



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



CONTACT FALL 2016

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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



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.

"...we wouldn't be able to serve the communities we do without the ongoing dedication from our supporters"

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

YWCA HOUSING



YWCA Pacific Spirit Terraces

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.

A conceptional view of YWCA Pacific Spirit Terraces in South Vancouver, which is scheduled to open in 2018.

LOOKING BACK



Our 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.

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.

FROM SURVIVING TO THRIVING



YWCA Metro Vancouver is working with Squamish Nation's Ayas Men Men Child and Family Services to deliver a program to support Indigenous youth aging out of foster care.

PITNSTUT: TAILORING SUPPORTS FOR INDIGENOUS YOUTH

Since March 2014, YWCA Metro Vancouver has delivered individualized and holistic support for youth in foster care and transitioning to adulthood through our Strive program. On average, half of Strive participants are Indigenous. Strive engages Indigenous facilitators, includes cultural content in the program and fosters strong relationships with Indigenous organizations. The idea for a Strive program tailored for Indigenous youth came from the Squamish Nation's Ayas Men Men Child and Family Services in West Vancouver.

This fall, in partnership with Ayas Men Men, YWCA Strive expands its reach with a program designed specifically for Indigenous youth aging out of care. Called Pitnstut, meaning "in training" in the Squamish language, the program is based out of WorkBC's One Stop Career Shop and open to self-identified Indigenous youth, ages 17 - 24, living in North Vancouver. The goal of Pitnstut is to provide youth with the skills and resources they need to successfully transition to adulthood. This can include supporting youth to overcome barriers to education, employment and secure housing. "We are thrilled to be partnering with Ayas Men Men on this, and really look forward to working with them on the development of Pitnstut," says program manager Erin Pavan. "Our greatest wish for this program is for it to be useful to the youth, and we plan to incorporate as much input from youth in the community as possible. Hopefully, this is only the beginning of our collaborative relationship with Ayas Men Men."

The 12-week program will provide individualized coaching, life skills workshops, paid job-placements and holistic services to promote well-being, including emergency housing, legal support and free clothing and household items. Participants will also connect with Elders and take part in activities that facilitate cultural connection, such as talking circles and traditional arts and crafts. After completing the program, participants can return for drop-in support and become part of the Strive program's youth council.

In the next five years, 110 youth in North Vancouver will age out of the foster care system. Pitnstut will offer some of those youth skills, resources and support as they age out, and a lasting connection to a community that believes in their success.

Funding for Pitnstut is provided by the BC Association of Aboriginal Friendship Centres Urban Partnership program, on behalf of Indigenous and Northern Affairs Canada.

To learn more about Pitnstut and other YWCA Employment Programs for youth, please contact Erin Pavan at epavan@ywcavan.org /604 970 0139.

CONGRATULATIONS!



BC Premier Christy Clark, YWCA Metro Vancouver CEO Janet Austin and the Honourable Judith Guichon, OBC, Lieutenant Governor of British Columbia.

We are tremendously proud of our CEO, Janet Austin, who was appointed to the Order of BC on July 26, 2016. Janet was honoured 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.

BUILDING HEALTHY FUTURES FOR YOUTH



Since volunteering for YWCA Youth Education Programs in Grade 11, Annie Lai has seen her leadership skills flourish.

“The YWCA taught me that young women are capable of anything”: A youth volunteer shares her story

Annie Lai is a second-year student at the University of British Columbia. She's engaged, energetic and outgoing. When you meet Annie today, you'd be surprised to know that she used to be shy and reserved. "Back in Grade 7, I was scared to participate when the YWCA's Welcome to My Life after-school program was offered at my school," she says. "I definitely regretted that decision."

In Grade 11, she found a way to experience Welcome to My Life: she volunteered with the program as a High School Ambassador. In that role, she mentored and supported Grade 7 girls to engage in positive decision-making. Annie stayed on with the YWCA the next year, enrolling in the High School Mentorship program, where she was matched with a mentor in medicine, the career field she was exploring at the time.

As her self-confidence developed, Annie eagerly took on opportunities that came her way. During her first year of university, she volunteered with the YWCA's marketing department and developed advocacy and social media skills. Today, she sits on our Youth Advisory Committee, collaborating with a team to produce our annual youth conference, an event focused on media literacy and advocacy against the sexualization of women and girls.

Since 1897, YWCA Metro Vancouver has provided services for young women, like Annie, to develop leadership skills. In the '50s and '60s, the YWCA offered Hi-Y clubs for teen girls; in the '80s, we offered Soromundi for teen girls, a program that eventually evolved into the High School Mentorship program.

After being involved with the YWCA for more than three years, Annie has seen change and growth in herself. "The YWCA taught me that young women are capable of anything," she says, "They gave me confidence and showed me how I can be a role model to others."

Annie volunteers for many organizations, but she recognizes the value of being involved with a women's organization like the YWCA. It has taught her an important lesson about gender equality. "I learned that more women are taking on leadership positions in their careers," she says. "This tells me that we are capable of being leaders just like men."

“Do not let anything hinder you from trying a new experience or opportunity”

When asked for advice for other young women navigating their careers, Annie says, "Do not let anything hinder you from trying a new experience or opportunity."

By following this mantra, Annie has already achieved a lot as a young woman. This is only the beginning of Annie's YWCA journey, and we can't wait to see what's next for her.

To learn more about helping youth and young women realize their potential, contact Bobbi Sarai at bsarai@ywcavan.org / 604 895 5780.

A SINGLE MOM REGAINS HER CONFIDENCE

“I’m in a good place now”

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 wither. "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'd 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.



Alvina is creating a better future for herself and her daughter with the help of YWCA Single Mothers' Support Groups.

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”

Each week, Alvina looks forward to the time she spends with her group. It's a space where she can open up without fear of judgement. With the group, she's found her confidence again. "I'm in a good place now," she says, "I'm loving my life and finally moving forward...coming into the group and talking to women just like me has helped me become the strong person I once was, if not stronger."

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.

PREVENTION AND INTERVENTION



At YWCA Crabtree Corner, Brenda Lavallee (right) witnesses the daily challenges families affected by FASD face.

YWCA Crabtree Corner gives hope to families affected by FASD

"People don't understand the multiple barriers that [people with Fetal Alcohol Spectrum Disorder] deal with every single day," says Brenda Lavallee, YWCA Metro Vancouver's FASD Coordinator.

FASD is a group of symptoms found in people whose mothers consumed alcohol during pregnancy. Symptoms include: brain damage, developmental delays; physical disabilities, such as motor skill challenges, vision and hearing problems; and lifelong challenges with learning, problem solving and behaviour. In Canada, it is estimated that more than 3,000 babies are born with FASD each year.

Brenda works at YWCA Crabtree Corner Community Resource Centre, where many families in the Downtown Eastside turn for support with FASD. In her experience, Brenda says, support, community resources and information about FASD is hard to find.

Though the prevalence of FASD is comparable to that of Autism Spectrum Disorder and Down Syndrome, there is a relative lack of awareness and understanding among health workers, families and the public.

The YWCA's FASD Prevention program at Crabtree Corner is a range of unique frontline services where

clients can come in at any time for resources, referrals and the help they need. Crabtree offers an Intergenerational Support Group for grandparents supporting or raising children with FASD and a Sacred Circle for Moms. This award-winning 10-week program provides education about the signs and symptoms of FASD, where to get assessment and support to navigate the path ahead. They take a holistic approach, including addressing trauma, addiction or abuse and teaching day-to-day life skills.

"This program helped me understand [my grandchild's] actions. I learned to read his moods and was also able to share knowledge with others with children that have FASD"

In addition to the FASD Prevention program, we also have an FASD Key Support Worker, funded by the BC Ministry of Children and Family Development, who works one-to-one with families and program workers and conducts educational workshops across BC to

increase FASD awareness among teachers, health workers, parents and the public. Of her experience with the Intergenerational Support Group, Grandma Cindy says, "This program helped me understand [my grandchild's] actions. I learned to read his moods and was also able to share knowledge with others with children that have FASD."

An affected child will not outgrow FASD, but a Key Support Worker can help affected families to work through the shame, guilt and grief that often arise. With the support of our programs, participants no longer feel like they're on their own.

At the end of last summer's program, Grandma Violet reflected on all she learned. "Before I didn't understand why [my children and grandchildren] did things the way they did. After the workshops and advice from everybody, I feel like I'm not alone."

The YWCA recognizes Vancouver Coastal Health Authority, a long standing contributor to this program.

To learn more about funding the FASD Prevention Program at YWCA Crabtree Corner Community, please contact Kathy Lilyholm at klilyholm@ywcavan.org / 604 895 5851.

GETTING TO KNOW YOU



Monique Auger is the youngest member of YWCA Metro Vancouver's Board of Directors. PHOTO CREDIT: Kate Tsuruda.

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 mom 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 chatted a little bit afterwards and then we just kept crossing paths.

Q&A with Monique Auger, Board Member

An exceptional leader and young visionary, Monique Auger is Métis and a Master of Science candidate at Simon Fraser University. In June, Monique became the youngest member of YWCA Metro Vancouver's Board of Directors.

She's been an awesome mentor for me. I've been working with Kim now for just over three years.

It can be really isolating, often being the only Indigenous person or Indigenous voice that's trying to push things forward. I do a lot of that work, educating people on where I come from and who Métis people are and what our needs are. Having a mentor can support you and lift you up and let you know that you're on the right path.

What do young women bring to Boards?

I don't have the same level of experience in a lot of ways, so I'm going to be asking a lot of questions and perhaps that will make people look at things from a different perspective. Through questions and reflection, I hope we can think deeply about our amazing work and how we can transform things.

The Board is made up of these incredible women. I think I can learn so much from them, and the passion, you can feel it!

I also think it's important to think about the roles and opportunities for Indigenous youth around volunteering. It's exciting and empowering to have our voices at the table, and I feel very privileged to have this opportunity.

At the end of your first term, what do you hope you and the Board will have accomplished together?

My wish is for a ton of bilateral communication and to have an ongoing knowledge exchange. I hope that I can share pieces of myself and my experiences. The fact that the YWCA has recognized the Truth and Reconciliation Commission's recommendations is huge. It'll be really interesting to see how the organization can contribute to the movement toward reconciliation. The recognition is there, so how can we take these calls to action and create action?

Also, to think about how we, as a Board, can build our competencies and understanding of that and Indigenous people here in Vancouver, I think that would be great.

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 resumés 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 Fernie at cfernie@ywcavan.org / 604 895 5857.

NextStep Mentorship connects recent graduates, like Puja Prakash, with professional adults.

HEALTH + FITNESS



YWCA staff members Lindsay Nielsen (left) and JoAnne Fahr participated in the Sprint 8 Challenge.

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.

LEGACY GIVING



Board member Diana Chan looks for ways to help others, whenever she can.

Many of the clients the YWCA serves face even greater challenges with less support. When they discover the YWCA's holistic, integrated programs, they can tap into care for themselves, raise their families and build independence.

As a board member, I've had the opportunity to see the exceptional work of the management team and gained a deep appreciation for the extraordinary skills of YWCA employees and their commitment to our program participants and clients.

"...it will make a difference for a woman and her family"

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.

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 fit 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.

RESIDUAL BEQUESTS

A FLEXIBLE OPTION OF LEGACY GIVING

After all the fixed commitments in a will have been met, everything else that is left over is known as the residuary estate.

When making estate plans, donors can designate that flexible amount to a charity that shares their values—such as the YWCA. Residual gifts will not impact you, as the donor, or your heirs! However, they greatly support the YWCA's ability to create lasting change in our community.

There are basically three ways to make legacy gifts, and residual bequests often result in the largest sized gift. A second option is called a percentage gift, where donors leave a percentage of their estate to the YWCA. You can also designate a fixed dollar amount.

We welcome the opportunity to chat with you about any type of Legacy Giving. Please contact JoAnne Fahr at jfahr@ywcavan.org / 604 895 5829 or Celia Campos at ccampos@ywcavan.org / 604 895 5810 for more information.

Give Hope. Inspire a Dream.

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

☐ **Here is my gift of:**

☐ \$100 ☐ \$50 ☐ \$25 ☐ Other _____

☐ Cheque enclosed (Please make payable to YWCA Metro Vancouver)

OR

☐ Please charge my credit card

☐ Visa ☐ MasterCard ☐ American Express

CARD # _____ EXPIRY _____ 3-DIGIT SECURITY CODE _____

NAME ON CARD _____ SIGNATURE _____

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

☐ **I would like to make an ongoing monthly gift. Monthly amount \$ _____**

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

Bank Name _____ Account # _____ Branch ID _____

OR

☐ Monthly charge to my credit card \$ _____

☐ Visa ☐ MasterCard ☐ American Express

CARD # _____ EXPIRY _____ 3-DIGIT SECURITY CODE _____

NAME ON CARD _____ SIGNATURE _____

Name _____

Address _____


Phone _____

Email _____

Name(s) to appear in recognition listings _____

Please send me information about:

- ☐ Including YWCA Metro Vancouver in my will
- ☐ Establishing an endowment at the YWCA
- ☐ A gift of life insurance to the YWCA
- ☐ A gift of publicly traded securities to the YWCA

 535 Hornby Street
Vancouver, BC V6C 2E8
tel 604 895 5766
fax 604 684 9171
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. YWCAVAN.ORG

A HEALTHY START FOR CHILDREN

CITYGATE EARLY LEARNING AND CHILD CARE

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

CRABTREE CORNER EARLY LEARNING AND CHILD CARE

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

LESLIE DIAMOND EARLY LEARNING AND CHILD CARE

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

EMMA'S EARLY LEARNING AND CHILD CARE

For children ages six weeks to three years, with a focus on supporting 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. Vancouver **tel** 604 895 5849 Surrey **tel** 604 597 8528

SEEDS OF INDEPENDENCE

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

LEGAL EDUCATOR

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

PRESENTS OF PEACE

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

THRIFT SHOP

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

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

SAFE, AFFORDABLE HOUSING

SEMLIN GARDENS

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

FRASER GARDENS

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

CRABTREE HOUSING

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

MUNROE HOUSE

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

ALDER GARDENS

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

ARBOUR HOUSE

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

COMO LAKE GARDENS

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

YWCA HOTEL

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

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 ywcaavan.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

CONNECTING PEOPLE TO EMPLOYMENT

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

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

One Stop Career Shop Youth Satellite

New address: 109-980 West 1st St. North Vancouver **tel** 604 988 3766

VANCOUVER WEST

West Side

300-2150 West Broadway **tel** 604 688 4666

Career Zone Youth Satellite

1260 Granville Street **tel** 604 605 4666

VANCOUVER SOUTH

Vancouver South

7575 Cambie Street **tel** 604 263 5005

FOCUS @ WORK

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

NEXTSTEP MENTORSHIP

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

STRIVE

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

Vancouver

1256 Granville Street **tel** 604 605 4666

North Shore

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

FUTURES IN FOCUS

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

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 PROGRAM

Free 12-week office administration training program for women, with three-week practicum. **tel** 778 379 2148

CHANGING GEARS

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

To subscribe or change your address to *Contact*, email enquire@ywcaavan.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:

604 895 5766 | enquire@ywcaavan.org | ywcaavan.org

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