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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

Given the global political climate, YWCA Metro Vancouver’s efforts serving and advocating for women in our communities is more important than ever. Looking forward in 2017, we will strengthen our commitment to women’s equality with a special focus on access to high quality, universal child care, reconciliation with Canada’s Indigenous peoples and our ongoing commitment to combating sexualization.

At the YWCA, we serve a diverse range of women, children and youth from across Metro Vancouver, dealing with complex social and economic challenges. Gender, race, religion and ability are some of the complex factors that can contribute to people’s experiences with equality. We will continue to ensure YWCA programs and services reflect our commitment to diversity and inclusion.

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

We will focus on strong, sustained communications to bolster the argument for universal child care. Using evidence from leading economists and child care experts, the YWCA will execute a communications strategy highlighting the return on investment in child care and encouraging government action.

In June 2015, the Truth and Reconciliation Commission released its findings along with 94 recommendations for public policy reforms that will transform the lives of Indigenous peoples and their relationship with Canada. The YWCA has had long recommendations for public policy reforms that will transform the lives of Indigenous peoples and their relationship with Canada. The YWCA has had long

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

Sincerely,

Janet Austin,
CEO, YWCA Metro Vancouver

YWCA HOUSING

YWCA Cause We Care House Opens

“Access to safe, affordable housing is a significant barrier for many single mothers, so building more supportive housing communities continues to be a key priority for the YWCA,” says Lisa Rupert, Vice President of Housing Services and Violence Prevention. Demand for safe, affordable housing for low-income single mothers is high, and wait lists for YWCA housing communities are long. “We will continue to develop housing where we can and in innovative ways like we have done with Pacific Spirit Terrace and Cause We Care House.”

YWCA CAUSE WE CARE HOUSE GRAND OPENING

We are proud to have officially opened YWCA Cause We Care House in the Downtown Eastside/Strathcona on April 19th. Partnering with the Vancouver Public Library and the City of Vancouver, this creative housing community was built on top of the nə́cəʔmatstən̓ Strathcona Branch of the Vancouver Public Library.

“Me and my son, we never had [a] beautiful building in our whole life, and it’s very meaningful to us, because the transition from shelter to shelter [is very hard] – we’ve been through so much,” Anna said. She also added, “my son has never had a room of his own.”

Cause We Care House has an on-site Community Development Worker to connect tenants to resources such as support groups, child care, legal educator services, employment and educational assistance, providing low-income single mothers and their children with a safe and caring environment.

This new housing community would not be possible without our lead donor, Cause We Care Foundation and the additional support of the Province of British Columbia – BC Housing, Streetohome Foundation, Ismaili Muslim Community of BC and other generous donors.

HOUSING UPDATES

• We officially broke ground at YWCA Pacific Spirit Terrace in November last year. Designed to support families facing multiple challenges, this community will have a profound impact on the lives of low- and moderate-income women-led families and their children. Construction is well underway; we have started with affordable townhouses and 7 townhouse units in Coquitlam, is expected to open in Summer 2017.

• In partnership with the City of Coquitlam and Beedie Living, YWCA Como Lake Mews, 7 townhouse units in Coquitlam, is expected to open in Summer 2017.

• YWCA is partnering with the City of North Vancouver on a new development located at 15th and Lonsdale, providing 9 units. The expected completion is Summer 2017.

NEW

• YWCA is partnering with Chard Development Ltd. to provide 14 units of affordable housing in the City of North Vancouver. The project is currently under development and is expected to start Summer 2018.

We are grateful to the Province of British Columbia – BC Housing for the significant contributions made to each of these projects.

For more information on new YWCA housing developments or to make a donation, contact Brenda Ulmer at bulmer@ywcavan.org | 604 895 5764
The research confirming the multiple benefits of high quality, affordable child care - for children, families, employers, communities, government budgets and the economy - appears to be widely accepted. However, the main barrier to implementing such a system in BC is the belief that it is too expensive.

In the 1990s, Quebec implemented $10-a-day child care for its families. Economist Pierre Fortin found almost immediate economic and fiscal benefits from the provincial child care plan: It enabled more women with young children to return to work, which boosted Quebec’s economy and generated significant returns from higher tax revenues; reduced social assistance for families with children and lowered reliance on other income-tested benefits.

Evidence shows that the benefits outweigh the costs, even in the near term. Increased participation of women in the workforce, jobs, GDP growth and reduced income inequality are some of the economic returns that could be realized through investing in a universal child care system.

The federal government provides a monthly payment to families, the Child Care Benefit (CCB) – and will invest $500 million in 2017-18 to support the establishment of a National Framework on Early Learning and Child Care. Building on this commitment, Budget 2017 proposes to invest an additional $7 billion over ten years starting in 2018-19, to support and create more high-quality, affordable child care spaces across the country. A portion of this investment will be dedicated to early learning and child care programs for indigenous children living on- and off-reserve.

The YWCA operates four centres across Metro Vancouver with play-based curriculum and staff trained in early childhood education, infant-toddler care, first aid and special needs. These centres provide valuable and much-needed services to families, teen mothers finishing high school and low-income families in the Downtown Eastside.

To support the YWCA Metro Vancouver’s early learning and child care centres, contact Elia Robles at erobles@ywcavan.org | 604 895 5856

To learn more about the YWCA’s advocacy work contact Chantelle Krish at ckrish@ywcavan.org | 604 895 5767

YWCA is grateful to the BC Ministry of Children and Families, the Child Care Benefit (CCB) – and other generous donors for their support.

High Quality Early Learning and Child Care: We Can Afford It

Vancouver is a beautiful and vibrant city, often lauded as one of the most liveable cities in North America. Unfortunately, it is also one the most expensive cities in the world and Vancouverites face significant challenges with affordability. Next to housing, child care is the highest expense for families with young children, with the average cost reaching upwards of $1,300/month for infant and toddler care. For low-income single mothers, lack of access to child care keeps many trapped in the cycle of poverty.

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YWCA Boys 4 Real Volunteers Make a Difference

Volunteerism is a selfless act of giving, but more times than not, we hear stories about how it has helped shape people’s passions and sense of purpose.

Thomas is one of those people.

Being a volunteer with our after-school program, Boys 4 Real, for more than four years, there is no doubt that he is committed to the YWCA and the cause. “It was a unique experience to work with Grade 7 youth, where you are giving them skills to prepare for high school.”

“Boys 4 Real has given Thomas a clearer direction of where he is headed professionally.”

Thomas joined our program as a facilitator, meaning he was also a student when he was volunteering. For him, school wasn’t as rewarding as he would have liked. He was pursuing a biology degree, but was unsure of his next steps. Outside school, he enjoyed working with youth through programs like Boys 4 Real and was passionate about healthy living, but didn’t know how he could marry the two. “I would go to class and do my assignments, but I felt no connection and couldn’t really see a future in what I was learning.”

I was among many other intelligent, talented women who were facing the same sort of challenge. I was given a chance to start my journey to learn who am I and finally become friend to that person. I have learnt that I am not that bad: I have my values, my skills, my accomplishments. And I have learnt that I am as unique as everyone else. I’ve realized my mistake: I was expecting someone else to sort my problems out, but found out that I could do it. All I needed were resources to do it and support.

Day-by-day I painted my grey world in bright colors. It was a journey to my rebirth and re-evaluation. And I remember the moment it started: I woke up one morning and literally felt happiness. No job, no property, fading funds, responsibility towards family. But I was happy! I knew I was going to change my strategy and work on plan B and if plan B wouldn’t work, move to plan C, D, E and beyond.

I am grateful for all you have done for us.

Thanks to the financial support of very generous individual donors and Accenture, many more women and their families will have better opportunities.

To donate to FOCUS@Work please contact
Brenda Ulmer bulmer@ywcavan.org | 604 895 5764

For more information please contact Carolyn Neilson cnielson@ywcavan.org | 604 895 5791

For information on becoming a Youth Education volunteer, contact Adam Butz at abutz@ywcavan.org | 604 895 5779

To give to our Youth Education programs, contact Bobbi Sarai at bsarai@ywcavan.org | 604 895 5780
The Social Cost of Food Insecurity

AT YWCA CRABTREE CORNER, EVERY PROGRAM INCLUDES A MEAL

The virtues of a good meal have been expounded upon in every form of literature, film and conversation. Of late, wholesomeness and healthiness have become the top desirable traits for a meal to have. But what happens when healthy food is out of reach?

For many of the program participants at YWCA Crabtree Corner, accessing food comes at the cost of sacrificing other basic needs such as clothing or shelter.

THE HEALTH AND SOCIAL COSTS OF FOOD INSECURITY

One in five BC children is living in poverty and more than half of them are the children of single mothers. For low-income families, food security—having reliable access to sufficient affordable, nutritious food—can seem unattainable. Evidence suggests children living with food insecurity have poorer school performance and experience added challenges as adults, including a higher prevalence of diabetes, cardiovascular disease, psychological and social development issues.

YWCA CRABTREE CORNER FOOD PROGRAMS

Crabtree Corner Community's kitchen provides breakfast for families using our programs and hot lunches on a drop-in basis for women and children in the community. Food is made from scratch using produce from the YWCA’s Rooftop Garden and through generous donations from FreshPoint and other community partners.

Each year, Crabtree Corner serves more than 32,000 nutritious meals to families living in the Downtown Eastside. “The food programs help our clients in a variety of ways,” says Brenda Lalavalle. “For women parenting on their own, they don’t have the financial means to feed their families all three meals plus snacks. Families use the food programs at Crabtree to stretch their budgets to finance other activities for their children, like sports or school outings.”

YWCA CULTURE SHIFT – ONE YEAR IN

February 2016 marked the launch of YWCA Metro Vancouver’s newest sexualization initiative – Culture Shift. Culture Shift is a research-based initiative funded by Status of Women Canada, designed to change attitudes and practices that contribute to the sexualization of women and girls.

We are one year into the project and it really feels like the movement is gaining momentum.

The first year of the project focused on two main tasks: completing the research and assembling an advisory council. The research included a review of existing literature, key informant interviews with experts in the field across North America and youth focus groups with females and males ages 19-25.

Embedded within the report (ywcavan.org/cultureshift) are eight recommendations for systemic change. These targeted recommendations suggest how we can mobilize shifts in practices that contribute to sexualization of girls and women from the individual level such as developing programming for youth and raising awareness about the topic to macro-level shifts that look at policy and curriculum.

The second component of the project involved a high-level advisory council of community business leaders. Fitting with the project goals of building unlikely allies, Culture Shift staffers explored both existing and new networks to bring together a group of 30 advisors who will help guide, counsel and mobilize the project and its goals of pushing forward the eight recommendations.

The current focus of the Culture Shift Project is to build public awareness about the impacts of sexualization and hypermasculinization through a year-long media campaign focussing on research findings and recommendations. We are also developing a media complaints tool kit that will provide the general public with a vehicle to take direct action on advertisements that sexualize women and perpetuate harmful ideas about gender roles in society. We continue to explore opportunities to build relationships with unlikely allies in the government and business sectors.

To be involved with the Culture Shift project, please contact Lori Boland at lboland@ywcavan.org | 604 895 5819

Get to Know the Latest Fitness Program: TRX

Looking to shake up your workout routine and challenge your muscles in a brand new way? Check out the new TRX S-Frame at the YWCA Health + Fitness Centre.

This is a surefire way to beat boredom and bust through your fitness to a whole new level!

WHAT IS THE TRX?

• Created by the Navy Seals, TRX is a body weight, suspension training system that develops strength, balance, flexibility and core simultaneously!
• The TRX is used not only by everyday people wanting to look and feel their best, but also world-class trainers, elite athletes, sports teams and even the military.

HOW DOES IT WORK?

• The system works by leveraging body weight and gravity to perform hundreds of exercises.
• Choose your own intensity. You are in control of how much you want to challenge yourself on each exercise – simply adjust your body position to add or decrease resistance.

WHY SHOULD I USE IT?

• Delivers a fast, effective total-body workout
• Helps build a rock-solid core
• Increases muscular endurance and strength
• Increases joint stability and builds strong body awareness
• Benefits people of all fitness levels (pro-athletes to seniors)
• Reduces time spent pacing from one training station or equipment to another
• TRX Small Group Training offers
  - Personal attention
  - Motivation, support and advice
  - Fun atmosphere
To experience this great workout, join one of our registered programs or book your own private or small group training session. (Maximum 6 people)

For more information, contact Health + Fitness Member Services at ywcavan.org/fitness | 604 895 5777

YWCAVAN.ORG 5

TRAIN LIKE THE FITTEST

“This is my favourite piece of equipment to use with classes and clients! One of the most fun and effective workouts with endless possibilities to challenge and push your body. So excited to show people what it’s all about!” – Regan Courtney, Certified Personal Trainer and Health Coach.
Corporate volunteering is a growing trend which allows organizations and employees to give back to the communities in which they do business while building healthy corporate cultures. Organizations encourage employees to build their leadership skills and use talents in rewarding ways, while helping the community.

“YWCA Metro Vancouver offers a wide range of volunteer opportunities for small groups and projects for larger teams who are looking to offer their specialized skills or labour.”

Although there is a projected shortage of drivers over the next 10 years due to the aging population of male drivers, it has not been easy for women to break into this field. Traditionally a male-dominated occupation, the industry is rooted in gender-based stereotypes, not only with employers but even with the women themselves. There is a general misconception that to be a truck driver, you need to be big, strong and mechanically adept.

“...providing women with the essential skills needed to be successful drivers, with a focus on health and wellness, safety and overall well-being in the industry.”

But women are demonstrating that they can do the job and therefore, deserve the job. And with the help of programs like Changing Gears, the public image of female truck drivers is beginning to change: we are starting to see more women in the driver’s seats of trucks. More employers are seeking women drivers for the additional benefits that they are able to provide to their companies, such as a focus on safety, excellent document-use skills and overall reliability. In fact, women drivers have been proven to take fewer risks and have an overall lower accident rate.

In an effort to attract more women drivers, a growing number of employers are working towards creating environments where women are welcome and feel safe. The Changing Gears program is crucial in facilitating this change.

Changing Gears is now training its second cohort thanks to the generous funding from the Government of Canada.

For more information on Changing Gears and other YWCA employment program, please contact Lynda McFee at lmcfee@ywcavan.org | 604 895 5813
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 __________

- Monthly charge to my credit card $ __________

  - Visa
  - MasterCard
  - American Express

  CARD # __________________________ EXPIRY ____________ 3-DIGIT SECURITY CODE ____________

NAME ON CARD __________________________ SIGNATURE __________________________

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

Name __________________________
Address __________________________
Phone __________________________
Email __________________________

Name(s) to appear in recognition listings __________________________

Please contact JoAnne Fahr for more information at jfahr@ywcavan.org | 604 895 5829

YWCA Metro Vancouver
535 Hornby Street
Vancouver, BC V6C 2E8
Tel 604 895 5783
Fax 604 684 9171
ywcavan.org

Charitable Business No. 108227943 RR0001. Tax receipts are mailed.
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 Crabtree area.
533 East Hastings Street
tel 604 216 1650

SAFE, AFFORDABLE HOUSING
CAUSE WE CARE HOUSE
Located in Vancouver’s Downtown Eastside, this innovative new development includes YWCA programs and services, and 21 units of long-term supportive housing for single mothers and their children.
tel 604 216 1671

SEMLIN GARDENS
Located in Vancouver, Semlin Gardens is a supportive housing community that caters to low-income single mothers and their children.
tel 604 879 5706

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/therapy groups 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 for low-income single mothers, with a communal garden, play area and common room.
tel 604 514 1255

A SAFE HAVEN IN THE DOWNTOWN EASTSIDE
CRABTREE CORNER COMMUNITY RESOURCCE 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

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.
533 Horne Street
tel 604 895 5849

LEGAL EDUCATOR
Provides one-to-one information and workshops for YWCA clients on a wide range of legal issues.
tel 604 216 1672

THRIFT SHOP
Donated clothing, housewares, books and jewelry 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 604 678 9996

To subscribe or change your address to Contact, email enquire@ywcvancouver.org or provide mailing label and mail to: YWCA CONTACT, 533 Horne Street, Vancouver, BC V6C 2E8.
For more information about the YWCA, phone YWCA Metro Vancouver, please contact:
tel 604 895 5766
enquire@ywcvancouver.org | ywcvancouver.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. YWCVAN.COM

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 Township to women who have left abusive relationships.
tel 604 313 6456

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Provides one-to-one information and workshops for YWCA clients on a wide range of legal issues.
tel 604 216 1672

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4399 Main Street (Main & 28th Avenue)
tel 604 678 9996

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 program; provides life-skills and connects them with positive adult Indigenous role models.
tel 604 895 5795

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 HEALTHY START FOR CHILDREN
LESLEY DIAMOND EARLY LEARNING AND CHILD CARE
Located in downtown Vancouver, Leslie Diamond provides care for children ages six weeks to three years.
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 1211

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 Westside and Vancouver South communities. Jobseekers have access to:
• Job search resources
• Personal employment planning
• Workshops and training
• Specialized services

NORTH VANCOUVER
North Shore
106-980 West 1st Street, North Vancouver
tel 604 936 5916

One Stop Career Shop Youth Satellite
909-980 West 1st Street, North Vancouver
tel 604 988 3766

VANCOUVER
Westside WorkBC
300-2350 West Broadway
tel 604 688 4666

Career Zone Youth Satellite
1260 Granville Street
tel 604 605 4666

Vancouver South
7575 Cambie Street
tel 604 263 5005

FOCUS @ WORK
Free 3-week job search program for skilled or professional women.
210-1201 West Pender Street
tel 604 569 1786

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

Vancouver
1256 Granville Street
tel 604 605 4666

North Shore
109-980 West 1st Street, North Vancouver
tel 604 988 3766

FUTURES IN FOCUS
Supports single moms on a path toward 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

CHANGING GEARS
Free 3-week truck driver training program for women.
tel 604 583 4838

ADMIN ESSENTIALS
Preparing women for sustainable employment in office administration.
403-535 Horne Street
tel 778 379 2148

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 | ywcvancouver.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

Cómo Lake Gardens
Located in Coalpit, this supportive housing community is for low-income single moms and their children.
tel 604 936 5665

YWCA Hotel
The YWCA Hotel offers affordable accommodation to all travellers, including long-term housing to residents and temporary accommodation for women needing immediate shelter.
733 Beatty Street

YWCA Health and Fitness Centre
ywcahealthandfitness.com
tel 604 879 1211

YWCA Hotel
ywcahotel.com
tel 604 895 5830

YWCA Metro Vancouver, 533 Horne Street, Vancouver, BC V6C 2E8. 
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Contact: SPRING 2017
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YWCA Metro Vancouver