In this issue

LOOKING BACK
Our AGM

FROM SURVIVING TO THRIVING
Pitnstut: Holistic supports for Indigenous youth

IN A GOOD PLACE NOW
A single mom regains her confidence

A YOUTH VOLUNTEER SHARES HER STORY
"The YWCA taught me that young women are capable of anything"

PREVENTION AND INTERVENTION
YWCA Crabtree Corner gives hope to families affected by FASD

GETTING TO KNOW YOU
Q&A with Monique Auger, Board Member

MENTORSHIP PROGRAM
Launches recent grads into rewarding careers

RACING TOWARDS RESULTS
YWCA staff take the Sprint 8 Challenge

LEGACY GIVING
An invitation from a Board Member

RESIDUAL BEQUESTS
A flexible option of legacy giving

Please share this issue of Contact with a friend

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.

YWCA VAN.ORG
Fall is off to a busy start and I’m excited to tell you about some of the YWCA initiatives that are underway. As many of you know, providing safe, affordable housing for single mothers and their children is a cornerstone of YWCA programming. Lack of housing is a significant barrier for women who want to leave abusive relationships and, over the past decade, we have worked hard to address housing challenges for single mothers and their children. This coming spring, we will open three new projects in addition to our seven existing housing communities and we are working on preliminary plans for several more.

Every October, we commemorate YWCA Week without Violence, a national week of violence prevention. Over the years, we have highlighted various dimensions of this issue, such as the impacts of emotional abuse, barriers to leaving violent relationships, sexualization of women and girls and cyberviolence against women.

This year, we partner with YWCAs across the country to celebrate the 20th anniversary of YWCA Week without Violence. Our weeklong campaign will feature the YWCA Culture Shift Project, a three-year initiative supported by the Government of Canada through Status of Women Canada that aims to drive systemic change on sexualization and hyper-masculinization. We recently released a research report that demonstrates the link between sexualization, hyper-masculinization and violence against women and makes recommendations for shifting cultural attitudes and practices. Please visit our website to view the full report and find out how you can get involved.

The Government of Canada has been actively engaging stakeholders across the country on issues that impact YWCA clients and programs, heralding a renewed commitment to social investments. I was delighted to moderate a Vancouver Board of Trade discussion this fall with The Honorable Jean-Yves Duclos, Federal Minister of Families, Children and Social Development and Minister Responsible for the Canadian Mortgage and Housing Corporation, on the topic of housing affordability. I also had the opportunity to attend a private roundtable discussion with the Minister and community leaders to discuss the Federal government’s vision and plans for investment in social and affordable housing, both in Vancouver and across the country. Minister Duclos is currently leading the development of a National Housing Strategy and invited YWCA Metro Vancouver to take part in a strategy session in Ottawa, which was attended by Lisa Rupert, Director of Housing and Violence Prevention. We also collaborated with pan-Canadian YWCA partners to participate in Federal consultations relating to immigration, cyberviolence against women and employment. We look forward to the results of these consultations and will continue to explore ways to engage with the Federal government on these issues.

As always, we wouldn’t be able to serve the communities we do without the ongoing dedication from our supporters. Without you, we could not provide exemplary service and much needed supports for women and their families.

Sincerely,

Janet Austin,
CEO, YWCA Metro Vancouver

---

We are proud to announce that the Pacific Spirit Foundation has generously donated $1M towards the development of our Fire Hall housing project. In recognition of their tremendous gift we are naming the community YWCA Pacific Spirit Terraces.

With 31 units of family housing, YWCA Pacific Spirit Terraces will be home to approximately 76 single mothers and children. With a sunny, 2,100 square foot rooftop terrace and its close proximity to parks, schools and transit, we are sure it will be a community where families will thrive.

Construction is currently underway and we anticipate the doors opening in spring 2018. Thanks to your support, we have raised 66% of the $2.754M capital campaign to build YWCA Pacific Spirit Terraces.

For more information on new YWCA housing projects or to make a donation, contact Brenda Ulmer at bulmer@ywcavan.org / 604 895 5764.
The event was inspired by the national discussion this year, we hosted our largest Annual General Meeting in June engaged a diverse audience in an important discussion about supporting survivors of sexual assault.

Our AGM

This year, we hosted our largest Annual General Meeting to date. More than 200 community members, board members, staff and voting members filled the room at UBC Robson Square. The draw? A much-needed conversation about how the legal, policing and community systems can better serve women who experience sexual violence.

To access resources for women who experience violence, visit: ywcavan.org/believeher

The event was inspired by the national discussion following CBC host Jian Ghomeshi’s acquittal on sexual assault charges.

CONGRATULATIONS!

We are tremendously proud of our CEO, Janet Austin, who was appointed to the Order of BC on July 26, 2016. Janet was honored for championing social services and programs that improve the lives of British Columbians. In front of friends, family and a room full of distinguished guests, Janet was among 16 exceptional civic leaders recognized with the Province’s highest honour.

Earlier in the year, Business in Vancouver also recognized Janet with a 2016 CEO Award in the not for profit category. The gala dinner will take place on November 1, 2016.

Congratulations also to outgoing Board Member Kim van der Woerd, who was elected to YWCA’s National Board in June. Kim’s passion for reciprocal learning and mentorship will have a lasting impact on our organization.

Finally, Karen Gilmore, former YWCA Board Chair, was presented with a BC Achievement Award on May 25, 2016 for her contributions to the YWCA. The award ceremony was conducted by the Lieutenant Governor, the Honourable Judith Guichon, at Government House in Victoria. Karen gave the response on behalf of all 30 recipients from communities across British Columbia.

Looking Back

Our Annual General Meeting in June engaged a diverse audience in an important discussion about supporting survivors of sexual assault.

The panelists were Lisa Rupert, YWCA Director of Housing Services and Violence Prevention, Janine Benedet, Professor of Law and Co-Director of the Centre for Feminist Legal Studies at UBC, and Lorimer Shenher, writer and former Vancouver Police detective.

Moderated by Janet Austin, the discussion was thought-provoking and frank. It named the myths that so often plague women who experience sexual violence, like that of the perfect victim: the woman who can recall the details of her assault perfectly.

The AGM was an important opportunity to hear from the public about the reforms and supports we need to help women to live free from abuse. By coming out in such great numbers, the audience members showed their compassion and commitment to ending violence against women.

Congratulations also to outgoing Board Member Kim van der Woerd, who was elected to YWCA’s National Board in June. Kim’s passion for reciprocal learning and mentorship will have a lasting impact on our organization.

Finally, Karen Gilmore, former YWCA Board Chair, was presented with a BC Achievement Award on May 25, 2016 for her contributions to the YWCA. The award ceremony was conducted by the Lieutenant Governor, the Honourable Judith Guichon, at Government House in Victoria. Karen gave the response on behalf of all 30 recipients from communities across British Columbia.

CONGRATULATIONS!

We are tremendously proud of our CEO, Janet Austin, who was appointed to the Order of BC on July 26, 2016. Janet was honored for championing social services and programs that improve the lives of British Columbians. In front of friends, family and a room full of distinguished guests, Janet was among 16 exceptional civic leaders recognized with the Province’s highest honour.

Earlier in the year, Business in Vancouver also recognized Janet with a 2016 CEO Award in the not for profit category. The gala dinner will take place on November 1, 2016.

Congratulations also to outgoing Board Member Kim van der Woerd, who was elected to YWCA’s National Board in June. Kim’s passion for reciprocal learning and mentorship will have a lasting impact on our organization.

Finally, Karen Gilmore, former YWCA Board Chair, was presented with a BC Achievement Award on May 25, 2016 for her contributions to the YWCA. The award ceremony was conducted by the Lieutenant Governor, the Honourable Judith Guichon, at Government House in Victoria. Karen gave the response on behalf of all 30 recipients from communities across British Columbia.
Alvina is a single mother regains her confidence

There were three promises Alvina made when her daughter, Arianah, was born. “I promised her that she will never be less of anything with or without a father. I’m going to be the best mom I can possibly be and I will ensure that she gets the education that she deserves.”

As a low-income single mother, keeping those promises can be a struggle. About a year and half ago, Alvina was facing “a lot of challenges,” including health issues, job loss and the experience of being a new single mom. “I was in a really low place,” she says. “It was just a mess. I didn’t know what was happening.”

Going through a legal separation from her ex-partner, Alvina experienced anxiety and saw her self-worth diminish and self-esteem waver. “We were living paycheque to paycheque. I was the breadwinner, I was paying the rent,” she says. Her partner would empty their bank account, choosing to spend the little they had on partying instead of milk for Arianah.

At her lowest point, Alvina remembers being in the shower and feeling absolutely helpless to give her daughter the life she wanted to. But “something came over me and I remember thinking, change,” she says.

Soon after, she found a piece of paper where she had written down the phone number of YWCA Single Mothers’ Support Services. The facilitator for the Surrey group, Isabelle, invited Alvina to come to the next meeting.

“The first time, you don’t want to talk, but you just listen. The emotions come up and you don’t realize what’s happening. You listen to other people’s stories and the tears are flowing,” she remembers.

“I’m in a good place now.”

Even talking about it, Alvina gets emotional. The impact of hearing other women’s stories was life-changing. “They just understand where you’re coming from because they’ve been there.” At her second meeting, she signed up to be a member.

“I’m loving my life and finally moving forward.”

A SINGLE MOM REGAINS HER CONFIDENCE

Alvina’s passion to grow, continue learning and be a better mom is fierce. She is currently studying at BCIT to be a human resources professional so she can support women in the workplace. She also readily takes advantage of resources from the Single Mothers’ Group, including coaching, parenting tips, memberships and even a pair of glasses from Clearly.

“I’m so grateful for that because I can see now!”

In the end, Alvina knows she’s keeping her promises to five-year-old Arianah, despite the real challenges of single motherhood. “Life happens, but I’ve got to be the best single mom I can be.”

The YWCA thanks Vancity, North Growth Foundation and the Somerset Foundation for their generous support of YWCA Single Mothers’ Support Services in the Fraser Valley.

YWCA Single Mothers’ Support Services is in need of more funding to continue to serve our growing client numbers. If you would like to help single mothers in need, please contact Bobbi Sarai at bsarai@ywcavan.org / 604 895 5780.
Years ago, I was doing my first research job at the University of Victoria's Centre for Aboriginal Health Research and she was teaching a workshop on evaluation. We charted a little bit afterwards and then we just kept crossing paths.

How did you connect with the YWCA and what inspired you to join the Board?

I have been a long-time admirer of the programs here. I was raised by a single mum and she really struggled at times. I know a large portion of the people that the YWCA serves are Indigenous moms, young moms and children.

I also work with outgoing Board Member Kim van der Woerd. To be able to witness her in meetings and to attend different events and meet some of the people, I just thought, I want to be involved with this cause; it's amazing.

How did you and Kim meet?

Years ago, I was doing my first research job at the University of Victoria's Centre for Aboriginal Health Research and she was teaching a workshop on evaluation. We charted a little bit afterwards and then we just kept crossing paths.

How did you connect with the YWCA and what inspired you to join the Board?

I have been a long-time admirer of the programs here. I was raised by a single mum and she really struggled at times. I know a large portion of the people that the YWCA serves are Indigenous moms, young moms and children.

I also work with outgoing Board Member Kim van der Woerd. To be able to witness her in meetings and to attend different events and meet some of the people, I just thought, I want to be involved with this cause; it's amazing.

How did you and Kim meet?

Years ago, I was doing my first research job at the University of Victoria's Centre for Aboriginal Health Research and she was teaching a workshop on evaluation. We charted a little bit afterwards and then we just kept crossing paths.
MENTORSHIP PROGRAM

**Mentorship program launches recent grads into rewarding careers**

YWCA Metro Vancouver’s NextStep Mentorship program is now in its third year. The program provides one-to-one, group and peer mentorship to recent post-secondary graduates who are struggling to find jobs in their fields.

During the six-month program, mentees have the opportunity to work with mentors to gain a better understanding of employer expectations, hone their self-marketing skills and learn how to access the "hidden" job market. Mentees also connect with mentors at career-related workshops and learn new job-search strategies, motivational techniques and networking skills.

"Until I came into NextStep, I was all alone in my job search. It was a frightening experience for me," says NextStep mentee Puja Prakash. Originally from Bangalore, India, Puja moved to Vancouver in 2014 with a Masters of Arts in English and Communications and the goal of landing full-time employment in the non-profit sector. "I sent out hundreds of applications into a black abyss. I heard no responses from employers," she recalls.

Puja was paired with NextStep mentor Amy Juschka. Together, they worked on writing resumes and cover letters that are authentic and grab the attention of hiring managers. Amy helped Puja learn about the local non-profit sector, how to conduct effective information interviews and expand her professional network.

"I have noticed a huge transformation in my confidence level since working with my mentor," says Puja. "This program has been life-changing for me." Puja has landed full-time employment as a communications assistant with an international development organization. "I am learning a lot and contributing to creating a positive, global impact – something I am very passionate about."

Mentor Amy applauds Puja’s efforts to cultivate a new professional community. "She has also learned the importance of a great first impression, that her resume and cover letters need to be error-free, super sharp and that you need to show the impact of your work – not just present your skills – to be effective in interviewing."

Mentoring brings rewards to mentors as well. "Being of service is one of the greatest feelings – being that person that my mentee goes to for advice, to debrief after an information interview or a job interview – it’s a great feeling," says Amy. "Through my mentoring, I also get clarity on my own skills and what I have to offer. It’s been a confidence boosting experience for me, too."

Funded by the BC Ministry of Social Development and Social Innovation, NextStep has supported 117 recent graduates since the program launched in November 2014. There is also a research component to the program. A research team, led by the BC Centre for Employment Excellence, will provide recommendations to develop a best-practices model for mentorship.

To learn more about NextStep, please contact Carolyn Fame at cfame@ywcavan.org / 604 895 5857.

HEALTH + FITNESS

**Racing toward results: YWCA staff take the Sprint 8 Challenge**

Is it possible to exercise for only 20 minutes a day, three times a week and get results? That’s what we wanted to find out. So we recruited 11 YWCA Metro Vancouver staff members to take the Sprint 8 Challenge.

Sprint 8 is a program on our Matrix upright and recumbent bikes at the YWCA Health + Fitness Centre. The Health + Fitness team had read about an eight-week study conducted by Matrix using the Sprint 8 sequence on their machines. The results were pretty impressive and we wondered if we could replicate them.

In the Sprint 8 program, you warm up for three minutes, sprint for 30 seconds and then recover for 90 seconds, repeat eight times and then cool down. All the instructions are on the bike screens, so all you need to do is select the workout, press start and begin pedalling.

They say this interval-training program works so well because it stimulates the release of human growth hormone (HGH). HGH not only increases lean muscle, it also burns fat long after you finish working out and increases your energy.

"The Matrix Sprint 8 Program is great for anyone" Our participants trained three times a week for eight weeks. They were encouraged to start at a level that was challenging and then increase the level when they felt they could.

The staff who took part in the challenge represented a wide array of fitness levels and experience, but the program produced results for everyone.

On average, participants lost 1.5-2% body fat, their waist-to-hip ratio improved by six points and they lost an average of 1-2 millimetres on the triceps skinfold, which was especially surprising because Sprint 8 is a lower body workout.

They also felt more energized after their workouts and they looked forward to exercising. All would recommend this program to others because it’s simple to follow and it’s fast. As one of the study participants said, “Everyone can find 20 minutes!” The Matrix Sprint 8 program is great for anyone. If you stick with it and do it three times a week, you’ll see the changes as well.

Try Sprint 8 at the YWCA Health + Fitness Centre. We offer a supportive and health-focused environment with the latest equipment. Schedule a tour at ywcahealthandfitness.com or call 604 895 5777.
Early in my life, my family taught me the value of giving back to the community and making a difference. I've always embraced this family value. Throughout my life, I've looked for ways to donate my time, talent and passion to causes I believe are important to our society—none more so than ensuring women hold an equal place in society.

That's why I am a director on the board of YWCA Metro Vancouver. I was raised by a single mother. It took strength and courage for her to raise my brother and me. And she did this with the emotional support of her family, the generosity of our neighbours and secure employment.

One day, I'll no longer be able to give my time or make financial contributions, but I want to leave a legacy that supports better futures for women and their families. As my husband and I prepared our wills, it was important to us that our estate plans aligned with our values and beliefs. We looked for established programs and sound financial management, as well as the infrastructure for legacy giving.

The YWCA fits the bill. An unrestricted bequest will help advance the important vision of the organization and it will make a difference for a woman and her family—and probably more. That's why I've chosen to leave a bequest in my will to the YWCA. I invite you to join me.

Diana Chan, CPA CA
SVP Human Resources and Corporate Secretary
Westminster Savings Credit Union

For information on estate gifts, please contact JoAnne Fahr at jfahr@ywcavan.org / 604 895 5829 or Celia Campos at ccampos@ywcavan.org / 604 895 5810.

An invitation from a Board Member

Early in my life, my family taught me the value of giving back to the community and making a difference. I've always embraced this family value. Throughout my life, I've looked for ways to donate my time, talent and passion to causes I believe are important to our society—none more so than ensuring women hold an equal place in society.

That's why I am a director on the board of YWCA Metro Vancouver. I was raised by a single mother. It took strength and courage for her to raise my brother and me. And she did this with the emotional support of her family, the generosity of our neighbours and secure employment.
FOUNDATIONS • PROGRAMS • COMMUNITY • PEOPLE
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

FALL 2016

CONTACT

SUPPORT FOR FAMILIES IN NEED

LESLIE DIAMOND

SUPPORT SERVICES

EMMA’S EARLY LEARNING AND CHILD CARE

A SAFE HAVEN IN THE DOWNTOWN EASTSIDE

CRABTREE CORNER EARLY LEARNING AND CHILD CARE

SAFE, AFFORDABLE HOUSING

SEMLIN GARDENS

FUNDRAISING

FRASER GARDENS

CRABTREE HOUSING

MUNROE HOUSE

COMO LAKE GARDENS

YWCA HOTEL

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/donate

YWCA BOARD OF DIRECTORS

2016/2017

CHIEF FINANCE OFFICER

Lisa Coltart

SANDY REIMER

4399 Main Street (Main & 28th Avenue)

tel 604 675 9996

USING GEAR

Free 23-week truck driver training program for women, with three-week practicum. tel 604 895 5766

ADMIN ESSENTIALS PROGRAM

• Workshops and training

HIGH SCHOOL MENTORSHIP PROGRAM

1 – 2 – 3 – GO!

FOCUS @ WORK

7575 Cambie Street
tel 604 263 5005

FOCUS ON FOCUS

North Vancouver 6th Street

North Shore

North Vancouver

This year, the awards recognize the outstanding women and workplaces in our community.

Since 1984, this awards program has highlighted the accomplishments of outstanding women and workplaces in our community. tel 604 895 5766

WOMEN WHO INSPIRE

WOMEN OF DISTINCTION

Under the 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 101

New address: 106-980 West 1st St.

North Vancouver
tel 604 988 3766

ONE STOP CAREER SHOP YOUTH Satellite

New address: 106-980 West 1st St.

North Vancouver
tel 604 988 3766

VANCOUVER WEST

West Side

300 – 2030 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 ON WORK

Free 12-week job search program for skilled or professional women.

230-1201 West Pender Street
tel 604 699 1788

NEXTSTEP MENTORSHIP

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

STRIVE

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

Vancouver

1256 Granville Street
tel 604 605 4666

FUTURES IN FOCUS

Supports single moms on a path towards sustainable employment.
tel 604 992 4843

LEADS

Specialized employment services for survivors of violence and abuse.
tel 778 877 533

SKILLS MAX

Prepares youth to secure employment with a focus on health and warehousing sectors.

1256 Granville Street (2nd Floor)
tel 604 805 6900

ADMIN ESSENTIALS PROGRAM

Free 12-week office administration training program for women, with three-week practicum.
tel 778 877 533

CHANGING GEARS

Free 23-week truck driver training program for women. tel 604 895 5813

FREE 23-WEEK TRUCK DRIVER TRAINING PROGRAM FOR WOMEN.

Tel: 604 895 5813.

Advancing Career Opportunities in the Transportation Industry.

For more information, visit www.ChangingGears.ca

FREE 23-WEEK TRUCK DRIVER TRAINING PROGRAM FOR WOMEN.

Tel: 604 895 5813.

Advancing Career Opportunities in the Transportation Industry.

For more information, visit www.ChangingGears.ca

FREE 23-WEEK TRUCK DRIVER TRAINING PROGRAM FOR WOMEN.

Tel: 604 895 5813.

Advancing Career Opportunities in the Transportation Industry.

For more information, visit www.ChangingGears.ca