory Committee, I gained inspiration from listening to different perspectives and a sense of community with socially-conscious youth who want to create positive change. The opportunity to reach out to my peers and exchange ideas was immensely eye-opening and made me realize the importance of student engagement."

To learn more about the Strong Girls, Strong World project, or to make a donation to support initiatives like these, please contact Peggy Chen at [pchen@ywcavan.org](mailto:pchen@ywcavan.org) / 604 895 5822.

# YWCA EMPLOYMENT SERVICES

## Helping People with Disabilities Find Meaningful Employment

The individuals we serve have unique skills and needs. At our WorkBC Employment Centres, we offer specialized programs that support a wide range of clients, such as training opportunities and skills upgrading for single mothers, and job search workshops for youth. We also support jobseekers living with disabilities to find meaningful and sustainable employment.

### YWCA SUPPORTS

All three YWCA WorkBC Employment Centres offer diverse services for people living with disabilities. Job search and career exploration workshops teach clients with disabilities how to search for employment and work on the job. YWCA staff build partnerships with employers and work with them to identify and develop customized job opportunities. We also coach clients on negotiating flexible work arrangements.

YWCA WorkBC clients such as Carlo Castillo have much to offer and with a little help, they can participate in the workforce.

### DEAFINED: PROVIDING EMPLOYMENT OPPORTUNITIES FOR THE DEAF AND HARD OF HEARING

Earlier this year, Moe Alameddine came to us looking for employees for DeaFined, his new concept restaurant that employs servers who are deaf or hard of hearing. Carlo was a perfect fit for Moe's new venture.

At DeaFined, guests and servers communicate using sign language. The goal is to break down barriers between the deaf and hearing while also providing much needed employment opportunities.

*"The YWCA is really good [at] providing group meetings where we learn lots of different things about the workplace,"*

Evidence suggests that deaf Canadians experience disproportionately higher rates of unemployment and many more are underemployed.

We were delighted to support Carlo in his journey to find employment, "The YWCA is really good [at] providing group meetings where we learn lots of different things about the workplace," says Carlo. "They looked at the skills I have and tried to find the best matches for me. They also have lots of teamwork, and I felt like I was working with someone towards my goals."

No matter our clients' abilities, success is when we can support them to become active members of the economy and most importantly, find meaningful, sustainable employment.

The Government of Canada and the Province of British Columbia fund the Employment Program of British Columbia.



If you know a person with a disability looking for work who needs support in their job search contact Jill Gildersleve at [jgildersleve@ywcavan.org](mailto:jgildersleve@ywcavan.org) / 604 263 5005.

## FITNESS, FOCUS, FRIENDSHIP AND THE FUTURE

### Why Joanne Lee and Des Chew Are Leaving a Legacy to YWCA Metro Vancouver

The YWCA has been a big part of Joanne Lee's life for many years. She first became a member of the YWCA Health + Fitness Centre almost 25 years ago. Her husband, Des Chew, has been a member for almost a decade. Most weekday mornings, Des and Joanne are working out at the gym by 6:30am. You'll find them running, circuit training or participating in a spin cycle or yoga class.

Now retired, Joanne enrolled in the YWCA's FOCUS career counselling program during a transition from the software to the education sector. "It was the best program I've ever taken," Joanne says. She graduated from the program with clear goals in mind. The program closed to Joanne's disappointment, but was later reintroduced under a new funding model as FOCUS@Work—Joanne was thrilled.

She now spends her time with family and friends, and continues to volunteer at the YWCA, as she has done for the past 17 years.

*"The YWCA had supported Des and Joanne in their careers and was a place where they had met lifelong friends..."*

The YWCA was also able to help Des during his career. A lifelong railroader and professional accountant, Des's career spanned many years in strategic planning and financial analysis. Between jobs, Des utilized a YWCA Employment Resource Centre to assist with the transition to a new organization. These days Des spends his time managing his family's property management company.

While developing Des and Joanne's estate plan, their financial planner and lawyer recommended



making charitable bequests. The couple agreed legacy giving was a good idea and when deciding upon charities, they both wanted to give a gift to the YWCA. The YWCA had supported Des and Joanne in their careers and was a place where they had met lifelong friends. In short, it was an important part of their lives. Des also saw the benefits of charitable bequests from an accounting professional's perspective: estates can save taxes on capital gains and support charities at the same time.

In summary, the YWCA gave Des and Joanne fitness, friends and focus in their careers. In return their gift to the YWCA gives our organization a bright future.

*To learn more about adding a charitable bequest to your will, please contact Celia Campos at [ccampos@ywcavan.org](mailto:ccampos@ywcavan.org) / 604 895 5810 or JoAnne Fahr at [jfahr@ywcavan.org](mailto:jfahr@ywcavan.org) / 604 895 5829.*

## Dying Intestate

A person dying without a legally valid will is deemed to have died "intestate." Dying intestate does not mean that the person's estate will go to the government, but it does mean that the person will lose control of who will benefit from the estate and who will manage the estate.

If the person died leaving no spouse or descendants, then the estate will go to the person's other relatives based on a complicated "parentelic" distribution schedule.

Dying intestate may cause delays in winding up your estate, as someone will need to apply to court to be appointed as the administrator of your estate. This also means additional legal expenses. If the distribution scheme as discussed in this article is not what you want, then consider estate planning, including having a will in place.



For more information, please contact Celia Campos at [ccampos@ywcavan.org](mailto:ccampos@ywcavan.org) / 604 895 5810 or JoAnne Fahr at [jfahr@ywcavan.org](mailto:jfahr@ywcavan.org) / 604 895 5829.

## Give Hope. Inspire a Dream.

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

### Here is my gift of:

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

Cheque enclosed (Please make payable to YWCA Metro Vancouver)

#### OR

Please charge my credit card

Visa    MasterCard    American Express

CARD # \_\_\_\_\_ EXPIRY \_\_\_\_\_ 3-DIGIT SECURITY CODE \_\_\_\_\_

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

SIGNATURE \_\_\_\_\_

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

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

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

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

#### OR

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

Visa    MasterCard    American Express

CARD # \_\_\_\_\_ EXPIRY \_\_\_\_\_ 3-DIGIT SECURITY CODE \_\_\_\_\_

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

SIGNATURE \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

Please send me information about:

Including YWCA Metro Vancouver in my will

Establishing an endowment at the YWCA

A gift of life insurance to the YWCA

A gift of publicly traded securities to the YWCA



535 Hornby Street  
Vancouver, BC V6C 2E8  
tel 604 895 5850 fax 604 684 9171  
[ywcavan.org](http://ywcavan.org)



Charitable Business No. 108227943 RR0001. Tax receipts are mailed.

**YWCA Metro Vancouver** is a registered charity providing a range of integrated services for women and their families, and those seeking to improve the quality of their lives. From early learning and child care to housing, health and fitness, employment services and leadership, YWCA Metro Vancouver touches lives in our communities. [YWCavan.org](http://YWCavan.org)

**A HEALTHY START FOR CHILDREN**

**CITYGATE EARLY LEARNING AND CHILD CARE**

For children ages three to five, Citygate specializes in working with children to develop social, motor and interpersonal skills and to prepare them for school. 1192 Quebec Street. **tel** 604 687 1150

**CRABTREE CORNER EARLY LEARNING AND CHILD CARE**

Offers short-term care for children ages six weeks to six years in the Downtown Eastside. 533 East Hastings Street. **tel** 604 216 1655

**LESLIE DIAMOND EARLY LEARNING AND CHILD CARE**

Located in downtown Vancouver, Leslie Diamond provides care for children ages six weeks to three years. 535 Hornby Street. **tel** 604 895 5816

**EMMA'S EARLY LEARNING AND CHILD CARE**

For children ages six weeks to three years, with a focus on supporting young mothers. Children have a safe, stimulating learning environment while their mothers receive academic and personal support through Tupper Young Parent Services. 3839 Carolina Street. **tel** 604 879 1121



**SUPPORT FOR FAMILIES IN NEED**

**SINGLE MOTHERS' SUPPORT SERVICES**

Information and resources for single mothers across Metro Vancouver include workshops, special events, one-to-one support from a family resource worker and weekly community groups offered in partnership with neighbourhood houses and family places.

Vancouver **tel** 604 895 5849  
Surrey **tel** 604 619 5275

**SEEDS OF INDEPENDENCE**

Outreach program providing mobile support in Surrey, New Westminster, White Rock, Delta, Ladner, and Tsawwassen to women who have left abusive relationships. **tel** 604 313 6456

**LEGAL EDUCATOR**

Provides one-to-one information and workshops for YWCA clients on a wide range of legal issues. **tel** 604 734 5517 ext 2235

**PRESENTS OF PEACE**

Donate to Presents of Peace during the holidays and have a lasting impact on the lives of low-income, women-led families who need support year-round. **tel** 604 895 5785

**THRIFT SHOP**

Donated clothing, housewares, books and jewellery are sold to raise funds for community programs. YWCA clients are eligible for vouchers that allow them to obtain clothing and household items for their families at no cost. 4399 Main Street (Main & 28th Avenue) **tel** 604 675 9996

**SAFE, AFFORDABLE HOUSING**

**SEMLIN GARDENS**

Located in Vancouver, Semlin Gardens is a supportive housing community that caters to low-income single mothers and their children. **tel** 604 879 5796

**FRASER GARDENS**

Located in Langley, Fraser Gardens is a supportive housing community for low-income single mothers with a communal garden, play area and common room. **tel** 604 514 1255

**CRABTREE HOUSING**

Transitional housing in the Downtown Eastside for women and new mothers who are overcoming substance use issues. **tel** 604 216 1662

**MUNROE HOUSE**

A second-stage transition house for women who have recently experienced abuse in their intimate relationship, and for their children. Support and art/play therapy are available for children ages three to 18 who have witnessed or experienced abuse. **tel** 604 734 5722

**ALDER GARDENS**

Located in Surrey, Alder Gardens is a supportive housing community that caters to low-income single mothers and their children and links community services in a supportive housing model. **tel** 604 597 7984

**ARBOUR HOUSE**

This second-stage transition house provides a safe refuge where women who have experienced abuse in intimate relationships, and their children, can feel protected. **tel** 604 597 4952

**COMO LAKE GARDENS**

Located in Coquitlam, this supportive housing community is for low-income single moms and their children. **tel** 604 936 5665

**YWCA HOTEL**

In downtown Vancouver, the YWCA Hotel offers comfortable and affordable accommodation to all travellers. Also provides longer term housing to residents and temporary accommodations to women needing immediate shelter. 733 Beatty Street. **tel** 604 895 5830 [ywcahotel.com](http://ywcahotel.com)



**FIND BALANCE THROUGH HEALTH + FITNESS**

**HEALTH + FITNESS CENTRE**

A co-ed fitness facility in downtown Vancouver featuring a UV-purified pool, the latest in cardio/weight equipment and innovative programming.

535 Hornby Street  
**tel** 604 895 5777  
[ywcahealthandfitness.com](http://ywcahealthandfitness.com)

**Visit [ywcavan.org/subscribe](http://ywcavan.org/subscribe) to:**

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For more information about YWCA Metro Vancouver or this newsletter:

**tel** 604 895 5850  
[enquire@ywcavan.org](mailto:enquire@ywcavan.org)  
[ywcavan.org](http://ywcavan.org)



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**HEALTHY CHOICES FOR YOUTH**

**HIGH SCHOOL MENTORSHIP PROGRAM**

Partners female high school students with professional women. Mentors provide support and guidance regarding education and future career choices.

**tel** 604 895 5802

**THAT'S JUST ME**

An after-school program offered at selected schools in Surrey to help Grade 7 girls with their transition to high school. That's Just Me is presented by YWCA Metro Vancouver in partnership with the Surrey School District.

**tel** 604 895 5845

**BOYS 4 REAL™**

A parallel program to Welcome to My Life™ and That's Just Me, designed to meet the needs of Grade 7 boys. The program encourages healthy living, healthy decision making and mutual respect in relationships.

**tel** 604 895 5779

**CIRCLE OF SISTERS INDIGENOUS MENTORSHIP PROGRAM**

Empowers Indigenous teen girls ages 13 to 18 through an arts- and culture-based group mentoring dynamic; provides life-skills and connects them with positive adult Indigenous role models.

**tel** 604 895 5798

**A SAFE HAVEN IN THE DOWNTOWN EASTSIDE**

**CRABTREE CORNER COMMUNITY RESOURCE CENTRE**

Provides a healthy and secure environment for women and their families in the Downtown Eastside. Services include early learning and child care, transitional housing, hot meal programs, single mothers' support groups and parenting support.

533 East Hastings Street.  
**tel** 604 216 1650



**HOW YOU CAN SUPPORT THE YWCA**

**DONATIONS**

There are many ways to financially support the work of the YWCA. Donors may choose to give cash, securities or gifts-in-kind. A variety of convenient payment options are available.

**tel** 604 895 5850  
[ywcavan.org/donate](http://ywcavan.org/donate)

**VOLUNTEER**

One-time, long-term and group corporate volunteer positions exist within each program. There are also volunteer opportunities for professionals to use their career skills. **tel** 604 895 5795

**CELEBRATING WOMEN WHO INSPIRE**

**WOMEN OF DISTINCTION**

Since 1984, this awards program has honoured, encouraged and recognized outstanding women and workplaces in our community. **tel** 604 895 5768

**CONNECTING PEOPLE TO EMPLOYMENT**

Under the new Employment Program of BC, the YWCA provides WorkBC employment support and services to the North Shore, Vancouver West and Vancouver South communities. Jobseekers have access to:

- Job search resources
- Personal employment planning
- Workshops and training
- Specialized services

**NORTH VANCOUVER**

**North Shore**  
New address: #106-980 West 1st St.  
North Vancouver  
**tel** 604 988 3766

**One Stop Career Shop Youth Satellite**  
New address: #109-980 West 1st St.  
North Vancouver  
**tel** 604 988 3766

**VANCOUVER WEST**

**West Side**  
#300 – 2150 West Broadway  
**tel** 604 688 4666

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

**VANCOUVER SOUTH**

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

**FOCUS @ WORK**

Free 12-week job search program for skilled or professional women. #210 – 1201 West Pender Street **tel** 604 699 1788

**NEXTSTEP MENTORSHIP**

Connects female and male job seekers with one-to-one, group and peer mentorship. **tel** 604 895 5859

**STRIVE**

Supports former and current youth who are transitioning out of foster care to gain the life- and work-skills they need to become independent.

**Vancouver**  
1256 Granville Street **tel** 604 605 4666

**North Shore**  
109-980 West 1st St.  
North Vancouver **tel** 604 988 3766

**FUTURES IN FOCUS**

Supports single moms on a path towards sustainable employment. **tel** 604 992 1493

**CHANGING GEARS**

Assists women in finding full-time work in the transport trucking industry. 535 Hornby Street **tel** 604 895 5854

**SKILLS MAX**

Prepares youth to secure employment within hospitality and warehousing sectors. 1256 Granville Street (2<sup>nd</sup> Floor) **tel** 604 605 4666

**CONTACT NEWSLETTER**

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