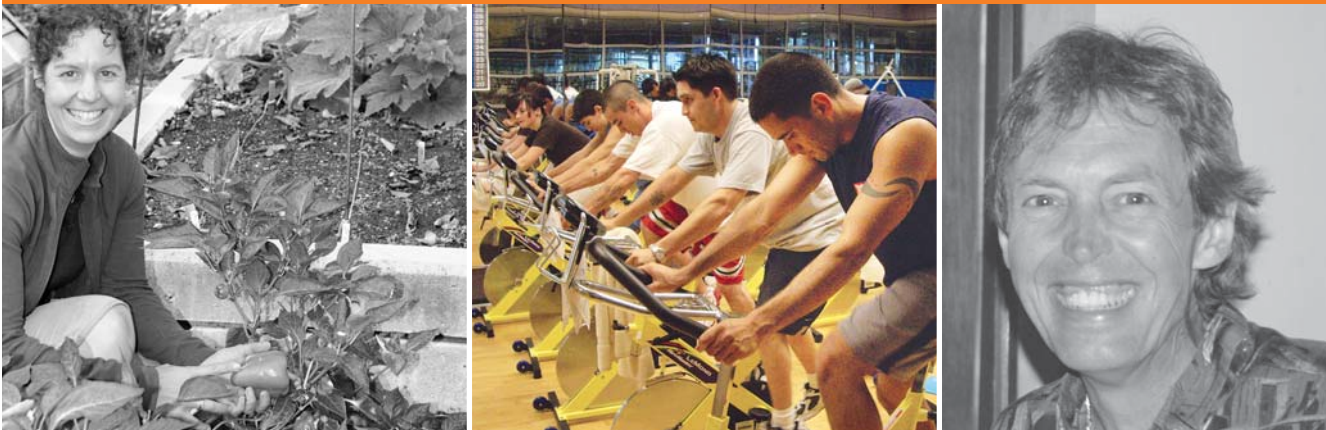


CONTACT FALL 2008



Touching Lives
Building Futures



YWCAVAN.ORG



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Please share this issue of Contact with a friend

Message from the CEO



Many believe that if a friend or family member hasn't disclosed family violence, the issue hasn't affected them personally. Yet one in two women in Canada has been the victim of physical or sexual violence – rendering it highly likely that violence has touched the life of someone you know.

Each year, YWCA Vancouver participates in Week Without Violence, a national week of violence prevention. This year, we hosted a film screening of *Sexy Inc.*, a documentary that explores the hypersexualization of

young girls. If you haven't seen it already, I highly recommend you watch it with the people you care about. It reinforces the important work done by YWCA Vancouver through youth-based school programs like *Welcome to My Life* and *Boys 4 Real*.

In this issue, you'll read about the prevalence of violence in our society and the work being done by YWCA Vancouver in this area. Week Without Violence provides an opportunity to raise awareness of this systemic social issue, but our work continues year-round with a holistic approach to addressing the problem.

Earlier this year, we launched a new mentorship program at YWCA Crabtree Corner in Vancouver's Downtown Eastside. Former residents of Crabtree Corner Housing return to provide friendship and guidance to current residents as they rebuild their lives.

We are making excellent progress on our new housing developments for single mothers. We will break ground on a new 30-unit project in Coquitlam early in 2009

and design work is underway on a 36-unit project located in Surrey.

Our Rooftop Food Garden, which grows organic produce for YWCA Crabtree Corner food programs, was bustling with activity this summer. Special thanks to the many volunteers who helped plant, weed and harvest produce to nourish our most vulnerable families.

The YWCA Real Story Event will be held November 26 to recognize young writers and the women who inspire them. This year a pre-event reception will profile the YWCA's innovative youth programs, such as *Boys 4 Real*, *Welcome to My Life*, and the High School Mentorship Program. Please join us for a night of entertainment and celebration, honouring our community's exceptional young people.

Janet Austin, CEO

A MOTHER WITHOUT LEGAL STATUS IN CANADA

Olivia's Story*

When Olivia arrived in BC from overseas to visit a relative, she never imagined she wouldn't be returning to her homeland. At the end of her visit, the relative told her that she would have to 'work off' the cost of her plane ticket by housekeeping for a family in rural BC. Olivia didn't understand her rights in Canada, so she complied.

Without money or friends in Canada, and not knowing a word of English, Olivia set off for her strange new home. Despite this unorthodox arrangement, she developed a good relationship with the family she worked for, and felt even closer to them when she became engaged to a family friend.

Her husband took steps to sponsor her, but became angry about the costs and was slow to complete the paperwork and pay the fees. Olivia became pregnant, and her husband began to abuse her. Her employer's family was reluctant to intervene and soon the abuse escalated. Olivia was forbidden to talk to her baby daughter, Isabel, in her native language. She found that her husband was abusing drugs and she suffered physical abuse and rape, which Isabel often witnessed. Finally, with help from a friend, Olivia found refuge in a shelter.

With her application for permanent resident status at the final stage, Olivia's husband cancelled his sponsorship of her. Olivia felt alone and powerless: she was unable to legally work in Canada, and unable to obtain income assistance. Without money, she couldn't care for Isabel and she faced the prospect of moving from shelter to shelter, where the maximum length of stay is usually 30 days.

Olivia's outlook changed when she was accepted at YWCA Munroe House, a second stage transition house offering a safe home for nine months to women leaving abuse. At Munroe House, Olivia has food in the fridge, friends she can relate to and support for key decisions. And Isabel enjoys playing with children her own age.



"I feel safe when I'm here," says Olivia. "It's good for me – I'm so lucky."

Olivia's luck has continued. With advocacy support from the YWCA, her lawyer and her local MP, she received her Permanent Resident Card last summer.

As a Canadian permanent resident, and with the support and assistance of Munroe House, Olivia sees a whole new world that has opened up for her. "I can do anything now," she says. "I feel stronger."

Sadly, there are many women who are not so fortunate. Mothers without legal status in Canada may be forced to leave the country while their Canadian-born children remain here, sometimes with an abusive parent.

Stories like Olivia's have inspired the *Mothers Without Legal Status in Canada* research project (see opposite page). To learn more, or if you know of an immigrant mother with Canadian-born children whose partner has ended a sponsorship agreement, contact Pip Smith at 604 895 5766 or psmith@ywcavan.org.

* Names and other identifying information have been changed for the client's protection



The Road to Equality Must Include Freedom from Violence

Over the past century, women have made great strides in fields ranging from education to government to the sciences. With these advancements, many believe that the fight for women's equality has been won. But the startling fact remains that one in two Canadian women over the age of 16 has been the victim of physical or sexual violence.

Violence against women is a systemic social problem that affects everyone. It transcends class, race, age, culture and socio-economic conditions. Every year, more than 100,000 women and children seek safety in Canadian shelters. Thousands of women are seriously injured by their partners – on average each year, 73 die.

The impacts can be far-reaching and multi-generational. More than one million Canadian children have witnessed domestic violence, and these children are more likely to be overtly aggressive by bullying, threatening or physically attacking others.

“The causes of violence are complex,” says Lisa Rupert, program manager of YWCA Munroe House, “but it is sometimes sparked when women challenge strongly held gender stereotypes – for example, that men are always the breadwinners while women take care of the home. When women assume new roles at home and at work, a desire to maintain the status quo can sometimes lead to violence.”

YWCA Canada's Week Without Violence is a violence prevention initiative that educates Canadians about the different forms that abuse can take – harassment, bullying and exploitation as well as physical and sexual violence – and mobilizes communities to take positive action.

On October 16, friends and supporters of YWCA Vancouver gathered for a screening of *Sexy Inc. Our Children Under Influence*, a short film produced by YWCA Montreal in partnership with the National Film Board. This documentary explores the premature sexualization of young girls through contemporary culture and media. Experts in media literacy and youth services discussed how schools, parents and communities can work together to respond to cultural pressures and promote healthy and respectful relationships among young people.

This fall, YWCA Vancouver also launched *Mothers Without Legal Status in Canada*, a research project that will document the experiences of women who have left abusive partners and lack legal status in Canada. These women are truly in limbo – they do not qualify for income assistance, cannot work and cannot leave the country with their children due to family court orders.

Sadly, these cases are not unusual among the women served by YWCA Vancouver. The *Mothers Without Legal Status in Canada* project will make recommendations to the laws and practices that contribute to the barriers these women face. A handbook documenting best practices in supporting these women will be produced and shared with other service providers.

To learn more about the *Mothers Without Legal Status in Canada* project, or if you know of a mother in this situation, contact **Pip Smith** at 604 895 5766 or psmith@ywcavan.org.

YWCA Vancouver gratefully acknowledges The Law Foundation of British Columbia for its vision in funding the *Mothers Without Legal Status in Canada* project.

A Holistic Approach to Ending Violence

Advocating for women's safety is central to the mission of YWCA Vancouver, as is assisting women who are leaving abuse to build independent futures free of violence.

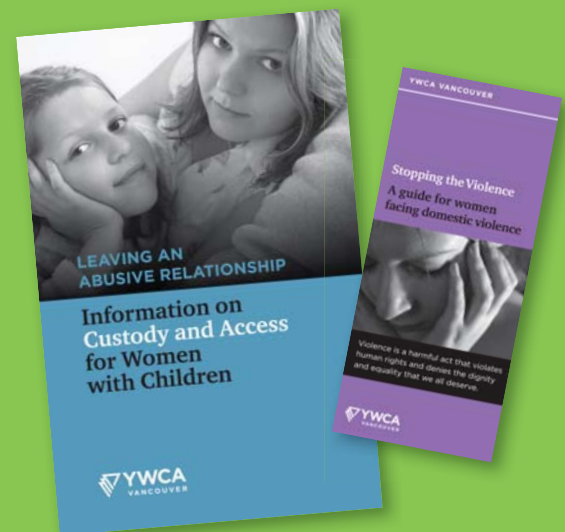
YWCA Munroe House, Canada's first second-stage transition house, takes a holistic approach to meeting this challenge, offering a secure and peaceful home and a range of integrated programs and services. Participants may stay for up to nine months and are encouraged to return for counselling and assistance after they leave.

The **Children Who Witness Abuse** program offered at Munroe House employs workshops, counselling and art/play therapy to help children and youth express their feelings in healthy ways. Children learn to recognize abuse, develop conflict resolution skills and increase their self-confidence.

The new **Violence Outreach Program** at YWCA Crabtree Corner, funded by the Ministry of Children and Family Development, the City of Vancouver and Sandman Hotels, helps women in the Downtown Eastside who have experienced violence in intimate and family relationships. Services include one-to-one support, referrals and education about the cycle of abuse.

Many YWCA clients need assistance in addressing legal issues, such as restraining orders, child custody and income assistance. YWCA Vancouver's **Legal Educator** provides this support to women through group workshops and individual advocacy. This important position is supported by funding from the Notary Foundation.

Stopping the Violence is a brochure and poster that lists transition houses, crisis lines and other organizations that help women leaving abuse, and is available at women's and community organizations throughout Metro Vancouver. With funding from The Law Foundation of British Columbia, the YWCA is also creating **Custody and Access**, a plain language guide to this important and complex part of the legal system. Available in seven languages, it gives women the information they need to make the best choices for themselves and their children.



Finally, youth programs like **Boys 4 Real**, **Welcome to My Life** and **Camp Fun Girl** teach awareness, confidence and healthy relationships to boys and girls facing the challenges of adolescence. Armed with these skills, we hope that youth of the next generation will help stop the cycle of violence.

For more information on any of the programs listed above, contact **Pip Smith** at 604 895 5766 or psmith@ywcavan.org.



◀ RBC Olympians joined budding gardeners from YWCA Citygate Early Learning and Care Centre for a Rooftop Garden harvest in September, as part of the United Way's Day of Caring.

▲ Crabtree Corner kitchen staff transform rooftop produce into healthy meals for over 100 women and children daily.



Volunteers Make the Rooftop Food Garden Thrive

YWCA Vancouver's Rooftop Food Garden took root three summers ago when staffers decided to experiment with growing produce on the roof. Volunteers gradually transformed the rooftop garden from an ornamental location into a fruitful community garden. This year, more than 430 kilograms of food were harvested for the YWCA Crabtree Corner community kitchen and its food programs serving the Downtown Eastside.

Since 2006, volunteers have been planting vegetables that suit the nutritional needs of women and their families at Crabtree Corner. This year, the garden added soft

fruits to the mix: a variety of berries and even some kiwis.

Also new this year was the launch of the "Rooftop Crop Cycle", a specially-designed bicycle and cart that volunteers use to deliver the food to Crabtree Corner instead of using a car. Donated by PEDAL, this bike will help promote awareness about sustainability and reduce carbon emissions.

For more information on the Rooftop Food Garden, please contact **Ted Cathcart** at tcathcart@ywcavan.org or **604 895 5792**.

"I wanted to learn more about urban gardening and thought a hands-on volunteer opportunity would be better than taking classes. I saw a posting for Rooftop Garden volunteers on govolunteer.ca and decided to get in touch.

The downtown location means that I can easily fit volunteering into my workday, and I've learned so much about sustainable urban agriculture from the staff and volunteers. Every year we experiment with new crops and techniques, which I'm able to take home to my own garden. And knowing that the food we harvest helps feed people at Crabtree Corner is a huge bonus - I really feel I'm making a contribution."

Aletha
Rooftop Garden Volunteer since 2007

YWCAs Across Canada Connect at Annual Membership Meeting

From June 4 - 8, YWCA Vancouver hosted YWCA Canada's Annual Membership Meeting. Delegates from 34 organizations across the country joined with representatives from YWCA USA and the World YWCA to connect, share successes and have a little social time too.

In keeping with this year's theme of "sustainability" the event incorporated walking tours, visits to the YWCA Rooftop Food Garden, reusable mugs and bags, and meals featuring sustainable seafood and local produce.

Long-time staff member Marnie Marley was presented with the Estelle Amaron Award for her outstanding contribution to the international work of the YWCA. As director of employment and international programs for YWCA Vancouver, Marnie played a lead role in the formation of the YWCA of Russia. She has also advanced international work in Serbia and Guyana. Congratulations Marnie!



YWCA HOTEL Barbara's Home Away from Home

Every couple of months over the past ten years, staff at the YWCA Hotel have welcomed Barbara, a warm and outgoing Whistler resident.

"It is always a pleasure to see Barb. It's like visiting an old friend. We'll fill her in on all that has happened since her last visit, and she'll tell us what is going on in her life," explains Lisa Yoo, YWCA Hotel front desk staff. "And she never comes empty-handed. She'll bring us a treat, like a pan of homemade brownies."

Barbara became acquainted with the Hotel when she volunteered for the Folk Music Festival in the mid-90s. "I was responsible for picking up festival guests and driving them to the YWCA Hotel on Dunsmuir Street, where it was located at the time," explains Barb.

She heard from her colleagues that the rooms were attractive and well-maintained, and the staff were some of the friendliest in the city. So when

Barb moved to Whistler in 1996, she decided to check in for herself. "I was really pleased with the experience and decided to stay with the YWCA every time I visit Vancouver," she says.

Barb travels to Vancouver five or six times a year to visit family and friends and to attend courses. "All my experiences have been great," says Barb. "The hotel is clean, safe, reasonably priced and its location is excellent. The staff are friendly and helpful. It feels like my home away from home."

"I really admire the YWCA's programs and I support their work as a donor as well as a hotel guest," says Barb. "I tell all my friends and family to stay with the YWCA when they visit Vancouver. You can enjoy this great city and support its community at the same time."

For more information on the YWCA Hotel, visit ywcahotel.com or call **604 895 5830**.

Connecting Young Adults to Careers

YWCA'S CAREER ZONE AND ONE STOP CAREER SHOP RECEIVE TWO-YEAR FUNDING COMMITMENT FROM SERVICE CANADA

Brenda, a recent high school graduate, moved from Ontario to North Vancouver earlier this year. She was looking forward to a new start, though her excitement was tempered by increasing financial constraints. Moving and living costs were mounting, and she needed a job immediately.

She came to the One Stop Career Shop, where she received support in filling out application packages and connecting with local employers. In two weeks she was offered a job at Grouse Mountain. Later, she referred her partner to the centre, who introduced himself by saying, "I've heard this place is awesome. You helped my girlfriend find a great job that she loves, and that's why I came here."

Moving from school to career-focused employment is one of the hardest transitions adults make in their lifetime. Even in a robust job market, 4000 young people made their way to the YWCA's two youth employment centres last year, looking for help with their career goals and support in finding a job.

Career Zone in downtown Vancouver and One Stop Career Shop in North Vancouver are no-cost employment resource centres for women and men ages 15 to 30. Both offer a range of services invaluable to young adults taking the first steps along their career path: resumé help, assistance with accessing funding for training, and referrals to skills upgrading and work experience programs.



What clients appreciate most is the one-to-one evaluation and coaching provided by highly trained staff. Take Dorothy Wong, a recent graduate of Vancouver Community College. "I was out of work and I didn't have experience in job-searching," she says. "I was stuck."

Andrew, a Career Zone employment counsellor, was able to get Dorothy's career search moving. "He was very helpful in providing me with advice and resources. When I got an interview, Andrew talked me through some of the questions I could be asked and we worked together to improve my responses," explains Dorothy. Their preparation paid off. Dorothy is thrilled with her new job as an employee of the Sandman Hotel, working with people and getting her foot in the door of the hospitality industry.

Further testimony to the important role of youth employment services was a recent federal government funding renewal: \$1.6 million to Career Zone and \$1.26 million for the One Stop Career Shop over the next two years. This funding will allow the two centres to provide uninterrupted service while their funding bodies change. Earlier this year, the federal government signed the Canada-British Columbia Labour Market Development Agreement (LMDA), which transfers power to the Province to decide which employment programs are funded, and how this funding is delivered.

"The LMDA has potential to streamline and coordinate employment services



- ▲ One-to one coaching (top) and job search resources (left) are among the many services provided at One Stop Career Shop in North Vancouver.
- ▼ The job board at YWCA Career Zone is a source for current postings from a wide variety of industries.



across the province," says Marnie Marley, director of employment services at the YWCA. "But we need to ensure that it doesn't result in sweeping changes to a model that has been working well for our clients. We continue to advocate for a community-based approach, where employment services can be tailored to local communities and job markets."

Throughout this transition process, Service Canada's two-year funding contract means that YWCA staff can continue to focus on connecting clients like Brenda and Dorothy to meaningful employment.

JUSTIN'S STORY

On a promising career path thanks to YWCA Career Zone



▲ Justin (right) with receptionist Chris at Career Zone.

"I graduated from the University of British Columbia with a master's degree in political science. Coming from an academic background, I needed some practical help in finding the right career for me.

YWCA Career Zone assisted me in a number of ways. First, they referred me to a great career exploration program where I was able to improve my skills in writing resúmes, cover letters and professional documentation.

With the help of the counsellors, I was able to focus my job search on career opportunities that fit my education and personality. Throughout my journey, they offered advice and support, and reassured me that the ups and downs I was experiencing were normal.

I'm now working as a research officer for BC Assessment, part of BC Public Service Agency. I had a wonderful time with the Career Zone as everyone there was supportive, helpful and encouraging."

she inspires me

2008 YWCA Real Story Recognition Event

A night of stories, music and entertainment in celebration of young writers and the women who inspire them.

November 26, 2008
 The Centre in Vancouver for Performing Arts
 777 Homer Street
 7:00pm – 9:00pm
 Tickets \$5.00 at the door

ywcavan.org/realstory
 604 895 5768

presented by **Scotiabank**

sponsored by **UBC**, **BondRepro**, **The Vancouver Sun**, **Global BC**, **YouThink Magazine**

generously supported by The Fisher Foundation

LISA AND PAMELA'S STORY

The Courage to Move Forward

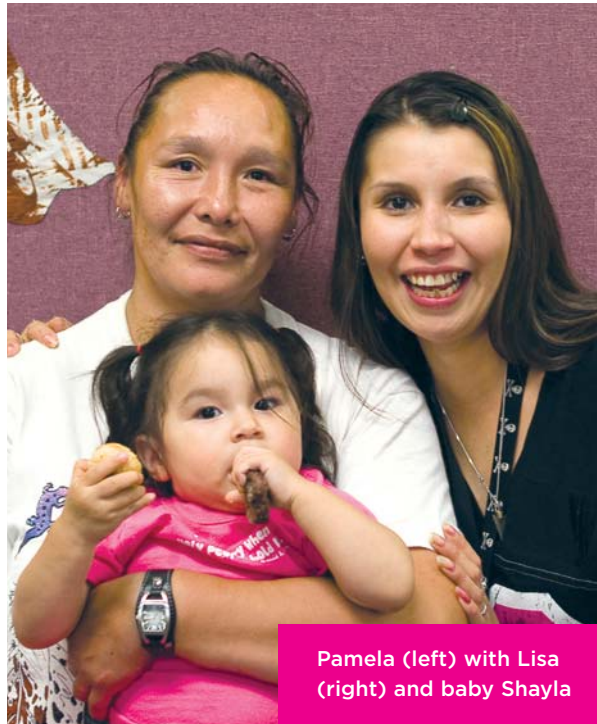
LISA ARRIVED IN VANCOUVER LAST YEAR WITH NO MONEY, NO PLACE TO STAY, AND STRUGGLING WITH DRUG ADDICTION. WHEN SHE DISCOVERED SHE WAS PREGNANT SHE HAD TO MAKE SOME HARD DECISIONS, AND LUCKILY YWCA CRABTREE CORNER WAS THERE TO HELP.

YWCA Crabtree Corner helps women and children in the Downtown Eastside by providing food, clothing, early learning and care, parenting education and support. Since 2003, Crabtree Corner has also provided 12 transitional housing units for women with a history of addiction who are pregnant or newly parenting.

Lisa is grateful for this support and a few months ago, her support network widened even more. She became part of the Crabtree Corner Peer Mentorship Program, a pilot program launched in February with funding from Status of Women Canada.

Lisa was matched with Pamela, a former resident who moved into more independent housing two years ago with her daughter Rain. "I have lots of great memories of living at Crabtree," Pamela says with a smile. "I learned skills like budgeting, parenting and life skills that provided me with a foundation. I feel stronger than ever, and I have the courage to keep moving forward. I want to pass that on to other women."

Lisa's goals are to move into semi-independent housing, pursue her education and eventually become a mentor herself. "Pam helps me stay focused and supports me in parenting. Thanks to her and the Crabtree Housing staff, Shayla and



Pamela (left) with Lisa (right) and baby Shayla

I are doing really well. I used to live a life that was just about surviving," she says. "And now, I'm living."

Lisa and Pam are one of seven pairs in the mentorship pilot program. To learn more about this or other Crabtree Corner programs, please contact Brenda Ulmer at 604 895 5764 or bulmer@ywcavan.org.

It Begins with a Meal

Most women and children first come to Crabtree Corner for its hot meal programs, which provide over 30,000 plates of food per year. For many, it is their only meal of the day and a rare opportunity to access wholesome, nutritious food.

For seven years, RBC has been a key contributor to the Crabtree Corner food programs with a donation of \$50,000 each year. RBC understands that at Crabtree Corner, food nurtures personal as well as physical growth.

A meal is an opportunity to connect with an array of YWCA services – an introduction that will sometimes change a life forever.

Making Early Learning and Care Work for All Families

In the 2008 Throne Speech, the BC government committed to explore the feasibility of providing full school-day kindergarten for three- to five-year-olds. Following this announcement, BC's new Early Childhood Learning Agency (ECLA) released *Expanding Early Learning in British Columbia for Children Aged 3-5*, a consultation paper to collect feedback from service providers, parents and researchers.

"The possible expansion of services is a positive step," says Janet Austin, YWCA Vancouver CEO. "But to achieve the intended benefits, it is important to ensure that services truly meet the needs of children and their families," she added. "For some, this may mean part-time programs shorter than a school day, while for families with working parents, this may mean programs longer than a school day."

With 30 years experience in the field, the YWCA knows that early learning and care are not separate concepts and that learning occurs through play-based developmentally appropriate activities, throughout a child's waking hours. YWCA Vancouver's position is that effective implementation of full-day kindergarten should:

- Integrate learning and care in a seamless day for children
- Build on the system of community-based child care programs already in place
- Meet the needs of working families.

For more information on early learning and care at YWCA Vancouver, contact Michelle Sing at 604 895 5753 or msing@ywcavan.org.

Aboriginal Snowboarders Train for 2010 at the YWCA Health + Fitness Centre

This August, 23 athletes from the Squamish, West Bank and Lillooet Nations visited Vancouver, stayed at the YWCA Hotel and attended training sessions designed to take their talent to the highest level.

The YWCA Health + Fitness Centre has partnered with the First Nations



Snowboarding Team (FNST) since 2006, supporting young athletes training for the 2010 Winter Olympics. Two-day camps are held three times a year and integrate physical and educational training, with expert coaching on topics like nutrition and sports psychology. These athletes, who range in age from 14-31, are given access to facilities, coaching, support and information that they couldn't afford otherwise.

"It was awesome," says FNST athlete Steve Recalma, 22, who has participated in the camps since he joined the team three years ago. "It's always a really good workout. I've progressed a lot – I'm much more athletic than I was the first year."

"These kids are driven and energetic, and it's terrific to witness the team's

camaraderie develop at every camp," says Ingrid Knight-Cohee, acting director of the Health + Fitness Centre.

The YWCA provides ongoing support for the top nine athletes through a free facility membership, mentorship opportunities and regular email correspondence. Since the program began, the YWCA and the FNST have seen participants compete at recreational, provincial and national levels – with three snowboarders competing for spots on the team heading to the 2010 Vancouver-Whistler Games.

For more information about the First Nations training camps, please contact Ingrid Knight-Cohee at 604 895 5761 or iknight-cohee@ywcavan.org.



A Family Tradition of Giving Back

Daniel (Dan) Thomas Hill's Legacy

An entrepreneur and avid musician, Dan Hill believed in community responsibility and helping society's most vulnerable. What's more, he worked throughout his life to translate these values into action, which included his support of YWCA Vancouver.

Philanthropy and volunteering are deeply ingrained in the Hill family. Dan's daughter Gwen is a committed YWCA supporter, and Dan's brother Steven has been a volunteer fundraiser and Chair of the YWCA's Inner Circle Committee. Both of Dan's parents are very active with organizations in their hometown in cottage country Ontario.

Dan, alongside his children Gwen and Andy, served meals to low-income individuals in their North Vancouver community at their local neighbourhood house. Since his death, both Gwen and Andy have continued this tradition as a way of keeping their father's memory alive.

Diagnosed with cancer when he was in his 50s, Dan fought the disease with determination and spirit – to the amazement of those around him, he was able to realize the dream of crossing Canada on his motorcycle before his health faltered.

Dan lived his last days to their fullest, and this included setting his estate in order. "Dan wanted his values to extend beyond his lifetime. He felt it was important to include charitable bequests in his will to organizations he believed strongly in. A bequest to YWCA

Vancouver was one of them," says Steven.

To ensure Dan's ideals live on forever, the *Dan Hill Memorial Endowment Fund for Women and Children Living in Poverty* will be created. Once the fund reaches the required \$25,000, with support from generous YWCA supporters as well as Dan's friends and acquaintances, its income will be used to benefit the women and families at YWCA Crabtree Corner.

Please consider extending Dan's legacy with your gift – either now or as a bequest in the future. You will ensure that the capital in Dan's fund increases and produces more interest, generating revenue that enables YWCA Vancouver to continue to offer services to the women and families who come to Crabtree. By giving to Dan's endowment fund you will have the satisfaction of knowing your support will help families for years to come. You will also realize significant tax savings from this simple yet thoughtful gesture.

For more information on gifts to the Dan Hill Memorial Endowment Fund for Women and Children Living in Poverty or other legacy gifts to the YWCA, please contact **Celia Campos** at 604 895 5810 or ccampos@ywcavan.org or **Vanessa Wellington** at 604 895 5826 or vwellington@ywcavan.org.

Why it may be a good time to "share" your assets

Donating publicly traded securities (like shares and mutual fund units) to registered charities allows you to give more while significantly reducing your tax bill. With the recent downturn in the market and predicted continued decline in share values, donors may be more motivated than ever to dispose of their securities.

A gift of securities takes advantage of tax laws introduced in the 2006 Federal Budget. Canadians can now donate publicly traded securities to registered public charities like YWCA Vancouver and avoid paying any capital gains tax on the increase in their value since the time they were purchased.

The women and families served by the YWCA benefit immensely from this gift, meaning that everyone wins.

For more information on gifts of securities to the YWCA, please contact **Celia Campos** at 604 895 5810 or ccampos@ywcavan.org or **Vanessa Wellington** at 604 895 5826 or vwellington@ywcavan.org.

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

Card # _____ Expiry _____

Name on Card _____ Signature _____

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

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

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

Bank Name _____ Account # _____ Branch ID _____

OR

Monthly charge to my credit card

Visa MasterCard American Express

Card # _____ Expiry _____

Name on Card _____ Signature _____

Name _____

Address _____

Phone _____

E-mail _____

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 5766 fax 604 684 9171
ywcavan.org



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

CONTACT FALL 2008

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 5766**
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**

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**

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**

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**

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**

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

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**

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 career. **tel 604 895 5858**

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