

CONTACT WINTER 2007



J.Wayne Kaulbach, Skylight Images

Touching Lives
Building Futures



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Message from the CEO



Vancouver is well known as the least affordable city for housing in Canada. Statistics confirm what YWCA Vancouver employees see every day. Waiting lists are steadily increasing for our three housing communities for single mothers: Semlin Gardens, Fraser Gardens and Crabtree Housing. For this reason, we take great pride in the feature story on housing in this issue of CONTACT. Our Como Lake Gardens housing development is now approved and will be built to Gold LEED environmental standards with the latest technologies in “green” building features.

What makes Como Lake Gardens so significant is the collective efforts of the dedicated individuals who have supported the project with a “can-do” attitude. We are grateful to our partners, the City of Coquitlam and BC Housing for their support in moving this housing initiative forward.

Sadly, domestic violence is far too often the reason women find themselves parenting on their own. Violence is a complicated issue that manifests itself in physical, emotional and psychological abuse, but the root of the problem remains inequality. Every October, YWCA Canada organizes “Week Without Violence”, and we are proud to be part of this important initiative. The story about stopping violence against women helps raise awareness of this issue and how our programs and services help target the underlying causes.

Don’t miss the story on the Saturday Family Activity Program. The program is one example of how we work together with our donors to make the world a little brighter for single moms and their children.

Finding the success stories from our many programs and services is never a problem. You’ll meet Jordan Ivey, a young man with big ambitions, who successfully found funding to train for a career in visual media sound design with the help of YWCA Career Zone.

We are also delighted to share a profile on Suzanne Bolton, a 30-year YWCA Vancouver volunteer who was honoured with the Caring Canadian Award in early November. Suzanne’s dedication to nearly 50 years of volunteering is truly an inspiration for all of us.

And, as 2007 comes to an end, I would like to extend my personal thanks to our dedicated employees, volunteers, donors, and government and community partners. Through our combined efforts, YWCA Vancouver has achieved many successes throughout the past year and continues to touch lives and build better futures for women and their families.

Janet Austin, CEO

Stopping Violence Against Women

YWCA VANCOUVER PROVIDES HOLISTIC SUPPORT TO HELP WOMEN REBUILD THEIR LIVES AFTER LEAVING ABUSIVE RELATIONSHIPS

Recent murders of women in the Vancouver area are a stark reminder of the level of violence against women in our society. Most violence happens below the radar, yet continues to be widespread in our society.

The YWCA hasn’t forgotten these women, offering many programs and services that help women and target this tragic problem from different perspectives.

One of YWCA’s newest programs, called *Welcome to My Life*, aims directly at prevention and has become a great success. *Welcome to My Life*, piloted in 2005 at several Vancouver public schools, is an after-school program geared to Grade 7 girls. “The program is intended to build a girl’s confidence and teach her how to build positive, healthy relationships,” says YWCA Youth Manager, Joanna Beech.

Current research suggests a strong connection between low self-esteem and involvement in behaviours that put oneself at risk, such as the use and abuse of drugs, smoking and engaging in sexual activity at an early age. The more confidence a young girl feels about herself, the less likely she is to participate in risky



behaviours, or unnecessarily put herself in vulnerable positions.

The participants of *Welcome to My Life* gave it excellent reviews. “I learned to be confident and just say ‘no’ when something isn’t right,” reported one Tecumseh School student.

In January 2008, with support from the BC Ministry of Community Services, the YWCA will be piloting a program for boys of the same age group to help them develop healthy attitudes and behaviours toward girls. Because adult violence is generally linked to a history of youth violence, it is crucial that boys aged 12 to 18 are also supported. During this period they become physically stronger, become sexually mature, and frequently ask for and obtain greater freedom without adult supervision.

Other support services for women facing violence include YWCA Munroe House. Women leaving abusive relationships can stay at the facility for up to nine months while they rebuild their lives.

Munroe House staffers provide emotional and practical support; advocate for the women with government and community

Left Sexsmith students and *Welcome to My Life* facilitators express themselves by decorating pots

Right Session participants at one of YWCA’s many support groups for women

agencies; accompany them to court and other appointments; and provide their children with art therapy and specialized group therapy for those who have witnessed domestic abuse. They also help the women find safe, affordable permanent housing and put them in contact with other YWCA programs such as Crabtree’s emergency child care, Emma’s, Citygate, mentorship and employment programs.

Lisa Rupert, Manager of Munroe House, sums it up best. “The YWCA has a very holistic approach to supporting women who have experienced abuse in their relationships. The wide range of services we offer definitely sets us apart from other organizations.”

Como Lake Gardens Housing Development

With the availability of safe, affordable housing in the Lower Mainland at an all time low, YWCA Vancouver is excited to announce Como Lake Gardens, our latest housing community for single moms and their children.

Women with and without children are often considered the invisible homeless, as they tend to live in sub-standard accommodation, or share with others, rather than live on the street or use emergency shelters.¹

Located at 528 Como Lake Avenue in Coquitlam, the 30 unit four-story complex of two- and three-bedroom apartments will be the third large-scale housing project developed by the YWCA in Metro Vancouver. The development and rezoning permit submission is underway and construction is scheduled to begin in the fall of 2008.

Como Lake Gardens will incorporate green building features and meet Gold LEED environmental standards. LEED (Leadership in Energy and Environmental Design) provides standards for environmentally sustainable construction by meeting higher performance standards and energy efficiency than normal building practices.

The project design team sought ways to implement a smaller carbon footprint for Como Lake Gardens by increasing energy efficiency and reducing emissions for better air quality. These innovations include a building envelope that will use insulation, roofing, windows and exterior materials that retain more heat during the winter months, and resist summer heat build-up. Where possible, the products will be primarily sourced from recycled materials. Paints, carpets and other interior finishings that emit a minimum of gases will also be used.

Landscaping has been designed using drought tolerant plants and shrubbery, and parking spaces will be reduced as the community is located only two short blocks from public transit. Also under



consideration is a heating and cooling system that uses geothermal ground sources, further reducing the carbon footprint of the development.

The entire complex has been designed to provide more comfort, require less maintenance and will allow the YWCA to minimize its operational costs and further its commitment to sustainability.

Como Lake Gardens will help many single mothers and their children who live in poverty, or close to it. The current high cost of housing in the Vancouver area makes it very challenging for single moms with limited means to find a safe and affordable place to live. For these women, there is little time or money left for schooling and the development of meaningful careers. More often than not their lives become focused on simply making ends meet.

“When housing needs are taken care of, single moms can concentrate on other aspects of their lives,” says Kathy Zazulyk, Community Development Coordinator for the YWCA’s non-profit housing developments for single moms.

Single moms are charged no more than thirty percent of their income for rent which gives them the opportunity to go back to school or develop careers, knowing that they can afford to look after their families’ needs. Many women no longer require income assistance after finding jobs with reasonable compensation. Just recently, two single moms in other YWCA residences acquired solid, career-focused positions after obtaining university degrees, according to Kathy.

There are many other benefits for tenants who share common challenges. They develop and build life skills by taking turns babysitting and chaperoning each other’s children to school and learn how to work collectively solving problems. Kathy facilitates monthly meetings where moms, working together, have implemented telephone trees and safety committees. One of the great outcomes of these meetings has been the volunteer resident helpers.

Thanks to generous donors, it is possible for single moms and children living in these developments to enjoy summer barbecues and other holiday celebrations. They may also enjoy a seasonal holiday meal complete with gifts for family members through the YWCA Presents for Peace program.

The Como Lake Gardens project is made possible by the granting of a sixty-year lease (for one dollar per year) by the City of Coquitlam, a mortgage provide by key project partner BC Housing, and \$525,000 contributed by generous YWCA donors. A capital campaign is underway to raise an additional \$500,000. Please call Brenda Ulmer at 604 895 5764 if you are interested in further information about the campaign.

BC Housing will also subsidize the rents and provide an operating budget on an on-going basis, providing more single moms and their families with safe and affordable housing.

¹ SPARC BC (2003). 3 Ways to Home. *Regional Homelessness Plan for Greater Vancouver*, p. 22

Janet Austin Receives Community Leadership Award

We are delighted to announce that our friend and colleague, YWCA Vancouver CEO Janet Austin, has been awarded a Vancouver Board of Trade Community Leadership Award for her role as an exemplary community leader.

What makes this award particularly special is that the Community Leadership Award is not presented annually, but rather when a worthy individual is identified. Janet’s contributions to our community include her prior involvement with the Dr. Peter AIDS Foundation and Big Sisters of BC Lower Mainland, as well as with the United Way of the Lower Mainland.

The selection committee seeks individuals who have demonstrated outstanding

commitment and leadership in a variety of activities, which have made BC a better place to live and conduct business. They have had some association with The Vancouver Board of Trade and command wide respect in the Vancouver business community. These outstanding individuals have demonstrated a deep commitment to furthering the community’s economic, social and/or cultural objectives.

Janet joins an esteemed group of past recipients that include Dennis Skulsky, Grace McCarthy, Dr. Martha Piper, Joseph and Rosalie Segal, Jack Munro, and the Hon. David and Dorothy Lam.

Congratulations Janet – a well-deserved honour for an inspiring leader!

People Power Conference

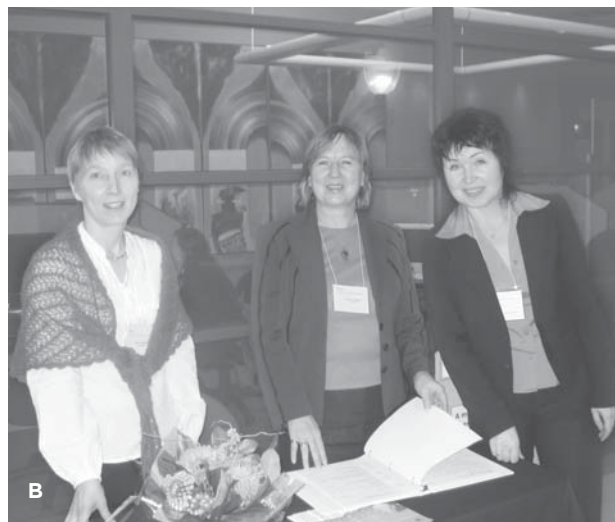
BUZZ IN THE AIR

There was clearly a buzz in the air at Simon Fraser University Harbour Centre on October 24, and that buzz was “mentorship”. Over 100 community service providers, as well as human resources professionals, gathered at the one-day People Power mentorship conference to share best practices in mentorship and build valuable connections. The day was packed with informative workshops and a free mentorship fair that attracted well over 200 attendees.

“We were delighted to host BC’s first mentorship conference and show how mentorship can be used as a valuable tool in companies and organizations both large and small,” says Janice Lee, YWCA Mentorship Program Manager and conference organizer.

Conference highlights included a blessing by First Nations Eslha7an Village Elder Audrey Rivers, and a powerful personal account of mentorship by keynote speaker and local business luminary Lis Welch, Vice-Chair of the Welch Group.

People Power was generously supported by BC Ministry of Community Services, and sponsored by FREDA Centre for Research on Violence against Women and Children.



A YWCA Vancouver CEO Janet Austin welcomes delegates and guests. Seated left to right, Nancy Hogan, Emcee, and Sheila Wynn, Deputy Minister of Community Services.
B YWCA mentors (left to right) Anni Simola, Susanne Satzer and Svetlana Miroshnichenko greet delegates at the People Power Conference.

MANY THANKS TO THE FOLLOWING ORGANIZATIONS FOR SHARING THEIR EXPERTISE AND RESOURCES

- Access
- Blaze Runners
- BC Construction Association
- BC Ministry of Community Services
- Coast Capital Savings Foundation
- Dress for Success Vancouver
- Minerva Foundation for BC Women
- Simon Fraser University
- Telus
- Women in Leadership Foundation
- Wired Woman



J.Wayne Kaulbach, Skylight Images



Quality child care can help make BC a world leader in the knowledge-based economy. It makes good business sense.

Research shows that public funding for quality child care is a smart economic investment. Benefits outweigh costs by two to one, at least. It is essential to achieving BC’s goals — promoting literacy and healthy living, supporting children with diverse needs and enabling parents to fully participate in the workforce.



YWCA Vancouver is a registered charity, providing a range of integrated services for women, youth and children, and those seeking to improve the quality of their lives. From housing, child care and support to innovative employment, wellness and leadership programs, YWCA Vancouver touches lives in communities across the Lower Mainland.

YWCA Career Zone



When Jordan Ivey walked into YWCA Career Zone on Granville Street, he knew what he wanted. “It worked out brilliantly,” he says.

Hundreds of photos of successful job seekers dot the walls in YWCA Career Zone’s Granville Street office. Career Counsellor Mélanie Choinière congratulates Jordan Ivey.

Jordan’s employment experience had been entry-level positions in food and customer service, but he wanted a better job. He had his eyes on a costly program at the Vancouver Film School (VFS) in sound design for the visual media.

The admissions officer at VFS told him about a Federal program – Skills Development Employment Benefit – that might help him pay his way. He steered Jordan to YWCA Career Zone because the counsellors’ expertise could help him write a successful application. Explains Mélanie Choinière, Career Counsellor at the YWCA, “It’s a lot of work for clients to put together the package for Service Canada. Jordan had to research the local film and video gaming industry where he hoped to work, and develop a comprehensive and winning training application.”

“In my Oscar-winning speech somewhere down the line,” says Jordan half-jokingly, “Mélanie will be the first person I thank.” Jordan credits Mélanie with helping him formulate a compelling submission showing why he should get the grant. And clearly, it was a winner. The Federal program paid a good portion of the VFS tuition and living expenses for his one-year study.

YWCA Career Zone is an employment centre for young people, ages 15 to 30, which is funded by Service Canada. It provides career advice, workshops on job finding skills such as interview and resume writing, and other helpful resources such as computers, photocopiers and fax machines to help clients with their job search.

Since graduating from the program at VFS several months ago, Jordan has had several sound editing contracts in the film and video gaming industries, which rely heavily on freelancers. “I’m really happy for Jordan,” says Mélanie.

“Career Zone is a wonderful opportunity for people who want to upgrade their skills,” says Melanie Hardy, Manager, YWCA Career Zone. The services and support allow individuals to break free from the cycle of dead end jobs. Services are available to people who are on employment insurance now, or who have been in the last three years, or for those that have been on parental leave in the last five years. And as Jordan found out, it’s a place that can help make your dreams a reality.

Suzanne Bolton

**VOLUNTEER
EXTRAORDINAIRE**

Volunteerism is truly the backbone of YWCA Vancouver, and many of its services and programs could not be offered if not for the dedicated volunteers who walk through our doors each and every day.

There is always one individual who stands out among the others, and one such individual is longtime YWCA volunteer Suzanne Bolton. Exuding warmth and compassion, she has been a dedicated volunteer for almost 50 years, working with women and youth who have faced significant challenges in their lives.

Suzanne was recently awarded the Caring Canadian Award by her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada.

The Caring Canadian Award is given to individuals and groups whose unpaid, voluntary contributions provide extraordinary help or care to people in the community. One of 45 recipients, Suzanne received the award from the Lieutenant Governor at Government House in Victoria on November 7th.

Helping others began at an early age for Suzanne. Both her parents instilled strong values and a social conscience in the shy girl growing up in Toronto. As lifelong volunteers themselves, they served as wonderful role models for her.

At twelve, she began working with young children in a summer program in her neighbourhood. There, she helped them with their art projects a few mornings each week. George Gilmour, then the managing director of Maclean’s magazine, saw her potential and asked Suzanne to lead a church youth group. Gilmour became her first mentor and undoubtedly a role model for who she is today.

“Some individuals simply aspire to contribute to the greater good – Suzanne is one who does. She has boundless energy and generosity,” says Marnie Marley, YWCA Vancouver’s Director of Employment Services. “Wherever she sees a need to be filled, Suzanne is there to



Suzanne Bolton receives Caring Canadian Award from Steven L. Point, O.B.C., Lieutenant Governor of BC

provide monetary support, professional advice and opens doors to ensure a positive outcome.”

For over 30 years, Suzanne has made significant contributions to the YWCA Vancouver as a volunteer, including several terms as a Board member. A ten-year supporter of FOCUS at Work, Suzanne has donated her expertise and career exploration and job search resource materials.

Clients and colleagues alike love her support, and the valuable feedback she provides on their resumes, cover letters and other promotional materials. “Suzanne is gracious and wonderful! She is non-judgmental and respects us and our efforts,” commented a happy client. Annual social events are generously supported by Suzanne and she rarely comes to the office without a gift or bauble for program participants.

As a Leadership Circle Member, Suzanne is one of the YWCA’s major gift donors, and also one of its most consistent members. She has supported two large capital projects: the Crabtree Corner Capital Campaign and the Emma’s Child Care Capital Campaign. In addition, Suzanne has established and continues to support two bursaries, the Frankie Tillman Bursary established in 2005, and the Laurel Austman Bursary established in 2007.

Suzanne has also reached deeply into other community organizations where she gives time, energy, and equally important, the belief in people whose lives she touches. She has devoted the past 15 years to helping women through her involvement with the Elizabeth Fry Society, and helped open the Maida Duncan Women’s & Family Resource and Drop-In Centre. Her most recent work with Covenant House has brought hope and inspiration to youth seeking to overcome abuse, addiction and abject poverty.

Thank You to Our Sponsors

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**2007 YWCA
Real Story
Competition**



tel 604 895 5768 ywcavan.org/realstory



Sharing the Joy of Wellness

In her youth, Dale Vivian participated in team sports and maintained a very active lifestyle until she sustained a severe injury to her Achilles tendon. “It became very difficult to continue high impact exercise as I got older,” says Dale. On a friend’s advice, Dale tried water aerobics. She was instantly hooked and went on to become a qualified water aerobics instructor. That was 20 years ago. “I’ve been a volunteer instructor at the YWCA ever since!”

Dale is one of more than 100 volunteer instructors, fitness coaches and tour guides who bring their skill, enthusiasm and commitment to the YWCA

Health + Fitness Centre every day. “Our volunteer instructors enable us to deliver over 60 classes every week such as aqua fit, indoor cycling, pilates and yoga for more than 2,700 members,” says Ingrid Knight-Cohee, YWCA Health Education Manager.

Dale’s Aqua X-press class attracts women and men who range in age from their late 20s to late 60s. The intense half-hour workout can be customized to accommodate pregnant women, those with disabilities or arthritis, and individuals at the beginning of a health and fitness program. Dale often stays after class to help members who wish to improve their technique.

The personal attention to individual members that Dale and other volunteer instructors provide is part of the high quality experience that YWCA Health + Fitness Centre members have come to value. “Our volunteer instructors are part of our culture,” states Ingrid. “And because our volunteers believe in the YWCA, they stay on as instructors for many years. We have about 30 instructors who have been volunteering for more than 10 years.” Long time volunteer instructors gain the trust of the YWCA membership, a connection that inspires and motivates individual members.

When it comes to her personal devotion, Dale explains that teaching is an integrated part of her life. “I always feel better after I teach a class,” she says. Dale chooses her own music and is very creative with the Aqua X-press routines. “When a person comes to my class, they really get to know me. I have developed great friendships in this pool.”

Introducing the New YWCA Health + Fitness Brand!



When walking by the service desk one can’t help but notice the new aqua blue shirts worn by YWCA Health + Fitness Centre staffers! These new shirts are just a small part of the YWCA Health + Fitness rebranding initiative that started in the spring and officially launched on September 26.

Why the change? The name change was made as part of the overall YWCA rebranding strategy and now reflects a better description of the facilities and services that are offered by Health + Fitness. We think the new look is refreshed, modern and hope you do too!



Gift of Securities

Jason Gordon knows that family is the foundation for a happy, successful and fulfilling life. Feeling strongly that parents, particularly single mothers, need to be more assisted in their important role as caregivers, Jason recently gave a gift of securities to help YWCA fund Single Mothers’ Support Groups.

Jason feels that single mothers don’t receive enough encouragement for the role they play in their children’s lives. “You hear so many stories where a person’s success is due to the involvement of a mother in their life,” says Jason. “Mothers, especially single mothers, are often under-appreciated. I really wanted to do something to honour them.”

For over 20 years, YWCA Vancouver has been providing women parenting alone with support, services, and resources. Nine support groups throughout various locations in Metro Vancouver are dedicated to supporting single mothers in their journey towards personal and economic independence. Through these groups, women connect with information and resources, workshops and special events, and meet regularly with other single moms.

Jason has been a YWCA Health + Fitness Centre member for many years, and was inherently aware of the infrastructure that exists at the YWCA for single mothers. He also knew that a gift of securities was the most cost-effective way for him to help single moms. “I wanted to maximize my gift. I was aware of the recent changes in tax laws and I knew that giving securities would allow me to give a larger gift than if I simply gave cash.” Jason was

able to benefit from tax rules introduced last year and effectively lower his tax burden. The new rules allow donations of publicly traded securities to charities an exemption from capital gains tax.

As a busy father of three and running his own business, Jason says he appreciates the ease of donating shares to the YWCA. “All I did was speak to a representative in YWCA’s Fund Development department and provide some required information to my broker. A gift of securities proved to be an easy and effective way to give.”

For more information about making a gift of securities to YWCA Vancouver, please contact **Celia Campos** at 604 895 5810, ccampos@ywcavan.org or **Elia Robles** at 604 895 5856, erobles@ywcavan.org.

Families enjoy baking Halloween treats at Crabtree Corner's Saturday Family Activity Program ▶

Nourishing the Body and Lifting the Spirit



Remember going to the community swimming pool in the summer or skating in the winter as a child? For families living in poverty, finding the money to ensure their children have the opportunity to participate in the arts, sports and other developmentally enriching activities is difficult. Recreation is a fundamental human need for people of all ages and essential to everyone's psychological, social and physical well-being.

Every Saturday at YWCA Crabtree Corner, families come together for a hot meal followed by a fun and enriching activity, at no charge to them. The Saturday Family Activity Program provides a vital component of healthy child development.

Children who participate in these activities are less likely to drop out of school and have fewer social and emotional problems.

For both adults and children, living in poverty can mean loneliness and exclusion from sports, recreation, culture and other activities where individual confidence, friendships and positive social skills and relationships are built. For children, especially, this can have long lasting effects both on development and health.

The satisfied smiles that come with the hot nutritious meals and enjoyment of the activities

are due to the generous annual donation by RBC Foundation to Crabtree's Community Kitchen Programs. "RBC's continued outstanding support of Crabtree Corner Community Kitchen Programs fills an urgent need in the Downtown Eastside, feeding many women and children. These women and their families may participate in one or more of the many programs offered," says Brenda Ulmer, Director of Fund Development and Special Events.

Gladys Evoy has managed the program for seven years and says that many families living in poverty have benefited from this program. Over the years she has had the opportunity to see some of the children grow up and many friendships flourish. The program also serves as an informal support group for the women and a place to acquire good parenting skills.

Gladys, who was once a client herself, clearly enjoys creating a diverse program for people who don't have the means to enjoy costly family activities. These outings that would otherwise be cost prohibitive, are now available because of the Saturday Family Activity Program. Families may go for an afternoon visit to Science World, Vancouver Aquarium, Maplewood Farm, or one of many other Vancouver area attractions and create lasting memories.

Trips to community swimming pools, libraries, bowling alleys and even a sea bus excursion

to North Vancouver are quite common. In summertime, there are numerous seaside strolls and barbecues. Plenty of activities tie into special days, such as pumpkin patch romps, Christmas carolling and birthday parties year round. Dads are welcome to attend and often join their children in these special days. Volunteers from the UBC TREK Program are also on hand to help Gladys deliver the program.

The one common element of every Saturday is the delicious hot meal that Gladys and her helpers make.

"I make it healthy and balanced," says Gladys. "Chicken, hamburgers, pasta, meatballs or burritos with vegetables and fruit make up the usual fare. "It's clear that the food is a big draw. One woman wrote, "Thank you for the delicious food every Saturday." No doubt she speaks for them all.

"RBC is proud to support YWCA and Crabtree Corner," says Donation Manager Jennifer Cabeldu. "The Saturday Family Activity Program offers outings for families who would otherwise not be able to participate. The peer support and activities for parents and children provided by this program are helping to build better futures." The YWCA is extremely grateful to RBC Foundation for providing this significant support for the sixth consecutive year.

Give Hope. Inspire a Dream.

Since we opened our doors in 1897, the YWCA 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

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Name(s) to appear in recognition listings _____

Please send me information about:

- Including YWCA Vancouver in my will
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YWCAVAN.ORG

Leadership

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**

CAREER LINKS

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

CONNECT TO SUCCESS

Connects women entering or re-entering skilled or professional careers with mentors. Women meet one-to-one with their mentors for six months to receive guidance and advice to help kick start their career. **tel 604 895 5858**

LINK-UP MENTORSHIP PROGRAM

Program matches Grade 11 and 12 girls with professional women who have careers in science and technology. Program offered by the YWCA in partnership with Women in Leadership Foundation. **tel 604 895 5802**

REAL STORY

An annual competition that encourages youth to explore their goals and options for the future by writing about women who have inspired them. **tel 604 895 5768**

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**

WOMEN OF DISTINCTION

Since 1984, this award program honours, encourages and recognizes women and workplaces whose outstanding activities and achievement contribute to the health and future of the community. **tel 604 895 5768**

WELCOME TO MY LIFE

An interactive seven-week program that prepares Grade 7 girls for their transition to high school. Offered at participating schools in partnership with the Vancouver School Board and the University of British Columbia TREK program. Program designed to create healthier and more confident girls, build mutual respect and encourage youth to assume responsibility for social and community issues. **tel 604 895 5762**

Community

CITYGATE CHILD CARE CENTRE

For children ages 3 to 5, 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 FAMILY & EMERGENCY CHILD CARE CENTRE



Provides a healthy and secure environment for women and families. Services include a hot lunch program, housing and support groups in the Downtown Eastside. The child care centre offers short-term emergency care for children ages 6 weeks to 6 years. 533 East Hastings Street. **tel 604 216 1650**

LESLIE DIAMOND CHILD CARE CENTRE

Located in Downtown Vancouver, Leslie Diamond provides care for children ages 6 weeks to 3 years. 535 Hornby Street. **tel 604 895 5816**

EMMA'S CHILD CARE CENTRE & TUPPER YOUNG PARENTS SERVICES



Emma's cares for children ages 4 weeks to 3 years and helps mothers achieve self-reliance and independence by combining part-time and full-time academic work, counselling, and vocational advice with health and parenting. 3839 Carolina Street. **tel 604 879 1121**

SINGLE MOTHERS' SERVICES

Single Mothers' Services fosters economic independence by offering information, resources and support to Lower Mainland women parenting alone. In addition to attending special workshops and events, single mothers can attend professionally facilitated community groups offered weekly in partnership with local neighbourhood houses and family places. **tel 604 895 5789**

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** donations@ywcavan.org

MEETING ROOMS

The YWCA offers nine meeting rooms in two locations in Downtown Vancouver. Available seven days a week with a capacity for 2 to 100 people. Rooms are modern, bright, and affordable. Program Centre **tel 604 895 5800** Hotel **tel 604 895 5840**

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 5783**

THRIFT SHOP

Donations of clothing, housewares, books, and jewellery are sold to raise funds for YWCA programs. Shop for that "one of a kind find," on Main at 28th, in Vancouver. 4399 Main Street. **tel 604 675 9996**

Housing

HOUSING COMMUNITIES

The YWCA provides affordable, safe housing communities for single mother-led families. Vancouver **tel 604 879 5796** Langley **tel 604 514 1112**

CRABTREE HOUSING

Applies a harm reduction approach and provides transitional housing for pregnant women, new mothers and those hoping to connect with their young children. **tel 604 216 1662**

HOTEL

In Downtown Vancouver, the YWCA Hotel offers comfortable and affordable accommodation to all travellers. It also provides longer term housing to residents and temporary accommodations to those needing emergency shelter. 733 Beatty Street. **tel 604 895 5830** ywcahotel.com

MUNROE HOUSE



A second stage transition house for women and their children, who have experienced abuse in a relationship. **tel 604 734 5722**

Wellness

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

Employment YWCAJOBSEEKER.ORG

CAREER SERVICES

Offers career decision-making and job search assistance programs for men and women. Programs include a combination of workshops and one-to-one employment counselling. Specialized services for professionals and immigrants are available. Open to anyone legally entitled to work in Canada. 113 - 255 West 1st Street, North Vancouver. **tel 604 984 7630**

CAREER ZONE

A drop-in employment centre in Downtown Vancouver for those ages 15-30 that works with community businesses to help youth achieve their 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**

- Please send me information about other YWCA programs and services.
- My address has changed. (Please provide new address)
- Please remove me from the CONTACT mailing list.

Enclose mailing label and mail to:
YWCA CONTACT
535 Hornby Street
Vancouver, BC V6C 2E8
or fax to 604 684 9171
or email enquire@ywcavan.org



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