

## CONTACT FALL/WINTER 2010



# Touching Lives Building Futures



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## Message from the CEO



Two years ago, YWCA Vancouver embarked on the Mothers Without Legal Status in Canada project, which will have profound implications for the lives of women without status and their children in this country. Throughout the process, we've updated you here in the pages of Contact and we're pleased to announce that the project's report and handbook for service providers are complete.

In this issue, you'll read all about the findings in the report, as well as recommendations for change and the advocacy work the YWCA will undertake to implement policy amendments. We're grateful to the Law Foundation of BC for providing the funding that allowed us to commission this report.

Of course, identifying the scope of the problem is only the first step. Over the next several years, the YWCA will be working with governments, policymakers and other community agencies to raise awareness about this important issue so we can achieve progress. We hope that you will continue to be interested in the plight of mothers without status, and we promise to let you know of advancements as they arise.

Earlier this year, we announced the closure of Citygate Early Learning and Care Centre due to budget shortfalls. Fortunately, Vancity stepped forward with a donation that allowed us to keep Citygate open and continue operating the facility in the long term. Vancity has long supported YWCA programs and we are elated that their involvement prevented the loss of 25 child care spaces in Vancouver.

As many of you are aware, the YWCA has long advocated for public investment in

early learning and care. In this issue, you'll also find out more about a poll we released about public investment in early learning and care that produced some stunning results. Even in a challenging economy, BC residents still support significant spending to reduce child vulnerability in this province.

Despite a challenging economy, we have experienced many successes, which you'll read about in our 2009 Annual Report that is included in this issue. We are so proud of the work that we have accomplished, our committed staff and the achievements of our clients, who find the strength to improve their lives in the face of adversity.

As always, we couldn't serve our communities without the help of our passionate volunteers, donors and supporters. Thank you for your dedication to the YWCA. We wish you a happy and healthy holiday season.

Sincerely,

Janet Austin, CEO

## Citygate Early Learning and Care Centre Remains Open Thanks to Funding from Vancity

YWCA Citygate Early Learning and Care Centre, which was slated to close in August 2010 due to budget shortfalls, will now remain open and continue to operate in the long term, thanks to a funding partnership with Vancity (Vancouver City Savings Credit Union).



The YWCA has subsidized Citygate – a child care centre for children aged three to five, 25% of whom have special needs – by more than \$1 million over the past ten years.

The funding being received from Vancity will cover close to 50% of Citygate's annual deficit. However, operational changes are still required to meet the remaining budget shortfall. These changes include:

- Increasing fees to be in line with market rates
- Reducing staffing complement from a 1:6 ratio to a 1:8 ratio, the norm for other child care centres
- Serving fewer special needs children

"We're extremely pleased that Vancity has stepped in and allowed us to continue providing quality child care spaces to our families," says YWCA Vancouver CEO Janet Austin. "Vancity

is clearly an organization that values early learning for children and is showing leadership in supporting the YWCA's work in child care."

Vancity has been supporting YWCA Vancouver since 1992, giving to programs that help teen mothers, women leaving abusive relationships, families in the Downtown Eastside, single mothers and women looking for career mentorship. Now, they have shown commitment to early childhood learning.



## Living in Limbo

### A NEW BEGINNING FOR MOTHERS WITHOUT LEGAL STATUS IN CANADA

Several years ago, YWCA Vancouver front line staff began seeing an increasing number of mothers without legal status. These women, who had left their relationships because of abuse, found themselves without permanent status after their ex-partners cancelled their Canadian sponsorship applications.

While trying to rebuild their lives and adapt to a new country, these women are truly in limbo – unable to work or collect income assistance, yet unable to leave Canada and take their children with them. When a mother has no permanent legal status in Canada, she and her children have nothing to live on. These women can only rely on the generosity of others to provide basic needs like housing, clothing and food.

IN FALL 2008, THE YWCA EMBARKED ON A TWO-PART PROJECT CALLED MOTHERS WITHOUT LEGAL STATUS IN CANADA.

Funded by the Law Foundation of British Columbia and the first of its kind in Canada, the project consisted of an informational booklet for service providers and a research report that makes recommendations for meaningful change to policies and laws.

This important project brings to light what mothers without status are experiencing and how governments, communities and the law can work together so these women can have a better life for themselves and their children.

**Key recommendations in the project's research report include:**

#### HOUSING SUPPORT

Mothers without status face significant hardship for up to two and a half years while waiting to receive permanent status. They often bounce around from shelter to shelter, or even sleep on the couches of friends, as their immigration issues are resolved.

Most shelters and transition houses lack the funding to provide free, long-term housing to mothers without status. These mothers are the victims of abuse and it's unacceptable that they must live such transient lives with their children until they are able to legally work in Canada. Right now, 70% of the women staying at Munroe House are mothers without status. The YWCA cannot house all of the women without status alone.

The report recommends that provincial and federal governments provide ongoing funding for the implementation and maintenance of second-stage

transition houses, as well as subsidies to third-party housing providers so mothers without status can be placed on waitlists for subsidized housing.

#### ACCESS TO HEALTH CARE

Mothers without status are not eligible for Medical Services Plan coverage (MSP), nor are they able to access any other assistance programs.

Even children born in Canada have trouble getting the medical care they need when their mothers do not have status, as a child cannot get premium assistance until his or her mother has permanent resident status for one year. MSP will set up an account in the child's name and bills will come addressed to the child, but since the child's mother has no income she can't afford to pay.

Lack of access to medical care is a concern for mothers who fear that the health of their children may be compromised. Women who are applying for in-country sponsorship should be provided with MSP and premium assistance to ensure that both they and their Canadian children receive appropriate health care.

#### INCOME ASSISTANCE

To help mothers without status meet their basic needs, the report recommends a change in the Employment and Income Assistance Regulation eligibility be made to include applicants who are applying for permanent residence on humanitarian and compassionate grounds. This will allow women to feed, clothe and house themselves and their children.

#### SCHOOLING FOR CHILDREN

Some Canadian children who are being cared for by non-status mothers are being denied entry into public school, as in some districts entry depends on the status of the mothers. These mothers are told that they must pay international student fees, which are often \$12,000 per year. Clearly, mothers without status cannot afford this.

The repercussions of uneducated children in this country are severe and we cannot afford to let them slip through the cracks. Regardless of their mothers' status, all Canadian children should be able to attend school.

#### An Issue With National Importance

Mothers without legal status are not only found in British Columbia. As we've tackled this matter, we've heard from YWCAs across the country that are also seeing increasing numbers of mothers without status. While we believe we can successfully lobby our provincial government, there are federal components to the issue of mothers without status that cannot be achieved by working locally. YWCA Vancouver is consulting with YWCA Canada, our national office, on a strategy that can be implemented in Canada to advance federal legislation that can enhance the situation of mothers without status.

#### Next Steps

YWCA Vancouver is in the midst of developing a strategy to effect change for mothers without status. We will be assembling a committee of volunteers with skills such as legal expertise, immigration knowledge, government relations experience and communications talent to help us lobby the provincial government to achieve policy amendments.

These changes won't happen overnight. A key first step is raising awareness about the situation of mothers without status, as this is an issue that has flown under the radar for far too long. Many of the challenges mothers without status face are not because of malicious intent on the part of bureaucrats, but because no one knows that they exist in the first place. We want to give these women a voice and help them improve the lives of their families.

For more updates on mothers without status as they develop, please visit us on our website at [ywcavan.org/legaleducator](http://ywcavan.org/legaleducator), where you'll also find copies of the report and handbook for service providers. And if you'd like to get involved, please contact Lisa Rupert at [lrupert@ywcavan.org](mailto:lrupert@ywcavan.org) or 604 734 5722.

## BC-wide Poll Shows Strong Support for Increased Spending on Family Policy

In the Spring of 2010, YWCA Vancouver participated in a symposium on early learning and care, where we released the results of a new survey that produced some surprising results concerning public support for comprehensive family policy.

The province-wide poll showed overwhelming support – including for significant spending – to dramatically reduce the number of BC children at risk or developmentally vulnerable.

### Strong Support for Families in Need

The poll, commissioned by YWCA Vancouver and conducted by Angus Reid Public Opinion, showed that 88% of those surveyed support the provincial government's goal of reducing the number of children at risk from the current 29% down to 15% of all children by 2015.

And more than 60% of the 800 respondents support additional government spending of \$1 billion or more to reach that goal.



Those polled expressed strong support for measures to help children and families, including 89% for more affordable, quality child care spaces, 83% for financial support for low income families, 58% for extending parental leave to 18 months from one year, with additional months for fathers and 53% for limiting the work week for parents with young children to 35 hours a week.

### Some Common Misconceptions Revealed

While the survey revealed a remarkable degree of public support for increased government spending on early learning and child care, it also demonstrated that BC residents shared some popular misconceptions around key issues. The majority of respondents severely underestimated the number of BC children considered vulnerable or at risk, while an overwhelming majority didn't know that Canada ranks dead last among OECD nations in support for families with young children.

### A City-Wide Collaboration

The polling results were welcomed by Vancouver Mayor Gregor Robertson, Vancity (Vancouver City Savings Credit Union) President and CEO Tamara Vrooman and YWCA CEO Janet Austin, who all participated in the Vancouver symposium.

"Strong family policy is not simply a social issue," says Vrooman. "It is a core economic issue that the business sector needs to talk about in a serious way because investing in our children today is really an investment in our workforce of tomorrow."

And YWCA CEO Janet Austin believes the survey makes clear that British Columbians will support taking the steps necessary to help children at risk.

"Overwhelmingly, British Columbians want a higher priority placed on public investment to reduce child vulnerability and ensure that families receive the support they need," she says. "This is a fundamental issue, which is central to our social and economic prosperity."

## Downtown Eastside Women Express Themselves in Special Writing Group

YWCA CRABTREE CORNER PROGRAM PARTICIPANTS LEARNED THE JOYS OF READING, WRITING AND STORYTELLING THIS SUMMER, THANKS TO AN INVENTIVE CREATIVE WRITING GROUP RUN BY A UNIVERSITY STUDENT WHO ENCOURAGED THEM TO FIND THEIR VOICES.

Josie Mitchell, who is in her fourth year of studying creative writing at UBC, has volunteered in the kitchen at Crabtree Corner for three years. She developed the idea for a women's writing group after seeing how eager the women were to share personal details about their lives with her.

"I knew there were a lot of stories to tell and people who wanted to tell them," she says, "but the kitchen was not the right place for it."

Josie submitted a proposal to UBC Trek and was granted funding for a nine-week writing program from the Chapman Summer Project Awards. Each week, from June until August, Josie assembled reading packages

for the women that contained fiction, non-fiction and poetry, and the group would discuss what they had read and then have time to write. The sessions also included guest speakers and a day in a computer lab, where all of the participants set up their own blogs.

At the end of nine weeks, the group invited the community to celebrate with them as they launched their first newsletter, called 'It Takes a Village', which will be printed once a month over the next year.

All of the women walked away with a new appreciation for literature and improved writing skills, according to Josie, who received a good deal of positive feedback from the group.

"I also hope that they took away a de-stigmatized view of writing," she says. "That anyone can write, as long as you have some time, a pen and paper. That it doesn't have to be perfect."

And the participants weren't the only one who learned something new – Josie herself learned from the group about the challenges of being a single mother in the Downtown Eastside, the difficulties and joys of parenting and motherhood, as well as the incredible willingness of the women to be open and share.

"I hope this experience will now influence my own writing," she says.

For more information about programs at Crabtree Corner, call 604 216 1650.

## Believe It! Challenge

### A JOURNEY TOWARD LIFELONG HEALTH

When Sara Knappe discovered the clothes in her “too small” bin were too big, she had one of those credit card moments. **Priceless.**



Sara was the winning contestant of the YWCA Health + Fitness Centre’s Believe It! Challenge this summer. For Sara, a busy mother with school-aged kids and a full-time job, winning the challenge’s 12 free personal training sessions was just the start she needed to help her lose weight.

“It’s hard to get motivated and the Believe It! Challenge was a good kick-start,” she says.

**From June to September Sara inspired hundreds of YWCA Health + Fitness members to follow her story at [ywcahealthandfitness.com](http://ywcahealthandfitness.com) as she worked toward her goal of losing 100 pounds.**

By the end of September, she had lost 17 pounds – an impressive achievement considering she’d been stuck at the same weight for two years. She also lost four and a half inches off her waist.

Sara joined YWCA Health + Fitness four years ago after a car accident left her with a severe back injury. The YWCA was close to her work downtown and had the personal trainers she needed to help with her recovery.

Today Sara brims with vitality and optimism. She says increased energy, reduced water retention and better digestion are some of the benefits from her Believe It! experience, which included interval and strength training, wellness and nutritional counselling, and Pilates and dance classes. She has the tools to better deal with her back problem. Most importantly, she’s learned to believe in herself.

“I found out simply that I can do it – that I have it in me,” Sara says. “And that work produces results!”

Her keys to successful weight loss are “consistency, commitment and making it a priority in my life. It’s not just about losing weight, it’s a lifestyle change and you have to do it forever,” she adds.

Sara wants to continue her weight loss until she hits the 100-pound mark. A new goal is to be able to run with her husband again. Always one to dream big, she also has glorious plans to skate in roller derby.

Thank you Sara for sharing your personal journey with us and congratulations! Read more about Sara’s Believe It! Challenge at [ywcahealthandfitness.com](http://ywcahealthandfitness.com) or search online YWCA Believe It! Challenge and follow the links.

### Sara’s Steps to Wellness

**The Believe It! Challenge showed Sara what it takes to get her health under control.**



- + Personal trainers Ingrid Knight-Cohee and Sandy Reimer took Sara through interval and weight training that exhausted her “emotionally, mentally and physically” but was varied enough to keep her interested and motivated.
- + The DanceFit classes Sara took were a huge part of her success – “the instructor Johanna Ward is incredible.”
- + Wellness coach Alycia Hall showed her how to recognize and overcome self-sabotaging behaviours.
- + Nutritionist Diana Steele dispelled misinformation about dieting and gave useful advice for eating right.
- + Sara learned a lot about making her core stronger through Fleur Palliardi’s Pilates session. “The more I work out the better my back feels.”

## HEALTH + FITNESS

### HAVE YOU SEEN OUR NEW LOOK?

Last summer we completed a facility upgrade, which was made possible through funding from Canada’s Economic Action Plan. Members now benefit from more lockers, better functionality and an updated look.

**Drop by and see us!**

Dr. Marcy Schwartzman’s dental team at Oakridge Centre provided a day of pampering to women who have left abusive relationships.



## Local Dentist Gives Munroe House Residents Something to Smile About

Last Mother’s Day, Oakridge Centre dentist Dr. Marcy Schwartzman and her office team banded together to give Munroe House residents a full-service day of pampering. Over the course of the day, the women were treated to dental cleanings, hairstyling, makeup applications, manicures, eye exams, new clothes, glasses and shoes, jewellery and meals.

This special day came about after Dr. Schwartzman and her colleagues decided they wanted to give back to women who have experienced abuse.

**“AS DENTISTS AND AS WOMEN, OUR OFFICE TEAM FEELS BLESSED WITH GOOD THINGS AND WE REALIZED THAT NOT EVERYONE HAS THAT,” DR. SCHWARTZMAN EXPLAINS.**

The office had already given a holiday hamper to the YWCA’s Presents of Peace program. After doing further research, they decided that YWCA Munroe House, which provides housing and support services to women and their children leaving abusive relationships, was the perfect fit for another donation.

Dr. Schwartzman’s 15-person team wanted to provide more than dental work, so they canvassed other businesses at Oakridge Centre. Armed with a good cause and powers of persuasion, the team convinced Hennessey Salon to offer hair, makeup and manicures, Wear Else, Benetton and Sterling to provide clothing and shoes, Lenscrafters to give eye exams and new eyeglasses, and Blenz, Tim Hortons and White Spot to supply the food. Once a local jeweller found out about the initiative she immediately donated necklaces and earrings, plus the women went home with goody bags filled with makeup and skincare products.

“It was quite exceptional,” says Dr. Schwartzman of the community involvement.

**SOME WOMEN WERE SUFFERING FROM EXTREME PAIN FROM DENTAL PROBLEMS THEY COULDN’T AFFORD TO FIX, WHILE OTHERS HAD VISION TROUBLES OR NEEDED APPROPRIATE CLOTHING FOR THEIR JOB SEARCHES.**

The end result was eight happy women with improved health and self-esteem, says Lisa Rupert, Munroe House’s manager.

“It was a wonderful experience,” she says. “The women were overjoyed! It was just amazing – they were all beaming.”

The most rewarding part for Dr. Schwartzman was at the end of the day, when the women gathered around to share how they felt and she could see how far they had come.

“We worked hard, but we ended up getting more out of it than they did,” she says. “The staff was really touched. We’ve already set aside a date to do this next year.”

For more information about Munroe House, contact **Lisa Rupert** at [lrupert@ywca.org](mailto:lrupert@ywca.org) or **604 734 5722**.

# Connect to Success Brings Hope to Unemployed Mom

WHEN AREZOU AZAMPANAH'S YOUNGEST CHILD ENTERED FIRST GRADE, SHE KNEW IT WAS TIME FOR A CHANGE AND DECIDED TO RE-ENTER THE WORKFORCE. AS A STAY-AT-HOME MOM FOR THE PAST TEN YEARS, AREZOU QUICKLY REALIZED THAT RETURNING TO THE FIELD OF MEDICAL RESEARCH WOULD NOT BE EASY, ESPECIALLY FOR A NEWCOMER TO VANCOUVER.

Arezou was raised in the Netherlands, has a master's degree in medical biology and three years of experience as a research technician at the University of Toronto. Despite her qualifications, finding work proved difficult. "Networking was a big problem. Being new in Vancouver, I had no contacts who could help me make the right connections," she says. "The gap of ten years out of the field wasn't very appealing to employers when I applied for jobs posted."



For Arezou Azampanah, shown here with her two children, participating in the YWCA's Connect to Success mentorship program was a life-changing experience.

Arezou began to question her career future. She took advantage of employment services offered by YWCA Career Services and worked with a case manager to get her job search on track. She was introduced to Connect to Success, YWCA's mentorship program for women entering or re-entering professional or skilled careers.

After trying several employment-related programs without success, Arezou was skeptical. "I had no real expectations," she recalls. "But I was willing to try everything to get back into the work field. So I didn't give up and tried again."

Her life took a pivotal turn when she was matched with Dr. Zoë Hodgson, Director of Research at Women's Health Research Institute, Provincial Health Services Authority. Dr. Hodgson was supportive in generating leads for employment and volunteer work.

"She was the friendliest person and was very helpful," says Arezou. "She first suggested that I do some volunteer work just to get back into the atmosphere."

After just two days of volunteering, Dr. Hodgson arranged a job interview with her research group. Arezou got the job and has since been working as a part-time research assistant: "Now, my office is two doors away from my mentor's office."

Arezou is delighted to be working in her field and grateful to her mentor and Connect to Success for



Dr. Zoë Hodgson gave Arezou the advice she needed to build a career in Vancouver.

providing a valued service. In the next five years, she hopes to transition to full-time work, find new challenges in the field of medical research and maybe even be a mentor herself.

Connect to Success not only changes the lives of mentees, but also those of mentors.

"It has made me reflect on where I am today and where I want to be in a few years time," says Dr. Hodgson. "I have learned that there are an awful lot of exceptionally qualified people who have just had bad luck in applying for jobs. A little bit of mentorship is all they need in order for people to recognize their accomplishments."

For more information about Connect to Success Mentorship Program, contact **Darcie Gabruck** at [dgabruck@ywcavan.org](mailto:dgabruck@ywcavan.org) or 604 895 5857.

## 2010 AWARD RECIPIENTS

<p>YWCA VANCOUVER <b>WOMEN of DISTINCTION AWARDS</b> <i>celebrating those who inspire</i></p>		<p><b>Presented by</b> </p>	<p><b>Silver Sponsors</b> BC Nurses' Union Hemlock Printers KCI Ketchum Canada Inc. McCarthy Tétrault University of British Columbia Vancity</p>		
		<p><b>Gold Sponsors</b>    </p>	<p><b>Bronze Sponsors</b> Alexander Holburn Beaudin &amp; Lang LLP BC Transmission Corporation Borden Ladner Gervais LLP Fasken Martineau DuMoulin LLP Miller Thomson LLP Phillips, Hager &amp; North Investment Management Ltd. PricewaterhouseCoopers LLP</p>		
<p><b>Media Sponsors</b>    </p>					
<p><b>ARTS, CULTURE &amp; DESIGN</b> <i>Sponsored by TD Waterhouse</i></p> <p>Ardell Brophy Stand-up comedian and founder of Laff Riot Girls, Ardell has paved the way for female comedians.</p>	<p><b>BUSINESS &amp; THE PROFESSIONS</b> <i>Sponsored by BC Hydro</i></p> <p>Barbara Hislop Barbara, Executive Director of Variety, uses her strong business acumen to increase fundraising, enabling enrichment in more children's lives.</p>	<p><b>COMMUNITY BUILDING</b> <i>Sponsored by Industrial Alliance Pacific</i></p> <p>Donna Stewart Donna created A Place to Call Home Housing Society which will provide housing for low income, working families on the North Shore.</p>	<p><b>EDUCATION, TRAINING &amp; DEVELOPMENT</b> <i>Sponsored by Port Metro Vancouver</i></p> <p>Iona Whishaw As an educator and Principal of David Thompson Secondary, Iona has been the catalyst for positive transformation and accessible community learning.</p>	<p><b>ENTREPRENEURSHIP &amp; INNOVATION</b> <i>Sponsored by Vancouver Foundation</i></p> <p>Linda Coady Linda was the VP Sustainability for VANOC where she convened Games that showcased BC and Canadian leadership in clean, green technology.</p>	<p><b>HEALTH &amp; ACTIVE LIVING</b> <i>Sponsored by Teck Resources Limited</i></p> <p>Janice Eng Janice has reduced patient disability and changed health care practices for those with stroke and spinal cord injuries.</p>
<p><b>NON-PROFIT &amp; PUBLIC SERVICE</b> <i>Sponsored by BC Housing</i></p> <p>Shirley Chan Shirley is a leader in building healthy and diverse communities that empower the people who are directly affected.</p>	<p><b>TECHNOLOGY, SCIENCE &amp; INDUSTRY</b> <i>Sponsored by Goldcorp Inc.</i></p> <p>Karimah Es Sabar Karimah's leadership raised the profile of BC's life sciences industry and world-class research community resulting in investment and partnering opportunities.</p>	<p><b>YOUNG WOMAN OF DISTINCTION</b></p> <p>Saara Bhanji Saara founded AWARE, a feminist organization that provides young women with opportunities for self-development, leadership and activism.</p>	<p><b>INNOVATIVE WORKPLACE</b></p> <p><b>Nurse Next Door™</b> Home Healthcare Services Recognized as BC's number one employer, Nurse Next Door offers benefits which allow employees to maintain true balance at work.</p>	<p><b>CONNECTING THE COMMUNITY AWARD</b> <i>Sponsored by Scotiabank</i></p> <p>Amanda Tapping Amanda is an award-winning actor, executive producer and mentor. Scotiabank will donate \$10,000 to the YWCA program area she chose to support: ending child poverty.</p>	<p>YWCA Vancouver would like to thank all who attended this year's Awards. All proceeds go to supporting the YWCA's vital work in the community.  More information on our programs and services is available through our website <a href="http://ywcavan.org">ywcavan.org</a> or by calling <b>604 895 5768</b>.</p>



Top photo, left to right:  
Brenda Ulmer, Rita Morin, Lois Hollstedt and Louise Donovan.

Below left:  
Bruce and Lis Welch.

Below right:  
Suzanne Bolton.

Bottom photo, left to right:  
Dr. John Shepherd, Board Chair Dr. Verna Magee-Shepherd,  
Anne Shepherd, Earl Shepherd.



YWCA INNER CIRCLE

# 20 Years of Exceptional Support

2011 marks the 20th anniversary of the YWCA Inner Circle, a giving club that directly helps women and children struggling in our community. Like so many of the YWCA's programs, the Inner Circle was started by a small group of volunteers, including Rita Morin.

"The Inner Circle was started to encourage more women to support the YWCA financially, something that was not a common practice 20 years ago," Rita says. "I approached my friends, told them how much the YWCA meant to me and asked them if they would support the 'Y' to the equivalent of the cost of a lunch or dinner a month. Our core group knew that most women would find it easier to write a regular, smaller monthly cheque than the equivalent total amount on an annual one. Then men wanted to get involved, so we opened up the membership."

During the early years, Inner Circle events were held in member's homes where they heard directly from the women whose lives had been turned around by the YWCA programs their donations supported. The power of those stories had a huge impact on the membership and their commitment to the YWCA.

"Giving through the Inner Circle allows you to touch what you fund," Rita says.

WITH COMBINED ANNUAL GIFTS OF \$500 AND UP FROM MORE THAN 300 MEMBERS, THE INNER CIRCLE HAS RAISED \$2.1 MILLION TO SUPPORT WOMEN AND CHILDREN IN NEED. THIS IS A POWERFUL ILLUSTRATION OF WHAT COMMITMENT AND A COLLECTIVE EFFORT CAN ACHIEVE.

Many members of the Inner Circle have extended their support of the YWCA by choosing to leave a gift in their will to the YWCA. As members of the Legacy Circle, they know their support will continue past their lifetimes and help others in the future.

For more information about attending Inner Circle events or leaving a gift in your will, please contact **Vanessa Wellington** at [vwellington@ywcavan.org](mailto:vwellington@ywcavan.org) or **604 895 5826** or **Celia Campos** at [ccampos@ywcavan.org](mailto:ccampos@ywcavan.org) or **604 895 5810**.

## 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  
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 Card # \_\_\_\_\_ Expiry \_\_\_\_\_  
 Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

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

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**OR**  
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 Name(s) to appear in recognition listings \_\_\_\_\_

- Please send me information about:
- Including YWCA Vancouver in my will
  - Establishing an endowment at the YWCA
  - A gift of life insurance to the YWCA
  - A gift of publicly traded securities to the YWCA

 535 Hornby Street  
 Vancouver, BC V6C 2E8  
 tel 604 895 5850 fax 604 684 9171  
[ywcavan.org](http://ywcavan.org)

 ETHICAL FUNDRAISING

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

## CONTACT FALL/WINTER 2010

**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](http://YWCAVAN.ORG)

## 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

### 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 5802

#### LEGAL EDUCATOR

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

#### PRESENTS OF PEACE

Donate to Presents of Peace during the holidays and have a lasting impact on the lives of low income, 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

### 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 5779

#### 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

### 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 5846

#### CONNECT TO SUCCESS

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

### 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](mailto: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](http://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](http://ywcahealthandfitness.com)

### 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

Prepares children from ages three to five for school using a range of play-based, developmentally appropriate activities. 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

#### LESLIE DIAMOND EARLY LEARNING AND CARE

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

#### EMMA'S EARLY LEARNING AND CARE

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

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535 Hornby Street  
Vancouver, BC V6C 2E8

For more information about YWCA Vancouver or this newsletter:

**tel** 604 895 5850  
[enquire@ywcavan.org](mailto:enquire@ywcavan.org)  
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