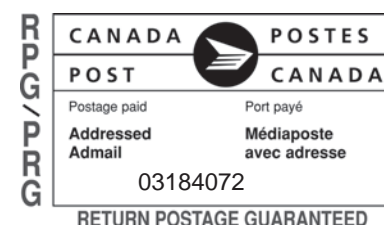




YWCA Program Centre
535 Hornby Street
Vancouver, BC V6C 2E8



CONTACT SPRING 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



This has been an exciting year of changes for Canada. With a shift in the political landscape and groundbreaking gender parity in federal cabinet, we are hopeful for the continued progress towards gender equality in all aspects of society.

As many of you know, we work towards our vision of achieving women's equality by providing integrated services and advocacy that support women to achieve personal and economic independence. Our key advocacy priorities include: universal high quality, early learning and care; supports for women fleeing violent relationships; flexible working arrangements for families with young children and raising public awareness about inappropriate sexualization of women and girls and hypermasculinization of boys.

We continually examine approaches to service delivery and advocacy to ensure we are reflecting the diverse needs of our community, and an annual environmental scan enables us to stay on top of emerging trends and issues that might impact our clients.

One emerging area of interest is transgender rights. The blurring of the traditional female/male gender binary raises philosophical and practical questions for all of society. We recognize the need to support transgender and gender-fluid people and youth in our programs, and have created diversity and inclusion policies to help program staff working with these populations. We will continue to examine how the organization can support transgender program participants and will work with community partners with expertise in this area.

"We believe that equality can only be achieved by all people working together to create an equitable society."

The role of men and boys is another important area to consider as we assess the evolving landscape of gender equality. We believe that equality can only be achieved by all people working together to create an equitable society. For nearly a decade, YWCA youth education programs have offered young boys the opportunity to learn about healthy relationships and mutual respect. Increasingly, we are working to engage men constructively in advocating for gender equality and an end to violence against women. It has also been

a focus in our work on eliminating sexualization of girls and women, and our efforts to increase opportunities for women in leadership and public life. We will continue to look for opportunities to engage men and boys in YWCA advocacy efforts and service delivery that promote equality for women.

In this issue, you will learn more about new YWCA initiatives and important program updates. To that end, I hope you will join me at the 33rd annual YWCA Women of Distinction Awards on June 8, 2016. Please visit ywcawomenofdistinction.org to buy your tickets.

Finally, we wouldn't be able to serve the communities we do without the ongoing dedication from our supporters. Thank you for all that you do to support the work of YWCA Metro Vancouver.

Sincerely,

Janet Austin,
CEO, YWCA Metro Vancouver

YWCA HOUSING



A conceptual view of the Fire Hall Project in South Vancouver, which is scheduled to open in 2018.

Fire Hall Project Update

Single mothers living below the poverty line often must choose between paying rent, the hydro bill or buying food. Without electricity or housing, they cannot maintain custody of their children; but without food, they cannot feed their families.

For a low-income single mother, finding safe, affordable housing is the first step towards creating a better life.

We're proud to partner with the City of Vancouver and the Province of British Columbia - BC Housing to develop an innovative new housing community with 31 units of safe, affordable housing and supports for low- and moderate-income single mothers and their children.

This housing community will be built on top of South Vancouver's new Fire Hall No. 5, ideally located close to elementary schools, grocery stores and a community centre. Designed to support families facing multiple challenges, this project will have a profound impact on the lives of women and children.

We are delighted to have received much interest in this project and are excited to be working with several new donors in addition to our dedicated longstanding donors. To date, we have raised 80% of our \$2.7 million capital campaign goal, and we expect families to move in early in 2018.

For more information or to make a donation, contact Brenda Ulmer at bulmer@ywcavan.org / 604 895 5764.

LEARNING TO BUDGET FOR SUCCESS

Mentorship and Money Lessons Empower Crabtree Corner Housing Residents

The residents of YWCA Crabtree Corner Housing survive on incomes of \$20,000 a year or less. Many of these women have experienced homelessness, but all have committed to overcoming their addictions, and raising their children.

For these residents, the idea of having extra money to save for their futures feels impossible. This is where Karen McNabb comes in as the Program Coordinator of the Financial Literacy and Peer Mentorship Program at Crabtree Corner Housing. The program runs for nine months and includes mentorship from former residents, a wellness program and a 10-week financial literacy program. We are very grateful to the Robert L. Conconi Foundation for providing lead funding for this project.

The mentorship component is important because, as Karen explains, "Women come here and feel alone and having someone to talk to who understands their struggles is huge." The mentors are happy to give back and make a difference and they get just as much out of the

relationships as those they're helping. "One mentor told me this program saved her life because it made her feel valued and got her back into the community," says Karen.

As Karen delivers the Financial Literacy Program she sees firsthand the benefits of empowering residents with financial knowledge, including the basics of financial planning, budgeting and banking. The program is having a profound and lasting impact on the participants. One resident was able to save \$7,000 for her child's future education.

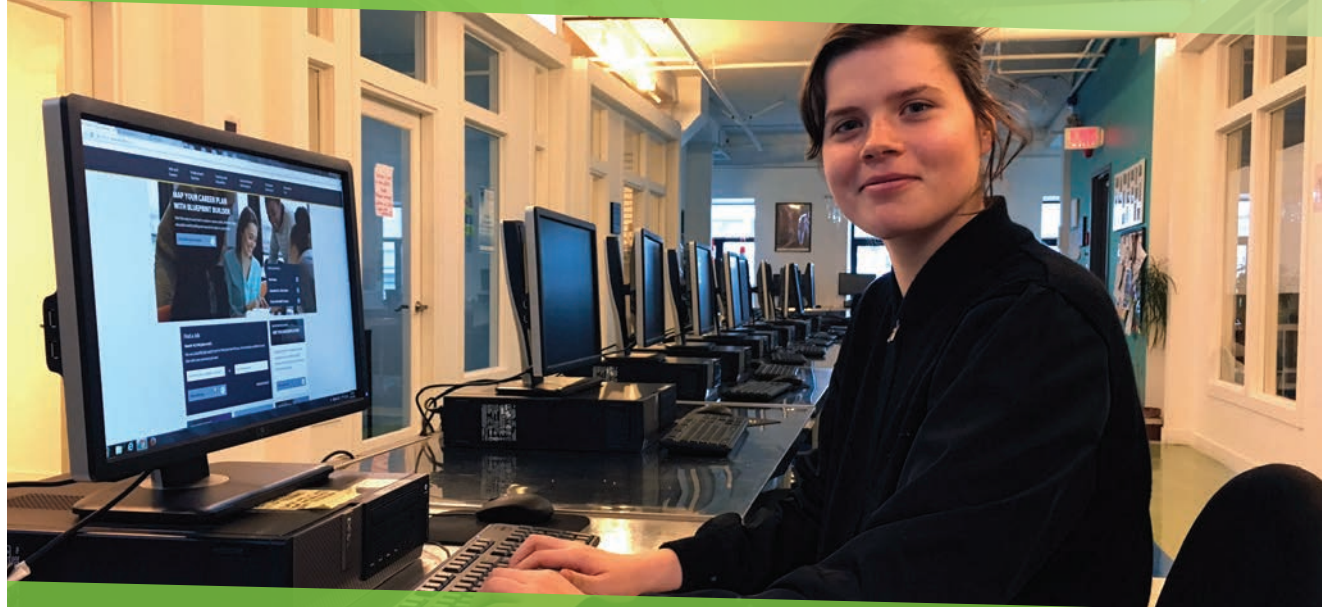
The women have spent most of their lives struggling to get through each day. The Financial Literacy and Peer Mentorship Program empowers them to plan for their futures.

For more information, or to support residents of YWCA Crabtree Corner Housing, please contact Brenda Ulmer at bulmer@ywcavan.org / 604 895 5764.



The Peer Mentorship Program at Crabtree Corner Housing gives current and former residents a unique avenue to support one another.

YWCA EMPLOYMENT SERVICES



Skills Max participants like Jolissa Crossley get customized support.

Helping Youth Find Jobs and Joy

Naturally friendly and outgoing, Jolissa Crossley's positivity is infectious. She has a wide smile and talks excitedly about her life and pursuits. At 21, she's earned an arts diploma from Langara and is an accomplished athlete with plans to go to law school. Her next step? Serving guests at banquets and special events across Metro Vancouver.

In January, Jolissa, or "JoJo," arrived at YWCA Career Zone in hope of finding stable employment. She'd been recently laid off and some friends had suggested she visit the downtown WorkBC Employment Centre for youth.

"So, I went there and they set me up with a case manager, Peter," JoJo says. "We just had a discussion about where I wanted to go and how I was going to get there." Peter recommended registering for YWCA Skills Max for Youth, a free 6-week training program that prepares youth, ages 15-29, for jobs in the warehousing and hospitality sectors. After three weeks working on job-search skills and receiving focussed coaching, Skills Max participants get on-the-job training.

"I signed up thinking, 'Why not?'" JoJo says, "and it's been great."

"We're all so different with different struggles and at different places in our lives..."

For JoJo, one of the highlights of the program has been the individualized attention each participant gets. "There are different types of people in our group, there's a wide range of cultures," she notes. "We're all so different with

different struggles and at different places in our lives, but when we come here it's a safe environment." JoJo emphasizes how much she appreciates Peter, Anne and Helen, the program facilitators: "They listen to everybody and what their opinions are. They're honest with you, but they're very caring."

After just four weeks in the program, JoJo radiates confidence and optimism, something she partly attributes to the support she's received in Skills Max. With the program facilitators, meetings about resumes and cover letters can turn into conversations about her employment and personal goals. "It's like a mentorship," says JoJo. "Some people in our group didn't have any healthy mentorship growing up, so they're kind of providing that for us."

On top of learning how to be a banquet server, JoJo has also grown her self-awareness in Skills Max, learning more about her emotions, communication skills, professionalism and her strengths.

How will she parlay her experience with Skills Max into her goal of earning her law degree? She says the program and the people have empowered her. Her dream job isn't within reach just yet, but JoJo knows her time with Skills Max has been invaluable and a stepping stone to where she wants to be.

Skills Max will be starting its fourth cycle, focused on the hospitality industry, on May 2, 2016.

To register, contact Career Zone at 604 605 4666. To learn more about the program, contact Peter Fischer, skillsmax@ywcavan.org / 604 605 4666.

Funding for YWCA Skills Max is provided by the Government of Canada through the Canada-British Columbia Job Fund.

FROM SURVIVING TO THRIVING



Transforming Lives Through LEADS

After leaving an abusive relationship, there may be long-lasting repercussions. Women can experience a lack of confidence that can result in months or even years of unemployment. Finding work is daunting at best; for some, the task of moving beyond survival and securing employment feels impossible.

YWCA Learning Employment and Development Skills (LEADS) is a specialized program that breaks down the walls of isolation and silence for survivors of violence and/or abuse.

"LEADS is a specialized program that breaks down the walls of isolation and silence for survivors of violence and/or abuse."

Titi Adebajo is the LEADS Career Counsellor, and has more than 10 years of experience working with clients affected by trauma. LEADS is unique, she says, because it treats "people as capable and experts of their own lives."

LEADS provides guidance and supports for its participants and a community that understands the trauma they have experienced. Over 12 weeks, participants learn to recognize, understand and overcome the impacts of abuse and begin the process of achieving economic independence. Group workshops support them to work through trauma caused by violence and abuse. Participants learn to stop "shaming and blaming" themselves and to recognize the coping skills they have developed over time, according to Titi.

LEADS offers an environment for every survivor to flourish and achieve success on their own terms, while giving them access to a wealth of supports through the YWCA's WorkBC programs.

Clients who began the program struggling to leave the house are now beginning to look at achieving their financial and employment goals. As one client put it, "LEADS is exactly what I needed."

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

LEADS is offered at YWCA WorkBC Employment Services Centres Vancouver Westside, South and North Shore. For find more information, contact leads@ywcavan.org / 778 877 1533.

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ywcawomenofdistinction.org

BUILDING HEALTHY FUTURES FOR YOUTH



YWCA's *Being Me* empowers girls to make the transition from elementary school to high school with confidence.

Being Me Youth Education Program Educates Young Girls on Social and Emotional Well-Being

Making the transition from elementary to secondary school is no easy task. Grade 7 students face going to new schools, making new friends and making hard choices as newly minted teenagers.

Since 2006, the YWCA has helped Grade 7 girls transition to high school through Youth Education programs that explore self-esteem, healthy relationships and Internet safety with the ultimate goal of reducing violence against girls and women. Last fall, *Being Me* was launched to support the social, emotional and holistic health of Grade 7 girls in South Surrey.

"Grade 7 is the peak of aggressive behaviour for young people, and anxiety can get really high," says Rachel, a "Wisdom Champion" for *Being Me* and PhD candidate for Human Development, Learning, and Culture at the University of British Columbia.

Being Me helps youth manage anxiety as they navigate adolescence by focusing on mindfulness. Students develop skills and awareness that give them a head start when facing the changes and challenges of high school. For example, girls learn how being mindful of others can help them make friends, or how learning to stay calm can help them make better, rational decisions.

What was most fulfilling for Rachel about being a program volunteer was seeing that the girls had started to integrate mindfulness practices into their lives. "Some of the girls were already facing difficult or stressful challenges in their lives, and they started putting mindfulness practices into place, even before entering high school. Now I know they are able to tackle any challenge mindfully."

As she reflects on the impact she has made along with her team of volunteers, Rachel points out how helpful the program would have been to her younger self.

"When I was in Grade 7, it would have never occurred to me to stop, think and feel in difficult situations, rather than beating myself up on the spot. I'm glad I was able to work with these girls to find something that works for them and improves their well-being."

Being Me is funded in part by Peace Arch Hospital & Community Health Foundation.

To support programs for girls transitioning into high school, contact Bobbi Sarai at bsarai@ywcavan.org / 604 895 5780.

EMMA'S EARLY LEARNING & CHILD CARE CENTRE



At YWCA Emma's Early Learning and Child Care Centre, subsidized quality child care allows young mothers to focus on school while parenting their children.

Supporting Teen Mothers to Build Brighter Futures

YWCA Emma's Early Learning and Child Care Centre provides more than high quality child care. Through a partnership with the Vancouver School Board and the YWCA, Emma's and Sir Charles Tupper Secondary School's Young Parent Program offer teenage mothers the opportunity to finish high school and build better futures.

Nineteen-year-old Jodie* is currently enrolled in the Young Parent Program, while her three-year-old son, Aiden, attends Emma's. Without the holistic and integrated support of Emma's, she says, she would be at home full-time, caring for Aiden.

At Emma's, children—ages six weeks to three years old—are cared for in a safe, stimulating environment by qualified Early Childhood Educators. Next door, at the Young Parent Program, their mothers receive academic and personal support. In their classes, they learn parenting skills and techniques that enable them to evaluate if their children are meeting developmental milestones.

CHILD CARE: THE CURRENT CONTEXT

In British Columbia, the second highest family expense, after housing, is child care. According to research from the UBC Human Early Learning Partnership, in Vancouver, the average yearly cost can be as high as \$14,000.

This reality means that low-income, single mother-led families are often obliged to rely on social assistance and stay at home with their children, rather than work minimum-wage jobs and pay for child care. In other words, the cost of child care perpetuates the cycle of poverty and prevents single mothers from reaching economic and personal independence.

At the YWCA, we aim to break this cycle by providing access to high quality early learning and child care and advocating for family policy reforms that support families with young children. We operate four facilities in Vancouver that include market priced and subsidized child care for low-income single mothers and young parents like Jodie. Emma's is funded by the BC Ministry

of Children and Family Development, United Way of the Lower Mainland, City of Vancouver and private donors.

Jodie is developing valuable parenting and life skills. For example, she's learning to open up to others and ask for help. Growing up, she was discouraged from expressing herself, "I never communicated with my mom about my emotions. That's a hard skill [to develop] if you don't grow up learning it." With the support of Emma's and the Young Parent Program, Jodie is sharing her feelings more, and teaching Aiden to do the same. "I want him to feel that I am always going to be here for him," she says.

With the support of Emma's, Jodie will be graduating this June and is looking for opportunities in the tourism industry. The future is already looking brighter for Jodie and Aiden.

To support Emma's Early Learning and Child Care Centre, please contact Kathy Lilyholm at klilyholm@ywcavan.org / 604 895 5851.

*Names have been changed to protect privacy.

A WORLD OF DIFFERENCE



Safe, affordable housing can be a single mother's first step to achieving economic independence.

Mayumi's Story

"We fought all the time. I felt like I was the one who caused the problems, and I still feel like I was the one in some ways. Like maybe if I was more patient, it would be okay. The day I left him, I didn't mean to leave him forever."

Mayumi* was pregnant with her third child when a social worker came to her Vancouver home and said she needed to leave her husband for good. She had no legal status in Canada, job or income.

Several years before, at a turning point in her life, Mayumi left Japan to learn English in Canada. Her first stop was a remote town in British Columbia; the stay was part of a program introducing Japanese culture to local students, which was a challenging but valuable experience, she says.

During that time, she met her future husband. They married and moved to Vancouver with the hopes of giving their children brighter futures. After their second child was born, "our relationship started to deteriorate," Mayumi remembers. The police and social workers came to their home on several occasions.

In those years, she and her two young children moved between their home and transition houses. Then she became pregnant with her third child. But when the

social worker came to take them to a first-stage transition house, Mayumi was forced to make the next big change in her life. And now she was a mother of three.

"... I'm not good at asking for help, so I tried to do everything myself. I was so overwhelmed."

With the Canada Child Tax Benefit as her only source of income, Mayumi's housing situation was fragile. She received an eviction notice after the money ran out. "I was completely at a loss as what to do. I had nowhere to go with my two young children and newborn baby until YWCA Munroe House saved me."

YWCA Munroe House, a second stage transition house, offered Mayumi's family free rent, gift cards for groceries, transit tickets and a weekly donation of fresh organic vegetables. Her eldest son and daughter participated in music lessons, arts and crafts and outdoor activities. They loved Breakfast with Santa, and a holiday hamper through the YWCA Presents of Peace program.

Eventually, Mayumi started to see a change in herself. "Because I'm Japanese, I'm not good at asking for help,

so I tried to do everything myself. I was so overwhelmed. But when I moved to Munroe House, they were so helpful. I didn't feel bad about asking for help."

The support of the Province of British Columbia - BC Housing, BC Ministry of Justice and YWCA donors allow Munroe House to serve families like Mayumi's. During her stay, YWCA staff helped Mayumi apply for permanent resident status, Income Assistance and find permanent housing. It has been almost five years since Mayumi arrived at Munroe House and she is now living in a YWCA housing community. She is planning to go back to school in the fall and taking a course in accounting or bookkeeping. She volunteers for a local thrift shop, co-chairs a gardening committee and "my kids are doing great," she says confidently.

"I feel very grateful for everything that Munroe House did for my family," Mayumi says. "The help and support of donors is the reason that I am still alive and my kids are healthy and growing and getting an education. I want to say thank you."

Help a single mom like Mayumi find freedom from violence and safe, affordable housing with a gift to the YWCA. Please contact Julia Nyberg at jnyberg@ywcavan.org / 604 895 5850.

* Name has been changed to protect privacy.

GETTING TO KNOW YOU



A CONVERSATION WITH

Jackie Rumble, Associate Director at YWCA Crabtree Corner Community

Jackie Rumble is the Associate Director of Crabtree Corner Community, a role she stepped into in October 2015. Jackie takes over from Nancy Cameron, who retired after 17 years of service at the YWCA's Downtown Eastside community resource centre.

What do you do, and why do you do it?

I've been working in this field for almost 20 years. When I first moved to Vancouver 10 years ago, one of my first roles was working in this neighbourhood and as part of that role, we connected with workers from this building. Crabtree's reputation was very strong in the community. I was always curious, like, "I wonder what it's like to work there."

When I saw the posting come up, I had to apply. I really enjoy working on the front-lines in a neighbourhood setting like this. There are not two days ever the same. I find it stretches me, the experiences, the challenges, the awesome things that come with this kind of work definitely grow me as a person. I really enjoy the connection and the building of relationships with the people we serve.

What has it been like to step into Nancy's role?

They are definitely big shoes to fill. She was here for so long—the depth of those relationships that she built with participants and staff is extraordinary. She's really a part of the fabric here.

When I started, Nancy trained me and we discovered we have a lot in common in terms of how we move in the world. The thing she kept reflecting, which still echoes around my brain, is to be yourself. She saw in me a lot of the skills and beliefs that carried her through this work.

In terms of growing and evolving this space and the programs that we offer, we're doing it in the spirit and philosophy of Nancy. It's important to be reflective of where we've come from and the things we've learned, as we move forward.

What's a day in the life of Jackie like?

I generally arrive between 8 and 8:30am to get myself prepped and ready for the day. I check in with the team, see how everyone's doing, do some planning around how the day looks and then very quickly, the doors open for breakfast.

For as much as there are specific roles, everybody pitches in in terms of dealing with any crisis or challenging situation that comes up. If there's somebody who's struggling, maybe a mom's having a really hard time, whoever's there pitches in and figures how we can help.

What has surprised you about Crabtree Corner?

I think what's been surprising is the depth of the long-standing relationships. People have been connected to Crabtree for 15-plus years. People who were tiny children at Crabtree are now moms and are now connecting with us and coming to [our early literacy program for Indigenous families] Books, Bags and Babies with their own children. It's one of the most awesome things to see—people are continuing to be connected to us.

Another thing that I wasn't aware of is the volunteer program. Women come through the doors as participants, and have the opportunity to become volunteers, gaining skills in a supportive and welcoming environment. To see those women become staff members or to gain work other places is just amazing and like nowhere else I've ever worked.

YWCA Crabtree Corner Community is funded by the Public Health Agency of Canada, BC Ministry of Children and Family Development, City of Vancouver, foundations, corporations and private individuals.

For more information about funding YWCA Crabtree Corner, please contact Kathy Lilyholm at klilyholm@ywcavan.org / 604 895 5851.

FROM OUR FAMILY TO YOURS



UPS employees and family members got their hands dirty volunteering at YWCA Alder Gardens.



UPS Employees and Their Loved Ones Volunteer at Alder Gardens

Last fall, UPS made an important delivery to YWCA Alder Gardens, a housing community for single moms and their children made possible with funding from the Province of BC - BC Housing and private donors. YWCA Alder Gardens, located in Surrey, welcomed a group of 10 UPS volunteers, who spent the day working in the community garden—what Alder Gardens’ property manager Nina Abizadeh calls “the heart and soul of our community.”

For the third consecutive year, UPS hosted a volunteer event with the YWCA, allowing their employees to donate their time and skills in the community. The 2015 volunteers came from different departments and locations of UPS. “We had everyone from service providers to business managers with their children and spouses who came out to volunteer at this event,” says Cindy Morrison, UPS Sales Operation Support.

With hats, gloves and smiles on, the UPS crew tilled the soil, cut the hedges and picked a colourful harvest of

tomatoes, green beans and spring onions. “I loved to see the enthusiasm and the gusto with which gardeners and non-gardeners came together,” says Nina. “I love the garden because we can see passion and kindness in people trying to help it flourish.”

“Volunteering is a powerful force... one that inspires and creates a ripple effect throughout the organization.”

UPS’ Cindy agrees: “Volunteering is a powerful force... one that inspires and creates a ripple effect throughout the organization.” Volunteering for the YWCA allows UPS families to spend time together, while teaching employees’ children about the value of giving back to the community.

Giving back has been part of UPS’ culture since it was founded in Seattle, WA, in 1907. In 1951, company founder Jim Casey established the UPS Foundation to formally support community programs and organizations. In 2014, YWCA Metro Vancouver received a \$25,000 grant from the Foundation.

The honour is a sign that UPS employees truly believe in the impact the YWCA is making in the community, and share a “common goal to help bring happiness to others,” says Cindy. She was delighted when she found out one of the employees who volunteered last fall was already involved with the YWCA. She regularly bakes cupcakes and delivers them to Alder Gardens for special occasions—another welcome delivery from the group volunteers at UPS.

For more information about group volunteering, please contact Clare Marriott at cmariott@ywacavan.org / 604 895 5795.

HEALTH + FITNESS

Change Is Good

Humans are creatures of habit. It’s said that 40% of our day looks the same as the last. Consider Newton’s first law of motion: “Every object in a state of uniform motion tends to remain in that state of motion unless an external force is applied to it.” In other words, adding something new to your routine takes effort.

“Making fitness a habit takes internal motivation and outside support.”

A lot of people say exercise is a thing they should do more of, but getting to the gym regularly requires you to be systematic and intentional. Making fitness a habit takes internal motivation and outside support.

At the YWCA Health + Fitness Centre, sometimes it takes a village. Leading the charge is Lillian Baaske, who has been a member since 1997, and is a regular fixture at the fitness centre. As an unofficial greeter at

the Health + Fitness Centre, “I can spot a new member right away” she says. She’ll introduce herself to any new member and see how she can help out. Then she is sure to encourage them to work out two times in the next few weeks. “If you can keep it up for the first 21 days,” she says, “then you’re hooked like the rest of us!”

While it takes some getting used to, change is good. Whether you’re just starting out, or you’re a seasoned member, switching it up stretches you.

The YWCA Health + Fitness Centre has more than 60 classes on the schedule. Wouldn’t it be a great challenge to try every class? Or, try working out at different times of the day, different formats, with different instructors. You may be surprised at what change may bring.

Looking to get in shape? The YWCA Health + Fitness Centre offers a supportive and health-focused environment with the latest equipment, group classes and knowledgeable instructors. Schedule a tour at ywcahealthandfitness.com or call 604 895 5777.



Long-time Health + Fitness member Lillian Baaske.

LEGACY GIVING

Why Paul Wu Joined the YWCA Legacy Circle

Paul Wu was the acting Director of Finance at YWCA Metro Vancouver in 2006. He was so impressed by the YWCA's financial accountability and efficient use of limited resources that when it came time to prepare a will, Paul had a very easy time explaining to his wife, Sarah, why a charitable bequest to the YWCA was a good decision.

"... the impact they will have on the lives of vulnerable women and children in our community through the YWCA is significant."

He explained that the impact they will have on the lives of vulnerable women and children in our community through the YWCA is significant. As well, their charitable bequest will save them a substantial amount of taxes.

Paul and Sarah are very comfortable with the idea of including a residual bequest to the YWCA in their will because they can decide what happens to their estate. Paul and Sarah feel secure knowing their ability to support the community will endure. Says Paul, "The government doesn't know me, my values or my wishes. I want to have control over what happens to my assets after I'm gone; after all, I earned it!"

Preparing the will itself was surprisingly simple. Despite having a more complicated estate, two meetings with the lawyer and a bit of homework was all it took.

As Paul says, issues such as vulnerability among women and families will still be a concern far into the future. He feels it's important that his commitment to helping these individuals will live on past his lifetime.

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.

TALKING LEGACY GIFTS: A GLOSSARY

Beneficiary - A person or organization that receives estate benefits, such as a bequest in a will or life-insurance policy death benefits.

Charitable bequest - A distribution from your estate to a charitable organization. Specific language must be used for bequests, as well as the correct legal name of the recipient, such as Young Women's Christian Association, located in Vancouver, BC.

Charitable tax receipt - Results from charitable bequests. A charitable tax receipt can be used to offset estate taxes or a donor's final income taxes.

Codicil - An addendum to an existing will to specify additional bequests. This prevents having to completely redo a will. (YWCA can provide a sample of a codicil.)

Estate - Everything that a person owns or has a financial interest in, as in all of the real (i.e. fixed, such as land, buildings) and personal (i.e. movable, such as art, stocks) property in which a person has a right or interest.

Legacy gift - A charitable estate gift that both serves the interests of the charitable organization and suits the personal financial situation of the donor.

Registered charity - An organization that is registered under the Income Tax Act as a charitable organization.

Residual bequests - Made when you intend to leave the residual portion (any leftover property) of your assets after other terms of the will have been satisfied.

Will/testament - The last legally binding document of an individual, which directs estate disposition at death.

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

Give Hope. Inspire a Dream.

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

☐ Here is my gift of:

☐ \$100 ☐ \$50 ☐ \$25 ☐ Other _____

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

OR

☐ Please charge my credit card

☐ Visa ☐ MasterCard ☐ American Express

CARD # _____ EXPIRY _____ 3-DIGIT SECURITY CODE _____

NAME ON CARD _____ SIGNATURE _____

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

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

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

Bank Name _____ Account # _____ Branch ID _____

OR

☐ Monthly charge to my credit card \$ _____

☐ Visa ☐ MasterCard ☐ American Express

CARD # _____ EXPIRY _____ 3-DIGIT SECURITY CODE _____

NAME ON CARD _____ SIGNATURE _____

Name _____

Address _____

Phone _____

Email _____

Name(s) to appear in recognition listings _____

Please send me information about:

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

 535 Hornby Street
Vancouver, BC V6C 2E8
tel 604 895 5850 fax 604 684 9171
ywcavan.org



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

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

A HEALTHY START FOR CHILDREN

CITYGATE EARLY LEARNING AND CHILD CARE

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

CRABTREE CORNER EARLY LEARNING AND CHILD CARE

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

LESLIE DIAMOND EARLY LEARNING AND CHILD CARE

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

EMMA'S EARLY LEARNING AND CHILD CARE

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



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 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



A SAFE HAVEN IN THE DOWNTOWN EASTSIDE

CRABTREE CORNER COMMUNITY RESOURCE CENTRE

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

533 East Hastings Street.
tel 604 216 1650



HOW YOU CAN SUPPORT THE YWCA

DONATIONS

There are many ways to financially support the work of the YWCA. Donors may choose to give cash, securities or gifts-in-kind. A variety of convenient payment options are available. **tel** 604 895 5850
YWCavan.org/donate

VOLUNTEER

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

CELEBRATING WOMEN WHO INSPIRE

WOMEN OF DISTINCTION

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

CONNECTING PEOPLE TO EMPLOYMENT

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

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

NORTH VANCOUVER

North Shore

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

One Stop Career Shop Youth Satellite

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

VANCOUVER WEST

West Side

300-2150 West Broadway
tel 604 688 4666

Career Zone Youth Satellite

1260 Granville Street
tel 604 605 4666

VANCOUVER SOUTH

Vancouver South

7575 Cambie Street
tel 604 263 5005

FOCUS @ WORK

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

NEXTSTEP MENTORSHIP

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

STRIVE

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

Vancouver

1256 Granville Street **tel** 604 605 4666

North Shore

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

FUTURES IN FOCUS

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

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

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

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:

604 895 5850
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YwcaVan.org

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