

CONTACT SUMMER 2009



**Touching Lives
Building Futures**



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Greeting from the CEO



For many months now, the hot topic on everyone's lips has been the global economy. Although no one is unaffected by economic conditions, YWCA Vancouver is strategically positioned to deal with the recent downturn due to our diverse funding sources, our

prudent approach to financial management and careful monitoring in the current context.

However, in the existing economic climate our clients are seeking more help than ever, from single moms who need extra support to jobseekers looking for work in the increasingly competitive market. While we have established a conservative budget for 2009 and trimmed spending where possible, we have been able to protect critical programs and services. And, we will continue to make progress on new ventures like our planned housing developments for single mothers in Coquitlam and Surrey.

In the coming months, thanks to our dedicated donors, our clients will benefit from the comprehensive, holistic services that allow them to move forward with their lives and transition to economic independence.

Thankfully, at YWCA Vancouver we have a strong base of supporters, including our

volunteers, who you'll read about in this issue. Without our volunteers, many of our programs would be impossible to set in motion.

We are also delighted to announce that YWCA Vancouver recently received a Cultural Diversity Award for Business for our commitment to embracing diversity. We serve clients of all ages who come from a wide variety of cultural backgrounds, and we will continue to focus on providing them with specialized services well into the future.

As always, we would like to thank our partners, donors and supporters for your continued commitment to the YWCA, especially during these tough economic times. We wish you a happy and healthy summer.

Janet Austin, CEO

YWCA Volunteers Essential to Our Success

More than 100 years ago, YWCA Vancouver was founded by concerned volunteers hoping to bring about social change. Over the years, women's needs and issues have changed, but our one great constant and strength remains: our enthusiastic and dedicated volunteer base.

Ranging in age from 12 to 83, last year more than 500 volunteers donated over 19,000 hours of their time to our organization. Without them, we could not provide such varied and exceptional services to the community.

The YWCA's Volunteer Services department not only recruits and trains volunteers, but also builds relationships with them – which is why many of our volunteers have been with us for so many years. And since our volunteers give us so much, it's imperative that they gain something from the experience as well.

“When matching volunteers with jobs, we make sure that their interests are taken into consideration,” says Mariko Ikeda, Volunteer Services Coordinator. “We work with them to find an area of the YWCA that they are passionate about. That's how long lasting volunteer relationships are built.”

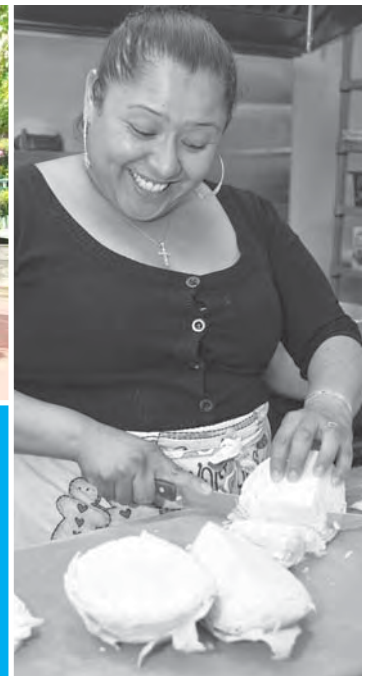
Volunteering allows people to gain professional, social and life skills, plus it's an opportunity to engage with members of the community. It's a great way to contribute and make an impact.

“Volunteering is important because it gives anyone a chance to be philanthropic,” says Hannah Berman, a volunteer who helped with the YWCA's sustainability campaign. “Not everyone is in a position to donate money to a charity, but their time can be of equal or greater value.”

The commitment of our volunteers has not waned since the economic downturn, which is truly significant because many of our clients are



- ▲ Volunteers from Scott Construction revamped the playground for children at Citygate Early Learning and Care Centre.
- ▶ The community kitchen at YWCA Crabtree Corner relies on volunteers to prepare more than 500 meals every week for families in the Downtown Eastside.



- ▲ A volunteer engages a youngster in play at Leslie Diamond Early Learning and Care Centre.
- ◀ YWCA Health + Fitness volunteers help members 'find their balance' every day.

seeking more support than ever before. And it's a testament to our organization that even though our volunteers may be experiencing harder financial times themselves, they are still dedicated to supporting our community programs that help women and children in need.

For more information or to volunteer, contact **Mariko Ikeda** at **604 895 5814** or **mikeda@ywcavan.org**. You can also visit our website at **ywcavan.org/volunteer**

Vibrant Volunteers

YWCA Vancouver has more than 500 volunteers that assist us in a multitude of ways. Here's a snapshot of just a few of the invaluable people that help us make a difference in the lives of women and their families.



Suzanne Bolton

Volunteer, Focus

Suzanne Bolton's schedule is jam-packed: she owns her own consulting business, volunteers for multiple organizations and is on three different charity boards. But without fail, on every other Wednesday she can be found at the YWCA's Focus program counselling unemployed women.

Whether she's meeting with women one-to-one or in a group, Suzanne helps clients with their questions, concerns and anxieties, and helps guide them to where they want to be in life.

"THIS IS AN OPPORTUNITY FOR ME TO USE MY BACKGROUND IN A DIFFERENT KIND OF SETTING, AND TO USE MY CAREER AND LIFE EXPERIENCE IN A POSITIVE AND PRODUCTIVE WAY," SUZANNE SAYS. "I FEEL VERY PRIVILEGED TO BE INVOLVED WITH FOCUS."

Suzanne has been volunteering at Focus for the past 12 years, but she's also been on the YWCA Vancouver board and is a life long YWCA member. Recently, she was recognized by YWCA Canada as the recipient of the prestigious Agnes Amelia Blizzard Award for her commitment to volunteer work.

She's remained with Focus all this time because of its deeply committed staff and the inspirational, courageous clients, plus it's given her the chance to contribute to the career development of women in a very hands-on way.

"Overall, it's deeply gratifying to be connected to Focus," Suzanne says. "It really has a family feel to it. I'm treated like family and the clients are as well. It's a supportive, compassionate atmosphere, but at the same time it's highly professional."

Juliana Pasko

Master Gardener, YWCA Rooftop Food Garden

Juliana Pasko first put her green thumb to use when she was five years old and grew her first plant, a bean. So when the YWCA was in search of a master gardener for its Rooftop Food Garden, she jumped at the chance to put her passion to work and give back to her local community.

For the past three years, Juliana has advised the YWCA about best strategies for the garden, like which seeds to plant and optimal locations so plants can grow to their fullest. Juliana loves her work and is proud that the produce goes to the kitchen at YWCA Crabtree Corner, our resource centre for families in the Downtown Eastside.

"I HAVE BEEN TO CRABTREE CORNER AND SEEN THE DIFFERENCE THE PRODUCE FROM THE ROOFTOP FOOD GARDEN HAS ON THEIR LIVES," SHE SAYS.

Juliana has a deep passion for children and enjoys interacting with the kids at Leslie Diamond Early Learning and Care Centre when they're outside in the playground, which is right next to the garden. Juliana also loves volunteering because the people at the YWCA are friendly, fun and encouraging, and she knows that the garden wouldn't flourish without the help of volunteers.

And while Juliana's never made gardening her career, her experience at the YWCA has got her thinking about creating her own gardening consulting company – fittingly named 'I Grow Green Thumbs'.

▼ Juliana (middle) offers her expertise to Rooftop Food Garden volunteers



Kathie Williams

Volunteer, Health + Fitness

Kathie Williams came to the YWCA as a single mom in search of health and fitness after her six-year-old son begged her to stop smoking. Twenty-five years later, she's still here – except now she's teaching classes every week and offering guidance to members looking for a healthier life, just as she once did so many years ago.



"I REALLY ENJOY IT," KATHIE SAYS. "I FEEL LIKE I'M HELPING OTHERS. THIS IS AN UNSELFISH WAY FOR ME TO GIVE BACK TO PEOPLE AND MAKE THEM FEEL GOOD."

Throughout the years, Kathie's volunteer involvement has reached beyond the mirrored walls of the fitness studio. She's been the captain of the YWCA Easter Seals 24-hour Relay team, ran a YWCA running club and raised funds for the current YWCA Program Centre building.

Kathie has volunteered with the YWCA's Health + Fitness Centre for so long because its core values are very different from other gyms she's taught at. And what's more, those values haven't changed over the past 25 years.

"The YWCA works on how you feel inside, not how you look on the outside," she says. "It's the positive attitude. After all this time, the values are still the same. It's still a caring environment. And it's always a lovely atmosphere here."

More Vibrant Volunteers

Sharon and Ramzi

Volunteers, YWCA Youth Programs

THEY SAY IT TAKES A VILLAGE TO RAISE A CHILD - AND SEVENTH GRADERS IN THE YWCA'S YOUTH PROGRAMS HAVE THE BENEFIT OF MULTIPLE GENERATIONS TO HELP THEM MAKE THE DIFFICULT TRANSITION TO HIGH SCHOOL.



The programs, run entirely by volunteers, are facilitated by high-school age mentors, university students from UBC and adult Wisdom Champion Mentors.

Sharon grew up in a household full of girls, so her role as

a Wisdom Champion for the girls' program *Welcome to My Life* suited her perfectly. Living with sisters taught her a lot about the importance of self-esteem and being healthy, and Sharon is happy to pass on her life experiences.

▲ Sharon (right) with a student from the *Welcome to My Life* program

"I was really excited when I found out about *Welcome to My Life* because it covered a lot of areas that are important to me, such as values and time management," says Sharon. "Moving into high school is such an important part of a young girl's life and I felt like I really wanted to be a part of that."

UBC student Ramzi Darwazeh became a facilitator for the boys' program *Boys 4 Real* to gain work experience so he could pursue a degree in Education, but found that the program provided him with so much more.

"I loved being a part of it," he says. "It helped boost my self-confidence and facilitation knowledge. It's been fantastic meeting new people and hanging out after the program, which has been really helpful for me as I am relatively new to the city." Ramzi also truly believes in the program and how it allows him to make an impact on the lives of young boys.

"I think encouraging boys to talk about masculinity, emotions, healthy lifestyle and aggression is awesome," he says. "Also, the modules are light-hearted. We discuss big issues in a fun and relaxed way, which makes it easier to connect with the children and get them talking. I'd recommend this program to everyone."

YWCA youth programs are recruiting for the upcoming Fall session. For more information contact **Lorna Wakefield** at 604 895 5779 or lwakefield@ywcavan.org

Jennifer Trost

Mentor and Steering Committee Member, Connect to Success



When Jennifer Trost moved to Vancouver, she knew few people in the city and was unsure of where to start looking for a job. So she joined the YWCA's Connect to Success mentorship program, and found the experience so valuable she later became a mentor and a member of the program's steering committee to give back to the program that helped her transition to a successful life in Vancouver.

"I BELIEVE LIFE SHOULD INCLUDE A BALANCE OF WORK AND VOLUNTEERING," JENNIFER EXPLAINS. "THIS WAY, PROGRAMS LIKE CONNECT TO SUCCESS ARE POSSIBLE."

Jennifer now meets with her mentee once a month to help create resumes and chat about work or life. Jennifer says her mentee is extremely appreciative and the invaluable advice is making a positive difference. Jennifer knows the importance of being supportive - because she once needed that support herself.

For Jennifer, the most rewarding part of volunteering is knowing that she is making an impact. She can see that she has made a difference in her mentee's life and wouldn't exchange that feeling for anything else.

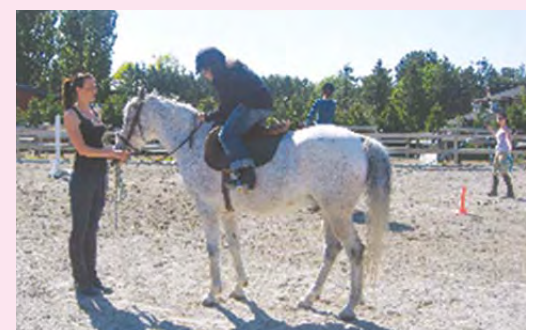
Gail Davies

Volunteer riding instructor, YWCA Munroe House

For the kids at Munroe House, the YWCA's transition house for women and children leaving abuse, Thursday afternoons mean more than the end of the school day. It's the chance for them to bond with animals during therapeutic pony riding lessons with instructor Gail Davies.

Gail, who teaches riding at the Thistle Equestrian Centre in the Southlands area, offers the children the opportunity to gain skills and experience they wouldn't have had otherwise. For these children, who are dealing with or have witnessed abuse, it's also a way for them to regain confidence and feel better about themselves.

"VOLUNTEERING GIVES ME A SENSE THAT I'M HELPING THESE CHILDREN AND GIVING THEM SOMETHING IN THEIR DAY TO SMILE ABOUT," SHE SAYS.



"Being around horses and animals is therapeutic because you don't even realize it's a therapeutic experience," Gail says. "It's really special - a lot of the kids have developed a really strong bond with the horses."

The children, most of whom had never been on a horse before, quickly learned the basics like getting up into the saddle and riding on trails to more difficult activities like trotting.

And Gail is more than happy to help them experience all that horse riding has to offer.



Mom Narda Flores, 18, hugs her daughter Melany.



Nominee Ann Howe plays with a youngster at Emma's.



Women of Distinction nominees enjoy Circle Time at Emma's.

YWCA Women of Distinction Nominees Participate in 'Circle Time' at Emma's Early Learning and Care Centre

YWCA Vancouver Women of Distinction nominees recently joined teen mothers and their children for a morning play session at Emma's, which helps teen mothers finish high school by combining academic work, counselling, vocational advice and parenting information, along with on-site care for their children.

FUNDS RAISED AT THE WOMEN OF DISTINCTION AWARDS SUPPORT PROGRAMS LIKE EMMA'S, AS WELL AS OTHER YWCA PROGRAMS THAT HELP WOMEN AND THEIR FAMILIES. THIS WAS A GREAT OPPORTUNITY FOR THE NOMINEES TO GET CONNECTED TO THE PROGRAMS OPERATED BY THE YWCA.

Circle Time at Emma's was a lead-up to the main event on June 3, where more than 950 people gathered at the Westin Bayshore to celebrate 60 nominees whose outstanding activities and achievements contribute to the well-being of our community. Nine inspirational women and one innovative workplace were the chosen Award recipients.

Hosted by Global BC's Jill Krop, the event included a nominees' reception, a silent auction with over 60 items, as well as a special raffle for a Birks diamond pendant.

Many thanks to our sponsors and volunteers who made this night such a success. For more information about the Award recipients, please visit ywcavan.org/distinction

YWCA WOMEN OF DISTINCTION AWARD PARTNERS

Gold Sponsors



Silver Sponsors



Media Sponsors



Bronze Sponsors

- | | |
|--------------------------------------|----------------------------|
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Indo-Canadian Business Association Golf Tournament Helps Single Moms in Surrey



▲ Conceptual designs of the single mothers' housing development in Surrey, which will be built to Gold LEED (Leadership in Energy and Environmental Design) standards.

The Indo-Canadian Business Association (I-CBA) will host a charity golf tournament this August in support of YWCA Vancouver's new housing development for single moms in Surrey.

Single mother-led families are especially vulnerable because they often live in sub-standard accommodation and direct a high proportion of income to rent - leaving few resources for food and other necessities, let alone child care that will allow a single mother to seek employment or further her education.

To help single moms on the path to economic independence, YWCA Vancouver provides them with a range of safe, affordable housing solutions. A recent partnership between the YWCA, the City of Surrey and BC Housing will enable us to build 36 supportive housing units for single mothers, with priority given to Surrey residents. Eight of those units will be second-stage transition housing for women leaving abusive relationships.

Single mothers in the Surrey community need support. More than 80% of single-parent families in Surrey are led by women, a third of whom live below the poverty line. And the waiting lists for subsidized housing are long.

"The Indo-Canadian Business Association realizes that issues for single mothers are a growing problem that are not always given the attention they need," says Jolly Dhaliwal, I-CBA Director and Chair of the golf tournament committee. "I-CBA, along with our community, would like to be a part of such a great cause and help out the YWCA with this tournament."

The ninth annual I-CBA Networking Golf Tournament will take place Tuesday, August 18 at the Morgan Creek Golf Course in Surrey. For more information or to join us for a day of golf, please visit www.i-cba.com, email golf@i-cba.com or call 604 551 0014.

Olympic Art Exhibit to Raise Money for the YWCA



In conjunction with the 2010 Olympics, the YWCA Hotel will be hosting an art exhibit of sport-themed paintings created by renowned local artist Ken Wesman. Called “We Rock”, the exhibit will run from February 5 to March 3, 2010 and the paintings available for sale will feature winter sports like hockey and skiing.

As a long time supporter of the YWCA, Wesman is donating half of the proceeds from the exhibit to YWCA community programs and services.

“I have in one way or another always been involved with the YWCA. It is sort of my second home,” says Wesman. “The YWCA

has so much good to offer and now it’s time for me to pay it back with my sport art.”

Wesman also has a long history with the Olympic Games – he was asked to create seven official images for the 1988 Olympic Winter Games in Calgary and produced images later that year for the Olympic Summer Games in Seoul. Each resulted in exhibit sellouts and four of these images are now in both Olympic Halls of Fame.

This will be Wesman’s second fundraising art exhibit in support of the YWCA. The first, held in December 2005, was inspired by the World Junior Hockey Championships. For more information about the 2010 exhibit, contact **Arden Sutherland** at asutherland@ywcavan.org.

Women in YWCA Program Build Products for the Olympics

WHEN OLYMPIC ATHLETES STEP UP TO THE PODIUM NEXT YEAR, THEY’LL BE STANDING ON THE HANDIWORK OF MARGINALIZED WOMEN TRAINED IN CARPENTRY BY YWCA VANCOUVER AND RONA.

The YWCA, in collaboration with RONA, Service Canada and the Tradeworks Training Society, celebrated the arrival of a new cohort of trainees at the RONA Vancouver 2010 Fabrication (FAB) Shop on March 5.

The 16 female trainees, many of whom live in East Vancouver, will receive 30 weeks of apprenticeship training at the FAB Shop from accredited BC Red Seal carpenters, plus they’ll benefit from employment workshops, job search support and personal life-skills coaching from the YWCA.

Trainees will also receive support such as tools to work with, money for rent and child care as well as industry wages. During their work experience, they’ll build some of the 8,000 wood objects to be used during the 2010 Winter Games – including podiums, risers, stanchions and signage.

“This program provides a unique opportunity for young women to gain concrete skills to build a successful career that will set them on the path to economic independence,” says YWCA CEO Janet Austin. “There are multiple supports built into this program that will allow these women to move forward with their lives and also become role models for other young women who are looking to enter the trades.”

For more information about the FAB Shop, contact **Marnie Marley** at **604 895 5791** or mmarley@ywcavan.org.

YWCA Vancouver’s International Programs Help Women and Families Around the World

Marnie Marley was sitting at her desk eight years ago when the phone rang. It was a representative in Ottawa at the end of the



▲ (left to right) Radmila, Sanja, Biljana and Dusko hope to apply YWCA program models in their homeland of Serbia.

line, who was bringing in a delegation from Russia to learn about employment programs for women and wanted the YWCA’s help. This call began the latest chapter in the YWCA’s remarkable international work.

Marnie went on to play an instrumental role in the establishment of YWCA Russia. By providing support and training, as well as advice on World YWCA practices, program delivery and capacity building, Marnie saw YWCA Russia come to fruition in 2007.

As such a well-established YWCA in a privileged part of the world, YWCA Vancouver is in the perfect position to offer support to other YWCAs around the world.

“I feel strongly that it’s a really critical part of who we are and what we do,” says Marnie.

Inspired by Marnie’s work in Russia, YWCA Career Zone counsellor Sveltana Pantovic suggested that the YWCA offer assistance to community workers from her homeland of Serbia, which is suffering from many

post-war challenges, including a 40% unemployment rate.

Last fall, YWCA Vancouver hosted guests from Serbia, who visited here to learn about developing a women’s centre in Apatin, Serbia – thanks to funding from the Canadian International Development Agency (CIDA).

Over the course of their stay, the Serbian visitors had the chance to learn about various YWCA programs and services, as well as tour other organizations in the community.

“The people that we met were the best thing for me,” says Biljana Raskovic, who works with the Roma population at the Novi Sad Humanitarian Centre in Serbia. “People were so optimistic, so friendly and so amazing.”

For more information on the YWCA’s international work, contact **Marnie Marley** at **604 895 5791** or mmarley@ywcavan.org.

A World Traveller Leaves A Legacy to Her Favourite Home

Vivette Marie DeNetto, or Madge as she was affectionately known to family and friends, was an adventurous, independent woman who served as a role model and mentor to many. Widely travelled and well-educated, Madge always had an interesting story to share and painted vivid pictures of those living in other lands. She was a charming woman with a wonderful sense of humour and her conversations were always peppered with wit.

Though always a joker, Madge was serious about her belief in the mandate of the YWCA. She chose to live most of her life in YWCAs in India and Canada, and was a resident of the YWCA Hotel for seven years.

The YWCA was a true home to Madge, providing her with the level of independence she desired, but also offering a safety net of caring friends and staff. During her retirement years she particularly enjoyed the summers at the YWCA Hotel when she could share her travel tales with visiting youth, while they brought her news from around the world.

Madge had a strong sense of responsibility – towards her family and those less fortunate than herself. She supported the education of her younger brothers and sponsored one of them to move to Canada. Because of her



generosity, her siblings' families thrive to this day.

She also believed in donating to charitable organizations. Madge chose to recognize the good work being done by YWCA Vancouver by making a gift to us in her will. She strongly believed that the YWCA provides a necessary service to women, and is a safe and supportive environment in which women can thrive. And as a result of her careful planning, women and their families will continue to flourish for years to come.

For more information on leaving a bequest in your will, please contact **Celia Campos** at 604 895 5810 or ccampos@ywcavan.org or **Vanessa Wellington** at 604 895 5826 or vwellington@ywcavan.org.

Postpone taxes and support the YWCA

Through the BC Property Tax Deferment Program, anyone over the age of 55 can arrange to pay the property tax on their principal residence from their estate as opposed to from their current income. With the resulting higher disposable income a life insurance policy is purchased to pay the deferred property tax and make a substantial gift to charity. Your estate will be entitled to a tax receipt equal to the amount donated to the charity, helping further offset taxes your estate owes to the government.

This simple example demonstrates how the program works:

Pay Property Taxes Now

Continue paying your annual property tax:
\$4,000/yr (indexed) for 34 years = \$192,135
Net amount paid to the government = \$192,135
Charitable bequest = \$0

Postpone Taxes and Leave a gift

Defer property tax and purchase life insurance with annual premiums of \$4,000
Death benefit = \$638,726
Property tax owing (includes interest) = \$274,995
Charitable bequest = \$363,731

The above calculation is based on a joint policy covering a male 55 year-old non-smoker and a 55 year-old female non-smoker who pay \$4,000/year property tax on their principal residence that has been valued at \$750,000. If the property is sold or otherwise transferred, all taxes owing must be fully paid up. Assumed indexation is 2%. Assumed interest rate is 2.75%.

This calculation is an illustration only. All donors are encouraged to consult with a professional advisor when formulating an estate plan.

For more information about gifts of life insurance, please contact **Celia Campos** at 604 895 5810 or ccampos@ywcavan.org. For more information about the BC Property Tax Deferment Program: www.gov.bc.ca or 604 660 2421.

This information was provided to the YWCA by Brett Creed, CFP, Wealth Advisor with ScotiaMcLeod. Brett has been a long time YWCA donor through the Presents of Peace program.

Give Hope. Inspire a Dream.

Since we opened our doors in 1897, YWCA 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 Vancouver)

OR

Please charge my credit card

Visa MasterCard American Express

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

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CONTACT SUMMER 2009

YWCA 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 care to housing, health and fitness, employment services and leadership, YWCA Vancouver touches lives in communities throughout Metro Vancouver.

YWCAVAN.ORG

Support for Families in Need

SINGLE MOTHERS' SERVICES

Information, resources and support are offered to women parenting alone. In addition to workshops and special events, single mothers can attend professionally facilitated community groups offered weekly in partnership with local neighbourhood houses and family places. **tel 604 895 5789**

LEGAL EDUCATOR

Provides one-to-one information and workshops for YWCA clients on a wide range of legal issues. **tel 604 734 5517 ext 2233**

PRESENTS OF PEACE

Donate to Presents of Peace during the holidays and have a lasting impact on the lives of low income, single parent families who access YWCA programs and services. **tel 604 895 5783**

THRIFT SHOP

Donated clothing, housewares, books and jewellery are sold to raise funds for community programs. Additionally, 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 and 28th Avenue). **tel 604 675 9996**

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**
donations@ywcavan.org

ROOFTOP FOOD GARDEN

Volunteers plant and harvest organic vegetables, fruit and herbs on the rooftop of the downtown YWCA Program Centre, supplying fresh produce for meal programs in the Downtown Eastside. **tel 604 895 5792**

MEETING ROOMS

The YWCA offers nine meeting rooms in two convenient downtown locations, available seven days a week. Rooms accommodate two to 100 people and are clean, bright and affordable. All revenues from meeting room rentals support YWCA community programs. Program Centre at 535 Hornby Street **tel 604 895 5800**. YWCA Hotel at 733 Beatty Street **tel 604 895 5840**

VOLUNTEER

One-time and long-term volunteer positions exist within each program. There are also volunteer opportunities for professionals to use their career skills. **tel 604 895 5774**

Safe, Affordable Housing

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 those needing emergency shelter. 733 Beatty Street. **tel 604 895 5830 ywcahotel.com**

HOUSING COMMUNITIES

Affordable, safe housing for single mother-led families. Vancouver **tel 604 879 5796**
Langley **tel 604 514 1112**

CRABTREE HOUSING

Transitional housing for pregnant women, new mothers and those with young children. **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**

Find Balance through Health + Fitness

HEALTH + FITNESS CENTRE

A co-ed fitness facility in Downtown Vancouver featuring an ozone purified pool, the latest in cardio/weight equipment and innovative programming. 535 Hornby Street. **tel 604 895 5777 ywcahealthandfitness.com**

Healthy Choices for Youth

HIGH SCHOOL MENTORSHIP PROGRAM

Partners high school youth with professional women. Mentors provide support and guidance regarding education and future career choices. **tel 604 895 5802**

WELCOME TO MY LIFE

A fun and interactive program at selected schools in Metro Vancouver to help Grade 7 girls with their transition to high school. This after-school program is offered in partnership with the Vancouver School Board and the UBC Learning Exchange. **tel 604 895 5845**

BOYS 4 REAL

A parallel program to *Welcome to My Life*, designed to meet the needs of Grade 7 boys. Both programs encourage healthy living, healthy decision making, and mutual respect in relationships. **tel 604 895 5779**

CAMP FUN GIRL

This week-long summer day camp aims to empower girls ages nine to 13 years in addressing the issues they face as they become teenagers. **tel 604 895 5844**

A Safe Haven in the Downtown Eastside

CRABTREE CORNER FAMILY RESOURCE CENTRE

Provides a healthy and secure environment for women and their families in the Downtown Eastside. Services include early learning and care, transitional housing, hot meal programs, single mothers' support groups, and parenting support. 533 East Hastings Street. **tel 604 216 1650**

A Healthy Start for Children

CITYGATE EARLY LEARNING AND CARE

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

CRABTREE CORNER EARLY LEARNING AND CARE

Offers short-term care for children ages six weeks to six years in the Downtown Eastside. 533 East Hastings Street. **tel 604 216 1650**

Celebrating Women Who Inspire

WOMEN OF DISTINCTION

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

Connecting People to Employment

CAREER SERVICES

Offers career decision-making and job search assistance programs for women and men, including workshops and one-to-one employment counselling. Specialized services for professionals and immigrants are available. 113 – 255 West 1st Street, North Vancouver. **tel 604 984 7630**

CAREER ZONE

A drop-in employment centre in downtown Vancouver for men and women ages 15 to 30. Works with community businesses to help youth achieve career goals. 1260 Granville Street. **tel 604 605 4666**

FOCUS AT WORK

Employment services that help job-ready women find meaningful employment. 602–1281 West Georgia Street. **tel 604 688 4666**

ONE STOP CAREER SHOP FOR YOUTH

A drop-in career centre in North Vancouver helping youth ages 15 to 30 find employment through counselling, job search workshops, mentorship opportunities and events such as hiring fairs. Suite A–15 Chesterfield Place, North Vancouver. **tel 604 988 3766**

EMPLOYMENT RESOURCE CENTRE

A drop-in employment centre in South Vancouver for men and women who are legally entitled to work in Canada. Offering case management, employment counselling and an employment resource area with computer lab and library. 5th Floor, 5750 Oak Street. **tel 604 263 5005**

CAREER LINKS

Connects clients from YWCA employment programs with working professionals for information and advice. **tel 604 895 5802**

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