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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.

YWCAVAN.ORG
“As we learn more about the needs of single mothers living in poverty, we realize that housing is the most crucial means of change. For mothers like Zahra, who are now facing the real challenges that many young people are now facing, we know that positive early experiences promote the healthy social and emotional development of children and contribute to positive mental health later in life. As part of our work with children and youth, we are pleased to collaborate with HELP and the Dalai Lama Center for Peace and Education on the Heart-Mind Index, a population-level snapshot of the ‘heart-mind’ well-being of BC children. This October I was honored to participate in a dialogue with His Holiness the Dalai Lama during his visit to Vancouver. The event provided an important opportunity to discuss how communities can work together to promote the positive social and emotional development of children, resulting in more peaceful, secure, engaged and compassionate children.

Earlier this summer, I had the privilege of being sworn in as the 2014-15 Chair of the Vancouver Board of Trade. In this role, I look forward to strengthening the YWCA’s ties with the local business community and promoting the importance of social cohesion, gender equity in the workforce and education at all levels in building a strong economy.

The 2014 Women of Distinction Awards was a record-breaking success! We recognized the achievements of 59 remarkable women and two workplaces, and raised more than $109,000 in the room that evening to support valuable YWCA programs and services. After many years at the beautiful Westin Bayshore Hotel in Coal Harbour, we have outgrown the space and, on May 26, 2015, we will move to the Vancouver Convention Centre. I encourage you to recognize an inspiring woman or organization by nominating them for a YWCA Women of Distinction award. For more information, visit ywcawomenofdistinction.org.

Finally, we would not be able to carry out the work of the YWCA without the generous support of our many volunteers, donors, community partners and staff.”

“Supporting these vulnerable women and children is a priority for Streetohome, and we’re delighted to be partnering with the City of Vancouver, Vancouver Public Library and the YWCA, who have a strong history of success and experience in this area.”

Zahra is now working towards her web development diploma. “We feel safe and happy,” she says. “Any success in my life is because of YWCA’s great workers. I extend heart-felt thanks to all of you for the roles you play in helping women and their families chart new paths to personal and economic independence.”

The YWCA still needs to raise the remaining $2M of its $10.1M capital campaign to build YWCA Cause We Care House, a portion of which will be invested in an endowment fund to support the ongoing operating costs of the building. To learn more and to donate, please contact Kathy Llyholm at klllyholm@ywcanvan.org or 604 895 5851.

**MORE THAN A PLACE TO LIVE**

Supportive housing development in the Downtown Eastside/Strathcona

Zahra and her five-year-old daughter were living in a small one-bedroom apartment she could barely afford before they moved in to YWCA housing. “It was really hard and I was stressed,” says Zahra. “I had to be very careful with my budget or we would have no money for food. I felt really lucky when I got in... now, I can focus on other things such as finishing school and finding a job.”

In British Columbia, nearly 50% of single mothers and their children are living in poverty. Like Zahra, many of them face extreme challenges because they do not have safe, affordable housing. This is particularly challenging in Metro Vancouver, where the cost of living is one of the highest in Canada. It is for mothers like Zahra that the YWCA is expanding its safe, affordable housing in the Downtown Eastside/Strathcona area with the development of YWCA Cause We Care House. Named after our lead donor, Cause We Care Foundation, this new housing community would not be possible without the additional support of the Province of British Columbia - BC Housing, Streetohome Foundation, BC’s Ismaili community and other generous donors.

“As we learn more about the needs of single mothers living in poverty, we realize that housing is the most crucial means of change. Our foundation is committed to helping these women and their children, and when we work with the YWCA, we know that our efforts will make a tremendous difference in the long run. We are honoured to be a part of this meaningful project,” says Rob Tumbull, President and CEO of Streetohome Foundation.

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Single mothers struggle to get ahead

Sarah’s alarm chimes at 4:30am. If she can get out of bed without disturbing Solomon, her two-year-old son, she can work for two hours before she has to get them ready for their day.

“It’s easier now that Sol is older,” says Sarah of their morning routine. “He’ll colour while I’m preparing our lunches and getting ready for work.”

It’s 7:45am when Sarah leaves her Chinatown co-op (Solomon in tow) and walks to YWCA Leslie Diamond Early Learning and Child Care Centre, where Sol spends his days. Sarah kisses Sol goodbye, then hurries to a busy architecture firm in downtown Vancouver, where she works as an intern architect.

“I love my job, but work can be demanding and it’s hard to put extra time in,” says Sarah. “Even an extra hour at the end of the day can be all you need to get a project out the door, and yet that isn’t possible because someone has to be at daycare to get Solomon.”

“I’m a working professional, I’m good at my job, I’ve got experience in my field and I cannot make ends meet”

Like so many working mothers, Sarah struggles to find enough hours in the day. But as a single mom, Sarah has the added burden of lone-parenthood. With no partner to provide a reprieve from the seemingly endless responsibilities of being a parent or to help carry the financial load, Sarah says simply, “can’t get ahead”.

“I’m a working professional, I’m good at my job, I’ve got experience in my field and I cannot make ends meet,” she says.

THE “MOTHERLOAD”

According to Statistics Canada, single mother-led families are one of British Columbia’s fastest-growing population groups. With a median income of just $21,500, they are also BC’s poorest family type.

The high incidence of single moms raising their children in poverty arises from a number of factors—from lack of affordable housing and child care (many single mothers work part-time because they cannot afford full-time care, which costs an average of $1258 per month in Vancouver) and the gender wage gap (women are still making just 74 cents on every dollar made by their male counterparts) to the lack of family-friendly workplace policies (like flex-time and caregiver leave).

Even with subsidized child care through the YWCA, Sarah relies on her mother, who allocates part of her survivor’s pension to pay for Sol’s care.

“I have an incredibly supportive mother who works full-time so she has the means to help me out, I’m well-educated and I’m easy to employ,” says Sarah. “But if you take one of those things and tweak it slightly—say I had no work experience or I didn’t have the family support—then a precarious situation could turn into a complete disaster.”

SUPPORTING SINGLE MOTHERS

Evidence from the University of British Columbia’s Human Early Learning Partnership (HELP) suggests that family-friendly workplace policies and affordable child care are key to levelling the playing field for single moms.

HELP has developed a comprehensive policy framework that includes benefits for all new parents in the first 18 months of their children’s lives, high-quality, accessible child care services for all who need them and flexible working hours to allow parents to balance the demands of work and home life.

The YWCA has established itself as a leading voice on this complex issue, and has consistently advocated for this policy vision. It is a long term commitment that requires an incremental approach, but it is also a vital requirement for single moms, like Sarah, to get ahead.

“There should be enough support for people to build themselves up and find their own independence,” she says.

Meanwhile, Sarah will continue to try to make ends meet and move forward in her career. Eventually she would like to return to school and begin her PhD, but for now she is happy where she is, and values the friendship and support offered through the YWCA.

“The Y has been phenomenal,” says Sarah. “Just to be able to share resources and to have people that understand the position you are in. I’m very thankful.”

The YWCA operates four high quality early learning and child care centres across Vancouver. We also offer individual and group support to low-income single moms through YWCA Single Mothers’ Support Services. To learn more or to donate, contact Bobbi Sarai Tanguay at bsarai@ywcavan.org or 604 895 5780.

Learn more about our advocacy work on universal early learning and child care and work/life balance at ywcavan.org/advocacy.

ADVOCACY

WEEK WITHOUT VIOLENCE 2014

Why doesn’t she JUST leave? It’s #NotThatEasy

We all share a vision for a world where women live free from violence. For one week in October, YWCAs across the globe bring awareness to the issue of violence against women with our annual Week Without Violence campaign. From October 13-19 we raised awareness about violence in our communities and encouraged supporters to make a difference by participating in the #NotThatEasy campaign.

BARRIERS TO LEAVING ABUSE

We often hear the question “Why doesn’t she just leave?” when referring to women experiencing abuse. The answer is: it’s not that easy. There are many reasons why women are hesitant to leave:佰er abuse, emotional turmoil, children, money and safety and finding support are a few we identified throughout the week. We addressed misconceptions about violence against women by educating the public on these barriers and how we can support the choices of women in these situations.

The #NotThatEasy campaign featured a series of illustrations that depicted women with two sides. One reflects her external face—the one she presents to the world each day. The other reflects her internal face—her feelings and emotions as a result of the abuse she is experiencing.

Supporters participated on social media, read our blog posts and showed their support by promoting our campaign to their networks. Thanks to everyone for participating!

Visit ywcavan.org/wwv to learn more.
YWCA Youth Education Mentors Make a Difference

Back in his first year at the University of British Columbia, Daniel Lostovic-Levi was a quiet and reserved student who volunteered with YWCA Metro Vancouver’s Boys 4 Real™ program as a way to give back to the community. Fast forward four years, and today he is a gregarious young man attending his first year of law school at the University of New Brunswick.

Although he was involved with various extracurricular activities throughout his time as an undergraduate, Daniel found his experience with Boys 4 Real™ to be an integral and memorable part of his personal and professional growth.

“Being with the YWCA is more than just a volunteer experience; it is a learning and developmental process as well,” says Daniel.

Two university or college students, one high school student and one mature mentor, all volunteers, deliver Boys 4 Real™ at schools in Vancouver and Surrey. Though the after-school program is targeted towards the personal development of Grade 7 boys, teaching them about self-esteem, healthy relationships and community service, ultimately to reduce violence against women, the mentors often learn just as much.

Daniel’s role as a program facilitator required him to think critically to lead activities for Grade 7 participants. Some of the responsibilities pushed Daniel beyond his comfort zone, as he was unaccustomed to asserting himself and speaking up. As time progressed, however, Daniel found himself adapting to his surroundings and developing skills that he now applies as a law student.

“Facilitation closely relates to participation in the classroom setting, so volunteering helped me with public speaking and participation in classes, which helped raise my confidence and grades.”

Daniel’s path of success and development is what the YWCA wishes for all volunteers who step forward to help support children, women and their families. To thank them, we provide invaluable skills and a supportive network to assist in the development of our volunteers.

“The YWCA staff care about your volunteer experience, and they care about helping you,” says Daniel.

Thank you, Daniel, for your vital contributions to the YWCA. We wish you all the best!

For information on becoming a Youth Education volunteer with YWCA Metro Vancouver, contact Sam Ramos at sramos@ywcvan.org or 604 895 5779. To give to our Youth Education programs, contact Julia Nyberg at jnyberg@ywcvan.org or 604 895 5850.

As part of recognizing Henrik Sedin’s 1,000th NHL game, the Vancouver Canucks provided $70,000 for him to donate to a charity of his choice. Henrik and his wife Johanna chose to contribute to the YWCA’s That’s Just Me and Boys 4 Real programs in Surrey, as they have a strong interest in supporting youth who are transitioning from elementary to high school.

STRIVE AND SUCCEED!

Supporting Youth Struggling Towards Self-sufficiency

YWCA Strive, a pilot program for youth transitioning out of the foster care system, is well into its third cycle. With funding from the Ministry of Children and Family Development (MCFD), YWCA Metro Vancouver launched the first 12-week cycle of this 18-month pilot program in March 2014. Open to youth between the ages of 17 and 24, unemployed or out of school and in need of support to move ahead, Strive provides basic life and employability skills that help participants transition successfully into their adult lives.

“Without it I wouldn’t be doing anything else with my life.”

James* was referred to the program by an employment coordinator at his recovery house. At the age of 24 and just two months free from a seven-year prison sentence, he felt ill-equipped to adapt to his surroundings and developing skills that he now applies as a law student.

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To learn more or to support Strive, please contact Brenda Ulmer at bulmer@ywcvan.org or 604 895 5764.

* Participants’ names have been changed.
OSHA-WISCOE BENEHSI-KWE

Lisa Yellow-Quill’s Path to Freedom

The path to freedom from addiction was hard for Lisa Yellow-Quill, who spent more than a decade living on the streets of Vancouver’s downtown eastside. “I was living as if I wanted to die,” says Lisa as she recounts some of her darkest days. “I believed that what I was living was where I was supposed to be as an indigenous woman—in poverty, alone and with my drugs. I didn’t know I inherited a colonial legacy until I stopped coping by using the drugs and started living.” After travelling to the West Coast from Manitoba, Lisa isolated herself through drug use and had a difficult time asking for help.

DISCOVERING CRABTREE CORNER

Lisa began visiting YWCA Crabtree Corner Community Resource Centre and remembers finally feeling welcome somewhere. At first, she would drop in to use the donation room and look for basic items such as shoes and clothing. She would come and go without any questions and never felt pressured. “I didn’t feel like I had to give something to receive something.” The non-judgmental approach of Crabtree Corner staff resonated with Lisa. Soon she began accessing other services and visiting with the staff. She felt at home and knew that Crabtree was a place where she was always supported.

“I didn’t feel like I had to give something to receive something.”

As time moved forward and life became increasingly difficult, Lisa knew something had to change, which meant battling her addiction. She moved to a recovery house in Mission and finally feeling welcome somewhere. At first, she started on the path towards sobriety. Here, Lisa maintained her connection to the community of support.

Through strength and determination, Lisa found her sobriety and began to heal. She had dreams of her grandmothers waiting for her in a sweat lodge, encouraging her to expand her Indigenous knowledge. She started to practice prayer and song and reconnected with her culture, learning who she was as an indigenous woman. She attributes her culture and traditional knowledge as key elements of her recovery.

BUILDING KNOWLEDGE AND WORKING TOWARDS INDEPENDENCE

Lisa was eager to help others like herself and went back to school. She studied family and community counselling at the Native Education College. During this time she returned to Crabtree Corner to complete her practicum. Lisa co-facilitated Crabtree Corner’s Fetal Alcohol Spectrum Disorder (FASD) program, where she learned about the impacts of FASD and how to support those affected by the disorder. She continued to heal and developed an understanding of her own experiences and behaviour. She was soon hired as the coordinator for the FASD program and supported countless families to work through the difficulties they were experiencing and find support, both in each other and from the Crabtree Corner community. Lisa then went on to do her Masters of Social Work degree at Wilfrid Laurier University with a focus on Indigenous Research Methodologies and graduated this past year. Next, she plans to begin a PhD so she can teach and share knowledge with her communities. However, she is taking a break to work on the front-lines in the downtown eastside as a Community Programmer at Carnegie Community Centre, where she manages the Cultural and Seniors’ programs.

“Crabtree Corner is a place I’ll keep coming back to forever. But even when I’m far away, I’m proud to identify with the YWCA.”

Lisa is a true inspiration to those around her. Her story reminds us that anyone can turn their life around with support and perseverance. “Crabtree Corner is a place I’ll keep coming back to forever. But even when I’m far away, I’m proud to identify with the YWCA.”

DID YOU KNOW?

Infants who were exposed to alcohol in the womb can be born with Fetal Alcohol Spectrum Disorder (FASD), a condition with a range of physical, mental, behavioural and developmental effects, including brain damage and birth defects, in severe cases. An estimated three of out every 1,000 babies are affected in some way by FASD, causing disabilities that can lead to life-long challenges for the child and their family.

The YWCA has been offering its award-winning FASD Prevention Program at Crabtree Corner for more than 20 years, with support from Vancouver Coastal Health. It focuses on group and one-on-one support and educational workshops across BC to increase FASD awareness among health workers, parents and the public.

You can support the FASD Prevention Program by making a donation to the Marnie Marley FASD Co-Facilitator Fund. All donations will be matched by an anonymous donor.

Marnie Marley retired from the YWCA in 2012, after more than two decades with the organization. She initiated the FASD programs at Crabtree Corner, and the FASD Fund will continue in her name.

To learn more please contact Pip Smith at psmith@ywcavan.org or 604 895 5766.
CITY PERK  FALL/WINTER 2014

ISMAILI WALK RAISES $200,000

On Sunday, September 21st, the 23rd Annual Ismaili Walk took place at Lumberman’s Arch in Stanley Park. Celebrating great late summer weather, the spirit of service and caring for the community was alive.

For this year’s annual Walk, the Ismaili Muslim Community of BC partnered with the YWCA for the final year of a three-year partnership to raise awareness and funds in support of YWCA Cause We Care House. British Columbians from across Metro Vancouver attended the Walk and together raised more than $200,000 to help low-income single mothers who are homeless or at risk of homelessness and are bravely raising their children by themselves.

“When we formed our partnership with YWCA Cause We Care House, we did it because the ethics, beliefs and ethos of the YWCA resonate with ours,” says Samira Alibhai, President of the Ismaili Council for British Columbia.

The Ismaili Walk was founded in 1992 by the Ismaili Muslim Community of BC and benefits local organizations. The Walk raises awareness and funds to further the mandates of partner organizations and to date, has raised more than $4 million for local community organizations.

The YWCA still needs to raise the remaining $2M of its $10.1M capital campaign to build YWCA Cause We Care House.

To learn more and donate, please contact Kathy Lilyholm at klilyholm@ywcavan.org or 604 895 5851.

20 YEARS ON HORNBY STREET

We are celebrating 20 years of fitness on Hornby Street! Two decades ago, the YWCA Health + Fitness Centre moved from Dunsmuir and Burrard to its current location. YWCA Metro Vancouver has offered innovative programming to promote health and wellness since 1930, but prior to our move, services were available to women only. The new building on Hornby had much to offer and the YWCA invited men to become members as well.

Some of our volunteers have been teaching classes at the Health + Fitness Centre since the new building opened 20 years ago. These instructors are happy to reminisce with us about the move.

“It was a huge change but very exciting,” reflects Wendi. “We had become so familiar with the old building, women only and the bathing suit optional rule in the pool. The same number of participants who showed up for our 12:15 classes and crowded the old change room seemed to rattle around in the larger area.”

The new building had three fitness studios and one studio for dance. What we didn’t anticipate was how the use of cardio machines would become a staple for workouts and the trend would move more toward weight training.”

YWCA Health + Fitness Manager Fleur Palliardi remembers:

“The new building had three fitness studios and one studio for dance. What we didn’t anticipate was how the use of cardio machines would become a staple for workouts and the trend would move more toward weight training.”

Fitness has come a long way in the last 20 years. We saw the growth of “mind-body” programming with Pilates and then yoga. Personal training became popular in the 1980s and continues to grow.

“Here we are, 20 years on and where has the time gone?”

After the move, the dance studio was converted to a weight room, but fitness trends can be cyclical. Today, dance is more popular than ever, and classes like Zumba, Bollywood and Dancefit are all the rage. If we had the space we could fill an additional dance studio once again!

Fitness instructor June Denbigh says, “Here we are, 20 years on and where has the time gone? We are a visible, high-functioning, much respected facility competing in the health betterment industry and succeeding! With the continued greatness of the people who work tirelessly to make the YWCA facility a comfortable, encouraging, fun environment for all, it’s hard to think about going back to the corner of Burrard and Dunsmuir (except perhaps to have a drink and raise a glass for a toast). This has been home for a long time!”

This September we opened our doors for a week-long celebration of fitness. Our members and the community participated in educational member clinics, fitness classes, a healthy living day and, of course, a Throwback Thursday that took us back to classes with music offered 20 years ago.

If you’ve been a member since the opening of the building or even before, we’d like to know! We’d like to celebrate you and your support of the YWCA. Please contact Fleur Palliardi at f palliardi@ywca van.org or 604 895 5762.

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“When we formed our partnership with YWCA to support Cause We Care House, we did it because the ethics, beliefs and ethos of the YWCA resonate with ours.”

The 23rd Annual Ismaili Walk featured a full day of live entertainment, delicious food and activities for the entire family.

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ELIZABETH (WALL) TRETHEWEY

A Lifetime Legacy

The year is 1960. CTV has been broadcasting for one year. W.A.C. Bennett is Premier of BC. “It’s Now or Never” by Elvis Presley tops the charts and (Nancy) Elizabeth Wall is on our board of directors. Ten years later, Elizabeth would go on to become President of YWCA Metro Vancouver. And what a busy volunteer Elizabeth was!

Elizabeth was instrumental in the development of many YWCA programs, including Camp YaWaCa, a youth summer camp on SaltSpring Island; the “Mothers Only” club for single mothers; MOSAIC, which went on to become a separate organization dedicated to addressing issues that affect immigrants and refugees; Big Sisters, another organization that went on to become a separate entity and Bridge Housing on Granville Street that provided temporary housing for women, many of whom were struggling with personal challenges.

Elizabeth was also involved in the development of the YWCA World Service Shop, a craft store that raised funds for our considerable overseas development work. And if that wasn’t enough, Elizabeth also hosted many people who were involved in the World YWCA who visited us in Vancouver, including Nigeria’s National General Secretary and Mary French Rockefeller of New York, who was the Chair of the YWCA’s World Service Council. In her spare time, Elizabeth was a key fundraiser in our campaign to build our then new building, located on the corner of Burrard and Dunsmuir streets.

“We are proud of our past record and we will endeavour to meet the challenge of the future without sacrificing the principles on which the YWCA was founded.”

In 1979, Elizabeth married Richard Tretthewey and moved to Maple Ridge. Spending much of her later years caring for Richard, Elizabeth still found time to continue her volunteer and charity work. She remained a financial supporter of the YWCA and thoughtfully included a gift to us in her will. She will be remembered by us and many others in the community as a tireless volunteer, organizer and patron.

In Elizabeth’s words, “We are proud of our past record and we will endeavour to meet the challenge of the future without sacrificing the principles on which the YWCA was founded.”

— President’s Annual Report, 1970.
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 care to housing, health and fitness, employment services and leadership, YWCA Metro Vancouver lives touches in our communities.

YWCA.VAN.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 intellectual 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

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

MUNROE HOUSE A second-stage transition house for women who have recently experienced abuse in their intimate relationship, and for their children. Support and after-play therapy are available for children ages three to 18 who have witnessed or experienced abuse. tel 604 754 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 7848

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 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 5850 ywcahotel.com

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 ywcvancouver.org/donate

YWCA.VAN.org

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 exercise programming. 535 Hornby Street. tel 604 895 5777 ywcahealthandfitness.com

Find Balance Through Health + Fitness
HEALTHY CHOICES FOR YOUTH
HIGH SCHOOL MENTORSHIP PROGRAM Supports female high school students with professional women. Mentors provide support and guidance regarding education and future career choices. tel 604 895 5802

WELCOME TO MY LIFE™ A fun and interactive program at selected schools in Metro Vancouver to help Grade 7 girls with their transition to high school. This after-school program is offered in partnership with the Vancouver School Board and the UBC Learning Exchange. tel 604 895 5779

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

ABORIGINAL MENTORSHIP PROGRAM Empowers Aboriginal teen girls ages 18 to 18 through an arts- and culture-based group mentoring dynamic; provides life-skills and connects them with positive adult Aboriginal role models. tel 604 895 5798

CELEBRATING WOMEN WHO INSPIRE WOMEN OF DISTINCTION Since 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 #310 – 260 West Esplanade Avenue, North Vancouver tel 604 988 3766
North Shore Youth #318 - 260 West Esplanade Avenue, North Vancouver tel 604 988 3766

VANCOUVER WEST
West Vancouver #300–2150 West Broadway tel 604 688 4666
Career Zone Youth Satellite 1260 Hornby Street tel 604 605 4666

VANCOUVER SOUTH
Vancouver South 7972 Cambie Street tel 604 263 5005

CONNECT TO SUCCESS
Connects women entering or re-entering skilled or professional careers with mentors. Women meet one-to-one with mentors for six months to receive guidance and advice to help kick-start their careers. tel 604 895 5858

JOB OPTIONS
Eight- to 12-week employment programs for adult and senior jobseekers.

Vancouver, 535 Hornby Street, tel 604 895 5854
North Vancouver, #310-260 West Esplanade Avenue tel 604 988 3766 ext 244

FOCUS ON WORK
Free 12 week job search program for skilled or professional women. tel 604 699 1788

STRIVE
Supports former and current youth who are transitioning out of foster care to gain the life and work skills they need to become independent. 1256 Granville Street. tel 604 605 4666

FUTURE IN FOCUS
Supports single moms on a path towards sustainable employment. tel 604 992 1489

CONTACT FALL/WINTER 2014

2014/2015 YWCA BOARD OF DIRECTORS

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Visit ywcvancouver.org/subscribe to:
• Subscribe or unsubscribe to Contact
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• Change your address
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YWCA CONTACT
535 Hornby Street, Vancouver, BC V6C 2E8

Find Balance Through Health + Fitness
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YWCA Metro Vancouver
2013 Annual Report

Changing Lives Since 1897

The YWCA is a leading advocate for change and we opened our doors in 1897 to provide safe and supportive environments for women, children, men and youth across Metro Vancouver.

Through Integrated Services Leading to Economic Independence

Support for Families in Need

New Opportunities for Employment

A Healthy Start for Children

Safe Affordable Housing

Advocacy

Support for Youth

Program participants and clients take part in the YWCA's many programs and services. The YWCA is committed to offering programs and services that open doors for women, girls, boys, men and children.

More than 4,000 times in 2013

leveraging outcomes for working to economic independence.

The YWCA is proud to be a catalyst for change and to provide services that empower and support the people we serve.

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The YWCA is proud to be a catalyst for change and to provide services that empower and support the people we serve.
Our mission is 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. 

YWCA Metro Vancouver is a volunteer- and membership-based organization that is part of the global YWCA network.

MESSAGE FROM THE CHAIR AND THE CEO

2015 was another busy year for YWCA Metro Vancouver and these are just some of the highlights.

It is no surprise that social media has played a significant role in changing the way young people communicate today. Empowered youth effectively use social media to garner support for issues that interest them and an increasing number of schools are also using technology-based platforms, as educational aids. However, given the anonymity of online communication and the increased accessibility that smart phone technology offers, young people are also vulnerable to online luring and sexual exploitation.

This is a matter of great concern to the YWCA and this past year, the YWCA Anti-Sexualization Task Force and Youth Education Team organized a number of events and campaigns aimed at raising awareness of internet safety among youth and developing tools for parents and educators to address these concerns with young people.

We were thrilled to host the second annual youth conference, Me and the Media: Advancing Youth Literacy, where youth and adults participated in workshops about media literacy and digital citizenship.

Through our Youth Education Programs and advocacy initiatives, we will continue examining the role internet safety plays in providing healthy choices for youth.

We continue our work with UBC’s Human Early Learning Partnership (HELP) and our partners the United Way, the Vancouver Foundation and YMAC of Greater Vancouver, to raise awareness on the Generation Squeeze campaign and promote smart family policies that support families with young children.

The Generation Squeeze campaign highlights the challenges faced by younger generations such as lower incomes and higher living costs associated with child care and housing. For single mothers, these challenges are even more acute. Within the current context, the younger generation is squeezed for time and money and is postponing life decisions such as starting a family so they can work and save money.

We remain committed to advocating for a universal early learning and child care system and flexible working environments that give families the best start in life.

Our capital campaign for YWCA Cause We Care House is well underway with 80% of the $10.086 million campaign raised. The new housing community is being developed in partnership with the City of Vancouver and the Vancouver Public Library. It will serve low-income single mothers and their children in Strathcona-Downtown Eastside. Construction is expected to commence in Fall 2014. We continue to explore new ways to address the housing needs of single mothers and their children throughout Metro Vancouver.

Serving the diverse needs of youth, adult and immigrant job seekers through our five WorkBC Employment Services Centres across Vancouver and on the North Shore, remains a priority. Our range of employment programs also provide employment support and training opportunities to specialized groups, including women and older workers entering or re-entering the workforce.

With the support of our donors, partners, staff and volunteers, the YWCA touched the lives of thousands of people through Metro Vancouver in 2013. From single mothers to jobseekers to those experiencing poverty, the YWCA provides holistic services that open many doors in the community and help them to build better lives for themselves and their families.

Finally, we want to end by extending our sincere gratitude to all our partners, volunteers, staff and supporters for your commitment to YWCA Metro Vancouver. Without you, we could not have provided such valuable service to women and their families.

Sherry Trystenaar
Janet Austin
Chair
CEO