



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



CONTACT FALL 2017

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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



MESSAGE FROM THE CEO



As many of you know, single mother-led families are the poorest of any family type in British Columbia with more than half of them living in poverty. Access to safe, affordable housing and high quality early learning and child care are the two biggest barriers they face. The YWCA continues to address these challenges through advocacy and holistic, integrated services that enable single mothers and their children to work towards personal and economic independence.

This fall we opened the doors to two new long-term YWCA housing communities for single mothers and their children and have additional projects in development. We are also delighted to announce the expansion of the YWCA Beatty Hotel/Residence, which provides budget accommodation to travelers visiting Vancouver as well as subsidized and emergency shelter for families in need. It will continue to operate as a social enterprise, generating revenue to support YWCA programs across Metro Vancouver. In this issue you will find further details of these initiatives.

“...we wouldn't be able to serve the communities we do without the ongoing dedication of our supporters”

YWCA Metro Vancouver has been a long-standing advocate of high quality, universal early learning and child care. Access to quality child care helps women and families reconcile work-life conflict, provides a strong start for children and benefits the economy. This summer we launched the YWCA Child Care Now campaign which focused on the economic and social benefits of developing universal child care. The campaign was a great success and you can learn more about it in this issue.

We continue to help advance Truth and Reconciliation and highlighted the topic at the YWCA Annual General Meeting this summer. Indigenous female leaders shared knowledge and perspectives on how we all can play a role in repairing and strengthening the relationship between

Indigenous and non-Indigenous peoples in Canada. At an organizational level, we are providing training for YWCA staff and volunteers to learn more about the history and impacts of colonization and residential schools on Indigenous peoples. We are also conducting an operational review of YWCA programs and services to identify alignments and opportunities within the Truth and Reconciliation recommendations.

This fall, we partnered with the Ismaili Muslim Community of BC and the University of British Columbia to host a public event about understanding Islam and combatting Islamophobia. The sold-out event featured a keynote speech on the rise of Islamophobia and how communities can suppress it. Following the keynote was an interfaith panel featuring representatives from the Jewish, Anglican, Sikh and Muslim faiths, discussing the importance of developing a collective response to Islamophobia in Canada.

Finally, we wouldn't be able to serve the communities we do without the ongoing dedication of our generous donors, staff and volunteers. Thank you for all that you do to support women, youth and children.

Sincerely,

Janet Austin,
CEO, YWCA Metro Vancouver

YWCA HOUSING UPDATE

PARTNERING TO BUILD SAFE HOMES

Access to housing remains one of the biggest barriers to alleviating poverty and for single mothers and their children, this challenge is particularly acute. YWCA Metro Vancouver continues to address this issue by developing new affordable housing communities for single mothers and their children. When basic needs like shelter are not being met it is challenging for these mothers to plan for their futures.

This year we are delighted to announce that we have opened three new single mother housing communities.

YWCA Cause We Care House

YWCA Cause We Care House opened this Spring and families have all settled in and started to build a community. Located right above the néca?mat ct Strathcona library, it brings 21 units of much-needed housing to the Downtown Eastside/Strathcona neighbourhood.

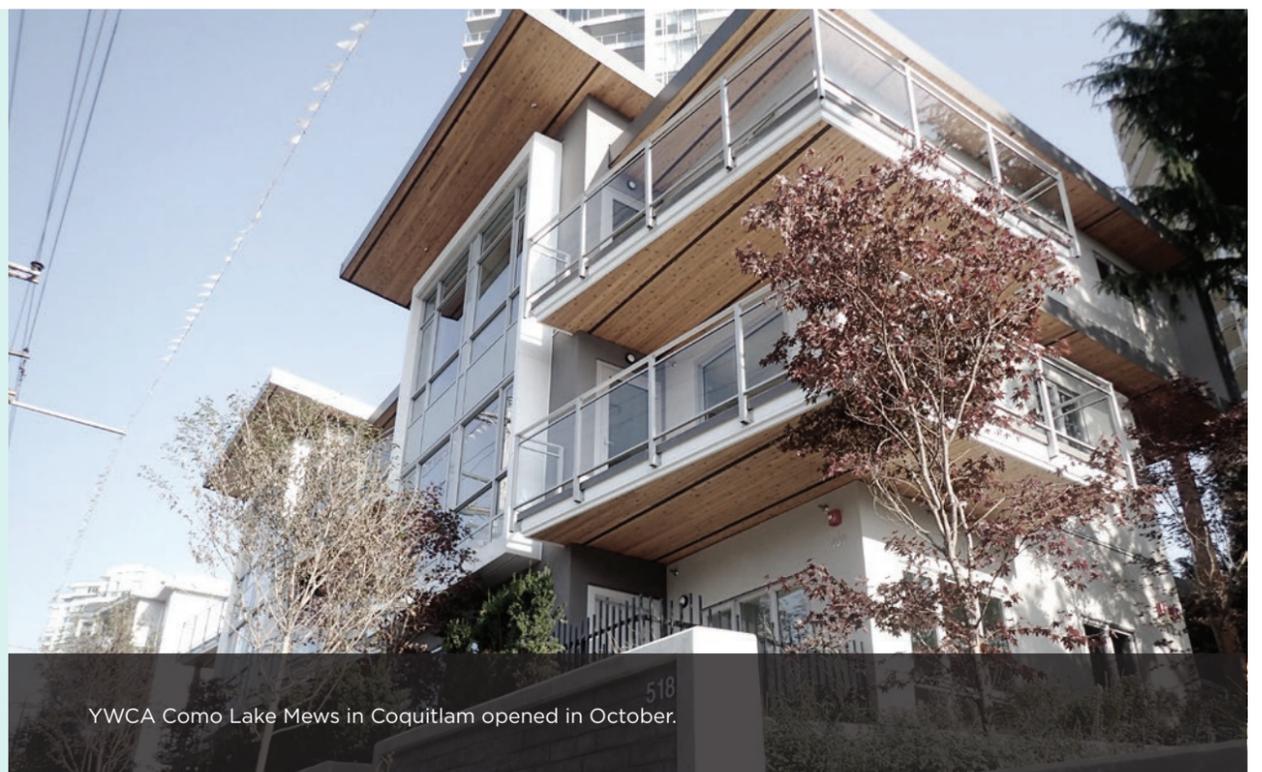
YWCA Cheshá7min-awtxw

Single mothers and their children have moved into our new housing community in North Vancouver. In partnership with the City of North Vancouver and Onni, the project provides nine units of housing, plus an amenity space, for low-income single mothers and their children. We thank the Squamish Nation for naming our housing community Cheshá7min-awtxw, which translates to the mothering room. You can hear how to pronounce Cheshá7min-awtxw on our website at ywcavan.org/housingcommunities.

This project was funded by the Province of BC - BC Housing, A Place to Call Home Housing Society, The Stollery Charitable Foundation, The Highbury Foundation and other generous donors.

YWCA Como Lake Mews

The doors opened this Fall for Como Lake Mews, a new housing development next to YWCA Como Lake



YWCA Como Lake Mews in Coquitlam opened in October.

Gardens in Coquitlam. Through a partnership with Beedie Living, YWCA Como Lake Mews provides seven two- and three-bedroom townhouses for vulnerable single mothers and their children.

This project would not have been possible without the support from the Province of BC - BC Housing, the Rina M. Bidin Foundation, Valley Properties Ltd. and other generous donors.

Other Housing Updates

Construction at YWCA Pacific Spirit Terrace in Champlain Heights is well under way with expected completion in Fall 2018. We have raised 81% of our \$3.826M capital and endowment campaign.

The YWCA has partnered with Chard Development Ltd. to build 14 units of affordable housing to low-

and moderate-income single mother-led families in the City of North Vancouver at 1441 St. Georges. There is a need for affordable housing in this city for single mother-led families as it has one of Metro Vancouver's highest average rents and lowest vacancy rates.

The YWCA has raised 38% of our \$6.4M capital and endowment campaign. Construction is expected to start Summer 2018 and completion is expected by Spring 2020.

We are grateful to the Province of BC - BC Housing and other donors for the significant contributions made to each of these projects.

For more information on new YWCA housing developments or to make a capital donation, contact Brenda Ulmer at bulmer@ywcavan.org | 604 895 5764.

INCREASING YWCA BEATTY CAPACITY TO HELP THOSE IN NEED



YWCA Beatty Hotel/Residence has been in operation since 1995.

THE YWCA BEATTY HOTEL/RESIDENCE WILL EXPAND TO MEET NEEDS

YWCA Beatty Hotel/Residence continues to be a staple of Vancouver's budget accommodation and tourism industry by providing an affordable place to stay in the heart of the downtown core. As a social enterprise, every booking helps fund YWCA programs and services across Metro Vancouver. Last year, the YWCA Beatty Hotel/Residence provided safe, comfortable and affordable accommodation for more than 19,000 guests - many of whom were repeat guests.

"We're sold out or operating at near capacity during the busy season," Arthur Mills, YWCA Vice President of Hotel and Housing Development revealed. "So when given the opportunity to expand and increase the number of rooms, we leapt at it."

The expansion project will add 65 units to the existing building. The total capital budget is \$15M and the Government of BC, through BC Housing, has generously provided \$7.5M towards this project. More units means the hotel/residence can better address the increasing demand for long-term stays, accommodate guests and help families in need.

The YWCA Beatty Hotel/Residence is a mission-related social enterprise where all revenue

generated supports programs and services helping low-income women and children across Metro Vancouver. In addition to providing affordable stays for tourists, the hotel/residence subsidizes accommodation for women and families in need or in crisis.

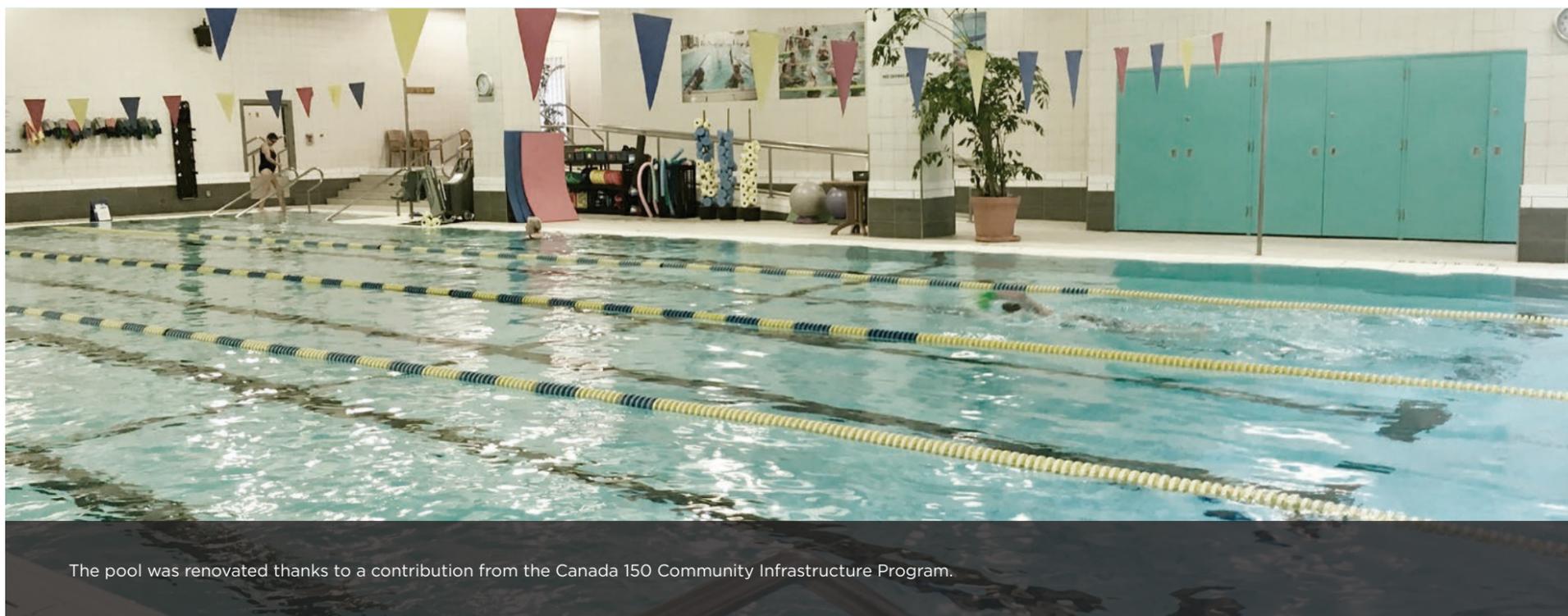
"It really saved me."

For guests like Charis, the hotel provided safety and stability when she had no other options. The landlord that she found online suddenly increased the rent when she landed in Vancouver and Charis found herself priced out of other options and without a place to stay. Remembering that YWCA Beatty Hotel/Residence offered accommodations from a previous visit, Charis reached out to the hotel for help. That's when Barbara Lane, Associate Director of the YWCA Hotel came up with an affordable solution for Charis.

"I'm truly grateful for Barb and the hotel", said Charis. "It really saved me".

To book a stay or for more information about the YWCA Beatty Hotel/Residence, please visit ywcavan.org/hotel | 604 895 5830 or toll-free (North America) 1 800 663 1424.

MAKING A SPLASH WITH POOL RENOVATIONS



The pool was renovated thanks to a contribution from the Canada 150 Community Infrastructure Program.

HOW A CANADA 150 CONTRIBUTION HELPED UPDATE THE YWCA HEALTH + FITNESS CENTRE

The YWCA Health + Fitness Centre on Hornby Street has been in operation for 23 years and with the help of a Canada 150 grant, the facility was updated, including structural and safety improvements.

The completion of these important projects enables the YWCA Health + Fitness Centre to better serve more than 2,500 facility use members, 90 volunteers and hundreds of other clients that use the space every year.

The refresh began with two new domestic hot water tanks that are more space- and energy-efficient than previous models. The lobby desk was replaced with an ergonomic design that allows Member Services

staff to deliver excellent customer service and improve security.

While yearly maintenance is performed on the 25-metre swimming pool and surrounding area, this was a deeper dive into some of the issues that required more attention. Teams of tilers, grouters and plumbers worked alongside YWCA maintenance staff for five weeks to complete the work. Resulting in an updated pool area that will be enjoyed by YWCA Health + Fitness members for many years to come.

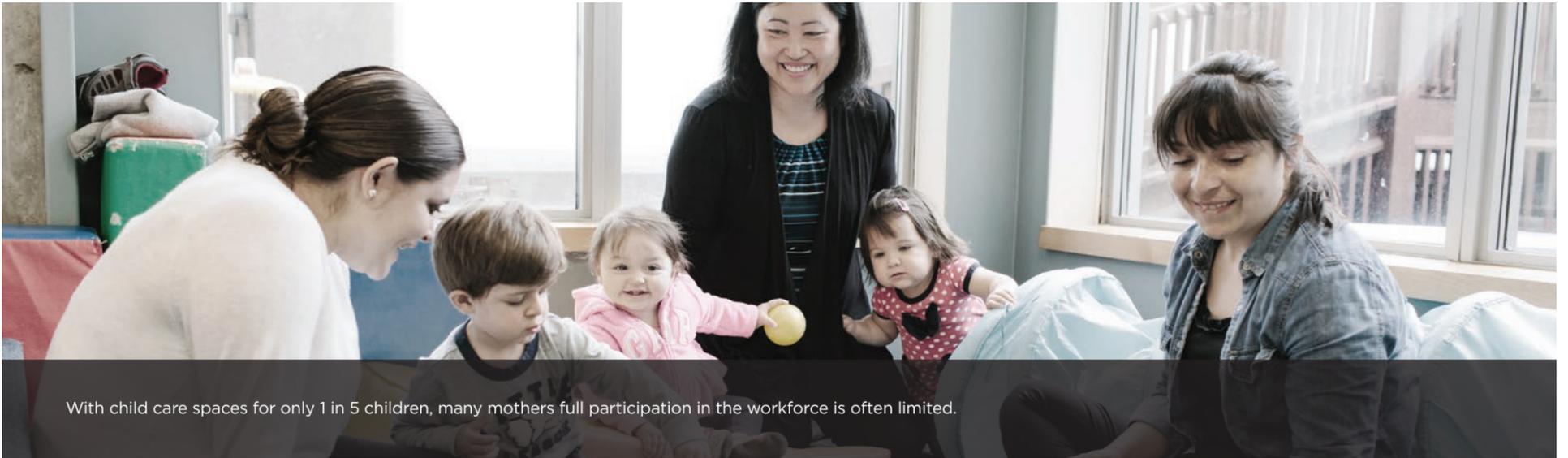
In November, members will join other Canada 150+ celebrations across the country with a Health + Fitness Challenge - the Canada 150+ journey. With

each workout, participants make their way across the country, visiting other YWCAs along the way. The challenge is set to wrap up on November 29 and will be marked with a celebration in the lobby.

The rejuvenation of the pool, lobby and community meeting rooms would not have been possible without the generous Canada 150 Community Infrastructure Fund contribution through Western Economic Diversification Canada and the Government of Canada.

For more information or to sign up for a membership, please contact Health + Fitness Member Services at 604 895 5777 | ywcavan.org/fitness.

CHILD CARE ADVOCACY UPDATE



With child care spaces for only 1 in 5 children, many mothers full participation in the workforce is often limited.

CALL FOR A UNIVERSAL SYSTEM FOR BC

Second to housing, child care is the highest monthly expense for families with young children. In Vancouver, families can pay upwards of \$1,400 per month for children under three years old.

The current stock of child care spaces accounts for only 20% of children who need them; for many, the lack of child care means parents must consider other options that limit their full participation in the workforce.

A universal child care system not only advances women's equality and financial independence, but also offers a major economic opportunity for British Columbia and Canada. A 2017 McKinsey & Co. report¹ found that increasing female participation in the labour force could grow the Canadian economy by

\$150 billion in 10 years. The research noted that BC would be one of four provinces to realize the greatest benefit.

A recent economic analysis of the proposed \$10aDay Child Care Plan for BC found that a universal program would boost BC's GDP by \$5.8 billion, create 69,000 jobs province-wide and pay for itself in federal and provincial tax revenues. The system would provide a strong start for children and make life more affordable for young families. The direct benefits to business are clear. Labour supply increases. The cost of recruiting new employees – on average twice an annual salary – is saved. Productivity goes up and absenteeism goes down².

YWCA Metro Vancouver launched Child Care Now, a four-week campaign highlighting the social and economic benefits of universal child care. The campaign was a success – viewed more than 800,000 times by residents of BC, both online and in person. For the first time in more than a decade, decision-makers in government aligned on child care, with cross-partisan support for building a more affordable, accessible system in the province.

If you would like to learn more about the Child Care Now campaign visit childcarenow.ca

For more information on this and other advocacy issues, please contact Chantelle Krish at ckrish@ywcavan.org | 604 895 5767.

1. <http://www.mckinsey.com/global-themes/women-matter/the-power-of-parity-advancing-womens-equality-in-canada>

2. <https://www.go2hr.ca/articles/what%E2%80%99s-real-cost-turnover>

YWCA CAUSE WE CARE HOUSE LAUNCHES ITS PROGRAMMING



YWCA holistic, integrated programs and services help lift women and families out of poverty, provide the best start for children and create new opportunities for education, employment and leadership.

EXPLORING SOCIAL PEDIATRICS IN THE DOWNTOWN EASTSIDE

The YWCA Metro Vancouver takes a holistic approach to everything it does. When delivering programs and services for women and children, factors that can impede their path towards personal and economic are always taken into consideration.

The Canadian Pediatric Society released a study of the social determinants of health that takes a similar, holistic approach as the YWCA: identifying four key areas that affect children's health and wellbeing. These areas – early learning and child care, Indigenous health inequity, child and youth mental health and social pediatrics – also provide the foundation for programming at the newly opened YWCA Cause We Care House.

Early Learning and Child Care

Early childhood experiences have strong immediate and long-lasting biological, psychological and social effects upon health. The YWCA has partnered with the RICHER (The Responsive Intersectoral Children's Health, Education and Research) Initiative to deliver the Ready Bodies, Learning Minds motor lab. This is a kinetic learning program that targets sensory integration, motor learning and academic success for pre-kindergarten children. This program helps children develop a strong foundation for the future, as well as ensuring their developmental milestones are met.

Indigenous Health Inequity

At the root of many of the health problems experienced by Indigenous children and youth in Canada is inequity – the unfair, avoidable differences arising from cultural exclusion. Barriers like transportation and lack of a driver's license can further prevent many Indigenous families from accessing health care. YWCA Cause We Care House is exploring opening a clinic for Indigenous youth wanting health options outside of the existing clinics in the area.

Child and Youth Mental Health

Access to safe, reliable mental health care is of great concern in British Columbia. The YWCA is partnering with organizations in the Downtown Eastside to develop programs and services that help single mothers and their children advocate effectively for themselves, develop conflict resolution skills and help them recognize and negotiate barriers in their lives.

Social Pediatrics

Social pediatrics is a whole-community approach to children's health that takes into consideration multiple factors in a child's life, family, community and physical environments. It helps the healthcare industry work alongside anti-poverty efforts in order to deliver holistic, achievable and successful responses to health crises within the community. The YWCA will continue to use social pediatrics when developing programming for Cause We Care House so that single mothers and their children in the Downtown Eastside have access to a range of care options.

To support YWCA Cause We Care House please contact Kathy Lilyholm at kilyholm@ywcavan.org | 604 895 5851.

YWCA YOUTH PROGRAMS HELP PAVE THE WAY FOR A PROMISING FUTURE

FROM YWCA YOUTH PROGRAMS TO UNIVERSITY

The YWCA's after-school programs are made up of youth who volunteer their time and energy to help grade 7 students build healthy relationships and engage in positive decision-making as they transition to high school. Many volunteers, like Serene Mitchell, remain connected to the YWCA by participating in other programs.

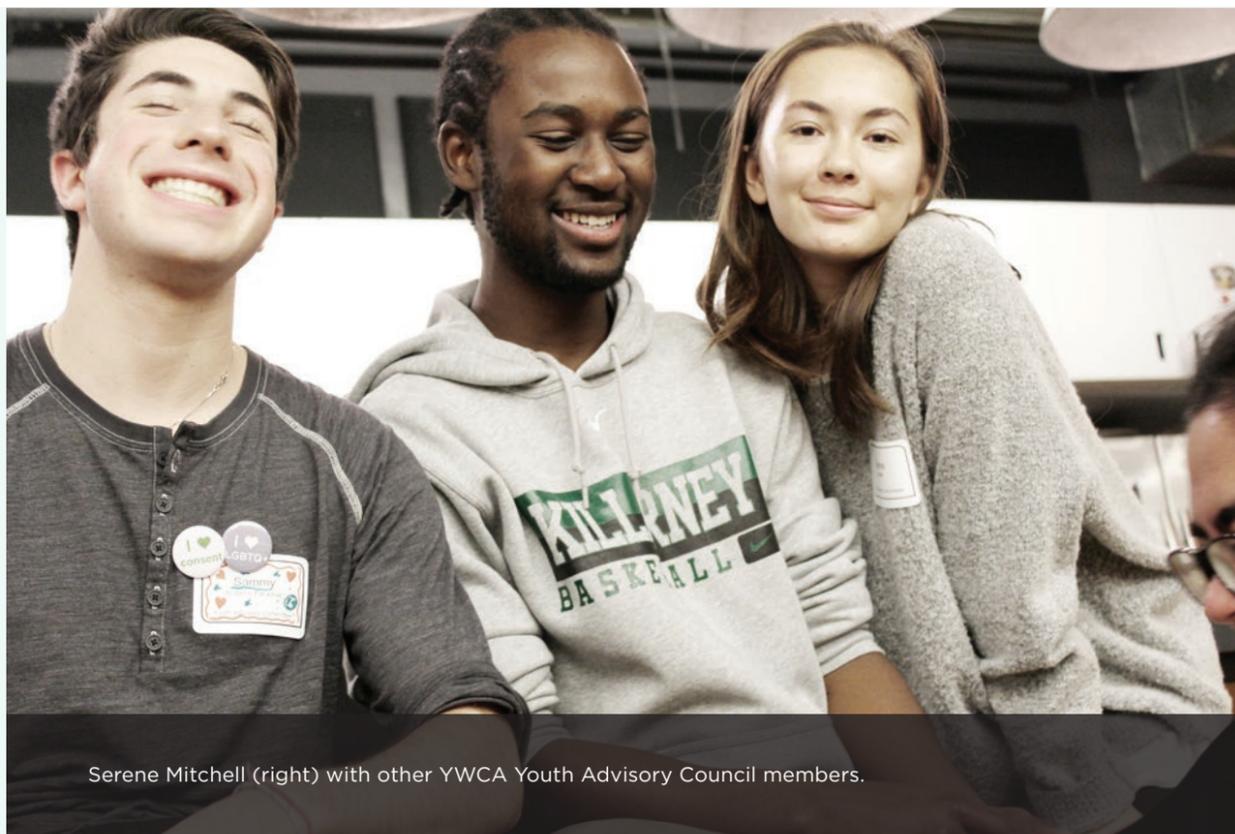
“Welcome to My Life gave Serene an opportunity to make a difference in the lives of grade 7 girls through mentorship.”

Serene's journey with the YWCA started when she volunteered with *Welcome to My Life™*, an after-school program for grade 7 girls in Vancouver. Afterwards, Serene then joined the YWCA's *Youth Advisory Council* - a guiding body of youth, ages 15 to 21, that uses media literacy as a way to combat the impacts of sexualization in society.

“Volunteering to me was always something I had to do. But the YWCA became a second home to me instead of just a place I volunteered.”

Welcome to My Life™ gave Serene the opportunity to make a difference in the lives of grade 7 girls through mentorship. The *Youth Advisory Council* provided opportunities like planning and delivering the *YWCA Youth Conference on Media Literacy* and speaking at a Lunch and Learn panel on media literacy for parents at Methanex, a local company and youth council donor. Both of these experiences empowered Serene to value the strength of her voice as a young woman.

“Those programs really came together for me over the last two years. I feel like the YWCA pushed me in the direction that I want to be going in now.”



Serene Mitchell (right) with other YWCA Youth Advisory Council members.

As someone who never envisioned herself as a leader, the YWCA's youth programs helped Serene gain confidence and discover a clear direction for her future.

Serene is now headed to McGill University with the hopes of pursuing a career in foreign policy. She plans to continue her YWCA journey by volunteering with YWCA Montréal while attending university.

Thank you for your passion and dedication, Serene!

To volunteer with our youth programs, please contact Adam Butz at abutz@ywcavan.org | 604 895 5779.

To support YWCA Youth Education Programs, please contact Bobbi Sarai at bsarai@ywcavan.org | 604 895 5780.

YWCA Welcome to My Life is made possible with funding from United Way of Lower Mainland. The YWCA Youth Advisory Council is funded by Methanex, Government of Canada - Canadian Heritage, Lagnippe Foundation, Virani Family Foundation, CKNW Orphans' Fund Pink Shirt Day, Nordstrom and several other generous donors.

A HELPING HAND FOR SINGLE PARENTS



According to the 2016 Canadian Census, single mothers make up 80% of all single parents.

YWCA AND WORKBC'S SINGLE PARENT EMPLOYMENT INITIATIVE HELPS FAMILIES THRIVE

In British Columbia, there are 17,000 single parents with 26,000 children on income and disability assistance - most of whom are single mothers. In many cases, being on income assistance is their only option as they cannot afford the cost of both housing and the child care necessary to pursue full-time work.

In an attempt to change this scenario, the Government of BC developed the Single Parent Employment Initiative (SPEI), a program that gives single parents on income or disability assistance the opportunity to receive up to 12 months of funded training for in-demand jobs, child care costs, transportation assistance and employment readiness workshops. In addition, participants are able to remain on income or disability assistance while enrolled in a training program.

“Since its start in 2015, the SPEI program has made a measurable impact on the lives of more than 4,000 single parents in BC.”

Since its start in 2015, the SPEI program has helped more than 4,000 single parents in BC find employment.

“I wanted to show [my kids] that they could accomplish whatever they wanted, but how could I

set the example? I needed a better paying job - the SPEI program made it possible.”

- Client, YWCA North Shore WorkBC Employment Services Centre.

YWCA WorkBC Centres have served dozens of SPEI-eligible clients, connecting them to training and meaningful employment in positions such as nurse aide, social/community services worker, administrative assistant, early childhood educator and medical secretary.

“I faced challenges including out-of-date skills, lack of recent work experience, a gap in my work history and a mismatch between my previous career field and potential earnings to cover child care costs. Thanks to the SPEI program, I have received funding to attend a specialized program that will enable me to support my family and grow professionally.”

- Sarah, YWCA Westside WorkBC Employment Services Centre client.

The YWCA is proud to work with the provincial government to support these parents to achieve better futures for themselves and their families.

To learn more about the Single Parent Employment Initiative, please contact Marina Arnaud at marnaud@ywcavan.org | 604 895 5790.

EMPLOYMENT TRAINING SETS WOMEN UP FOR SUCCESS



YWCA Admin Essentials provide employment skills to propel women towards meaningful careers.

YWCA ADMIN ESSENTIALS SETS WOMEN ON THE PATH TO MEANINGFUL CAREERS

With an 86% employment rate and 100% participant completion, YWCA Admin Essentials provides women with essential administrative skills to secure sustainable employment.

The 12-week program operates at YWCA Cause We Care House and helps women prepare for employment in an office environment through training, certification and hands-on work experience. The diverse range of past participants includes

women with multi-year, significant employment gaps; those undergoing career transitions after long-term employment; single mothers with custody or court hearing challenges; people with disabilities; women with a history of addictions and struggling immigrants.

Because of the unique background of each participant and the dedicated staff, the Admin Essentials office is not only an employment centre, but also a support

hub, where participants can drop by at any time to access resources or find connection and community:

"I moved to Canada at the age of 19, alone. Attending this program not only helped me to get employed but I felt like I finally found my family here."

- Past Participant

The connections made through Admin Essentials are some of the many rewards of the program. In addition to a network of support, program participants are introduced to employers for practicum placements. With more than 300 employer partnerships, the program is able to invite corporate speakers to the program to present on employment-related topics, job search, interview strategies, human resources and social media marketing.

"This is an amazing opportunity for me to upgrade myself and get a job. Finally, I am feeling at home in Canada!"

- Past Participant

YWCA Admin Essentials help women identify their unique skills and confidently achieve their career goals so they can move towards personal and economic independence.

To learn more about YWCA Admin Essentials, please contact Elham Ershad at adminessentials@ywcavan.org | 778 379 2148.

YWCA Admin Essentials is funded by the Government of Canada through the Canada-British Columbia Labour Market Development Agreement.

TRUTH AND RECONCILIATION



[left to right]: Janet Austin, Kory Wilson and Dr. Kim van der Woerd discussed strategies to advance Truth and Reconciliation at this year's Annual General Meeting.

YWCA METRO VANCOUVER PLANS FOR THE FUTURE

This year marks the 150th Anniversary of Confederation for Canada, but the history of this land and its people is much longer than that. To recognize and reflect Canada's Indigenous peoples and culture, the City of Vancouver has shifted the celebration's language to Canada 150+ to incorporate Canadian history prior to colonization. This simple name change is a small representation of the city's commitment to Truth and Reconciliation in Canada.

YWCA Metro Vancouver has a long history of working with Indigenous groups and providing holistic, integrated programs and services like the Circle of Sisters Indigenous Mentorship Program and the Aboriginal Infant Development Program at Crabtree Corner Community Center. Programs like Crabtree Corner Community Centre's Books, Bags and Babies teach reading, storytelling, drumming, crafts and other Indigenous traditions to encourage early childhood literacy and a connection to the Indigenous community.

The YWCA is committed to advancing Truth and Reconciliation across programs, services and advocacy and has partnered with Reciprocal Consulting, an award-winning, Indigenous-run consulting firm, to develop an organizational framework that will guide this work.

Dr. van der Woerd sat down to answer a few questions and offer a deeper insight into Truth and Reconciliation.

What does reconciliation mean to you?

I think the meaning changes from day to day, but lately I have been thinking about how the reconciliation movement can play an important role in changing the misconceptions about Indigenous people in Canada. There are so many narratives that exist that are incredibly harmful, and I'm hopeful that these narratives can change!

What needs to happen for Truth and Reconciliation to advance and progress?

I always reflect on Chief Robert Joseph's words at the final Truth and Reconciliation event in Ottawa, where he said, "Reconciliation will mean many things to many people. It will be big, it will be small. It will be simple, it will be complex. There will be a multiplicity of ways and levels to explore. But remember this: that it begins with you. There is not a person on earth who cannot affect reconciliation."

I think at an individual level it's important to take initiative to be self-reflective, consider your positions and be open to learning and deconstructing misconceptions about Indigenous people. I also think to truly create change we need a grassroots movement at the individual level, but also strong leadership among organizations, like the YWCA and others, who can influence structural changes.

Can you tell us a little more about your partnership with the YWCA?

Our team at Reciprocal Consulting is working with YWCA Metro Vancouver to create a reconciliation framework. This includes the development of a one-day workshop for staff to provide interactive educational opportunities on our shared colonial history in Canada and address misconceptions. We are also conducting an operational review to identify alignments between YWCA programs and Truth and Reconciliation Council Calls to Action. We know the YWCA already demonstrates leadership in the reconciliation movement in Canada and we will seek new ways to deepen this leadership in this operational review.

To support our programs and services for Indigenous women and their children, please contact Kathy Lilyholm at klilyholm@ywcavan.org | 604 895 5851.



celebrating those who inspire



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WHY IT'S NEVER TOO LATE TO MAKE A DIFFERENCE

PLANNING YOUR LEGACY CAN LEAVE A LASTING EFFECT FOR WOMEN IN METRO VANCOUVER

JoAn Maurer moved to Vancouver in 1974, after spending her childhood in Juneau, Alaska and early adult years in Oregon and California. As a social worker, she always knew that supporting women and their children was of great importance and that access to affordable housing was critical. At the YWCA, she volunteered under Cleeta Herman, who was instrumental in JoAn's positive experiences, and a large part of the reason she has remained committed to the work of the YWCA.

JoAn served on the YWCA's Board of Directors from 1982-88, during which time the idea of Crabtree Corner was first proposed by the City of Vancouver and led by staff member Judy Rogers - who later became City Manager at City of Vancouver. Most recently, JoAn attended the opening of YWCA Cause We Care House, our newest housing community for low-income single mothers and their children. Throughout the years JoAn served on many committees and even volunteered as a mentor for the YWCA employment program, Connect to Success.

As Chair of the Board of Directors, JoAn attended the first YWCA Metro Vancouver Women of Distinction Awards in 1984. She was seated with the mayor and Pat Carney - an Award Recipient that year. Over the years, JoAn has nominated several good friends: Mary Trentadue, Tazeem Nathoo and singer Julie Blue.

From \$25 in 1985 to \$2,500 in 2017, JoAn has been a committed donor for more than 30 years, and is a member of the YWCA Inner Circle. JoAn has also bequeathed a legacy gift to the YWCA. Legacy Circle members have diverse relationships with the YWCA, but one thing they all have in common is that they want to make a difference by leaving a portion of their estates to one of their favourite charities.

While JoAn wanted to ensure that her children were taken care of, she also wanted to leave a gift to an



JoAn Maurer, long-time YWCA supporter.

organization that she was confident would use it well. She believes in empowering women and wants her personal legacy to be as someone who cared deeply about people, in particular women and children. JoAn does care deeply. And the YWCA cares deeply about JoAn.

For more information on Estate Gifts, please contact JoAnne Fahr at jfahr@ywcavan.org | 604 895 5829 or Pip Smith at psmith@ywcavan.org | 604 895 5766.

In Contact Spring 2017 we woefully misspelt our dear friend Gail Ruddy's name. Gail, true to form, was more than gracious about the misprint. The YWCA appreciates your generous spirit and your legacy gift.

LEGACY GIVING

Planning a charitable gift may be deciding to write a cheque next Friday or visiting your lawyer to change your will, with many options in between. The benefits you will receive range from tax savings and passing your values to a younger generation, to making a significant difference to the charity of your choice, not to mention giving you a warm feeling.

As part of your estate planning strategy, a charitable bequest in your will means your wishes for sustaining your favourite charity will be met, while providing a tax advantage to your estate. A simple bequest to charity can be a fixed amount or a percentage of your estate, still allowing you to make provision for family and friends.

Changes to Canada's tax system have made it increasingly attractive to use charitable donations to offset taxes. Income tax credits rank fourth on the list of top reasons for philanthropy, behind compassion for a cause, having been personally affected by something a charity supports and fulfilling religious beliefs.

For more information on Estate Gifts, please contact JoAnne Fahr at jfahr@ywcavan.org | 604 895 5829 or Pip Smith at psmith@ywcavan.org | 604 895 5766.

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



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ywcavan.org



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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.

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 teen 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.
tel 604 895 5849

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 604 216 1672

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

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

To subscribe or change your address to *Contact*, email enquire@ywcavan.org or provide mailing label and mail to: YWCA CONTACT, 535 Hornby Street, Vancouver, BC V6C 2E8.

For more information about YWCA Metro Vancouver, please contact:
tel 604 895 5766
enquire@ywcavan.org | ywcavan.org

CONNECTING PEOPLE TO EMPLOYMENT

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

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

NORTH VANCOUVER

North Shore
106-980 West 1st Street, North Vancouver
tel 604 988 3766

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

VANCOUVER

Westside WorkBC
300-2150 West Broadway
tel 604 688 4666

Career Zone Youth Satellite
1260 Granville Street
tel 604 605 4666

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

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 Street, North Vancouver
tel 604 988 3766

LEADS

Specialized employment services for survivors of violence and abuse.
tel 778 877 1533

SKILLS MAX

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

ADMIN ESSENTIALS

Preparing women for sustainable employment in office administration.
200-720 East Hastings Street
tel 778 379 2148

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 12 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 5759

WELCOME TO MY LIFE™

An after-school program for grade 7 girls that we offer at select Vancouver and Richmond elementary schools. The program equips girls with the knowledge and skills to engage in positive decision-making and support their self-esteem.
tel 604 895 5844

BEING ME

After-school program for grade 7 girls in South Surrey with a focus on healthy lifestyles.
tel 604 895 5779

CULTURE SHIFT

A project researching the systemic implications of sexualization of women.
tel 604 895 5819

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 5766 | 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

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

SAFE, AFFORDABLE HOUSING

CAUSE WE CARE HOUSE

Located in Vancouver's Downtown Eastside, this innovative new development includes YWCA programs and services, and 21 units of long-term supportive housing for single mothers and their children.
tel 604 216 1671

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.
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 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/MEWS

Located in Coquitlam, these supportive housing communities are for low-income single moms and their children.
tel 604 936 5665

YWCA BEATTY HOTEL/RESIDENCE

The YWCA Hotel offers affordable accommodation to all travellers, longer-term housing to residents and temporary accommodation for women needing immediate shelter.
733 Beatty Street
tel 604 895 5830 | ywcahotel.com

YWCA CHESHÁ7MIN-AW'TXW

Located in North Vancouver, Cheshá7min-aw'txw (the mothering room) is a supportive housing community for single mothers and their children.
tel 604 603 5429

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