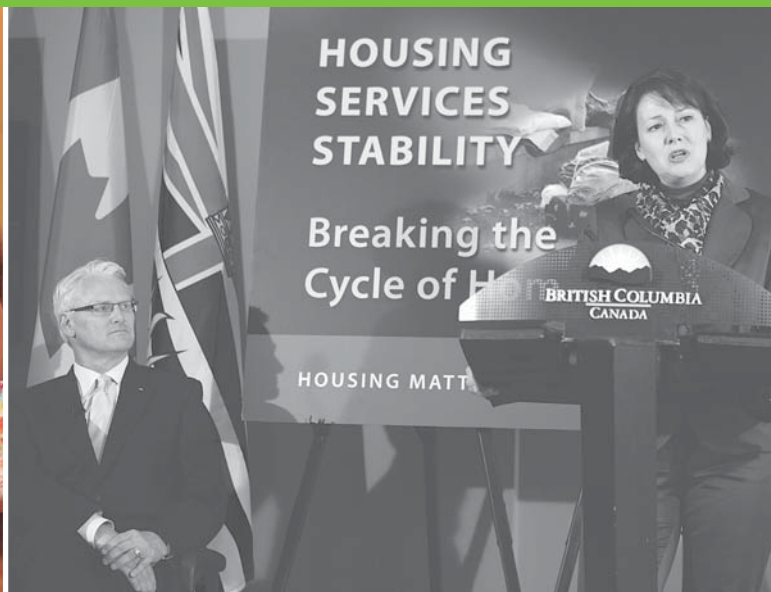


**CONTACT SUMMER 2008**



**Touching Lives  
Building Futures**



YWCAVAN.ORG

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*Please share this issue of Contact with a friend*

## Message from the CEO

As we look ahead to the balmy days of summer, we also have the opportunity to look back at last year's activities in our Annual Report, enclosed in this issue. We are pleased to tell you that YWCA Vancouver touched the lives of over 53,000 people throughout Metro Vancouver in 2007.

Housing is one of the core focus areas where we made progress. Last winter, we told you about Coquitlam's Como Lake Gardens, a new housing development for single mothers, and recently we were pleased to announce the YWCA's newest housing partnership in Surrey. It's exciting to be expanding safe, affordable housing for single mothers to new communities, and we hope that these two projects are the hallmarks of more opportunities to come.

In this issue, you'll find out more about our youth program *Boys 4 Real*, which prepares Grade 7 boys for the challenges of high school and was modeled after our *Welcome to My Life* program for girls. After a successful pilot phase this past spring, *Boys 4 Real* will be expanding in the next school year.

You'll also learn how others in the community are supporting YWCA Vancouver

programs and making a direct impact on the lives of women and their families. YWCA Health + Fitness members raised \$1,500 through their "Coins for Crabtree" Member Challenge, and Scott Construction employees volunteered their time to build a new fence at YWCA Semlin Gardens.

Last month, we celebrated the 25th anniversary of the YWCA Vancouver Women of Distinction Awards. The awards celebrate outstanding women for their contributions to professional and public life, and are recognized nationally as one of the most prestigious awards for women. Over 1,000 guests attended the event at the Westin Bayshore, and proceeds from the evening will support our valuable community programs and services.

Thank you to our donors, supporters and volunteers, without whom we could not serve so many women and their families. We hope you have an enjoyable, safe summer.



Janet Austin, CEO



Janet Austin presents the Innovative Workplace award to Judith Osborne of Simon Fraser University at the Women of Distinction Awards Gala.

### Single Mothers' Stories Come Alive on Film

Visit the [ywcavan.org](http://ywcavan.org) media room to watch **A Safe Place to Call Home** – a short film featuring three single mothers who share their stories about finding safe, affordable housing and the role this played in their journey to economic independence.

The film was unveiled at the 2008 Women of Distinction Awards Gala, and was made possible by many talented individuals who donated their time and talents.

Special thanks to Kim, Brenda and Sharon who shared their stories!

## Beryl graduates from YWCA Fraser Gardens to Home Ownership

After five-and-a-half years, Beryl and her two children moved out of YWCA Fraser Gardens and opened the door to their beautiful new townhome. "This would not have been possible without the support of the YWCA, who gave us the chance of a lifetime," says Beryl.

"My life was in harsh contrast five years ago," Beryl recalls. "I was a single mom living in a small, overcrowded apartment in a badly maintained building. The heating didn't work and the main front door was never locked. It was a stressful situation where I constantly feared for my family's safety."

Beryl was struggling on income assistance, but vowed she'd find a better place for her family. When she drove by YWCA Fraser Gardens, and saw a sign with a phone number out front, she decided to find out more. When Beryl learned that the building was exclusively for low-income single moms and their children, she quickly applied and was accepted as one of the first tenants.

"We moved into a building that was clean, safe and affordable and the heating worked!



TOP  
Beryl (right) and her daughter Natalie share cake at a Fraser Gardens social event.

BOTTOM  
Beryl's son, Sean.

As a result, my family and I flourished," says Beryl. With housing needs taken care of and other supports in place, she could concentrate on other aspects of her life.

"I was able to complete my caregiver's course, and for the first time found employment with decent hours, which brought stability to our home," she remarks. Natalie, Beryl's daughter, was able to go back to college and is now working as a licensed nurse. Her son also went on to further his education at Kwantlen University College.

"We are now able to stand on our own feet, and as a family, we are contributing positively to society," says Beryl. "I can't thank the YWCA enough for the special way they take care of single moms and their families."



LEFT  
Janet Austin at BC Housing's announcement in Surrey, with Premier Gordon Campbell.

TOP  
YWCA Fraser Gardens

BELOW  
YWCA Semlin Gardens

BOTTOM  
Katalin in her Semlin Gardens suite.

## YWCA Housing for Single Mothers Expands to Surrey

A safe place to call home is a fundamental need for anyone, and for a single mother and her children, it's an essential first step in achieving economic independence.

Families led by single mothers have the lowest incomes, the highest poverty rates, and the greatest difficulty accessing safe, affordable housing — especially in Vancouver, now considered one of the least affordable cities in Canada.

This is why YWCA Vancouver maintains a strategic focus on helping single mothers find a way out, and an important part of this focus is providing safe, affordable housing for these families throughout Metro Vancouver.

Over the past year, YWCA Vancouver has enhanced partnerships with governments to expand its model of single mothers' housing to new areas of Metro Vancouver.

As profiled in the Winter 2007 issue of *Contact*, Como Lake Gardens will provide housing for single mothers and their families in Coquitlam, thanks to a partnership between BC Housing and the City of Coquitlam. And on April 14, 2008, YWCA Vancouver CEO Janet Austin joined with Premier Gordon Campbell, Surrey Mayor Dianne Watts, and Minister Rich Coleman to announce a YWCA single mothers' housing community in Surrey — part of a commitment by the Province of British Columbia to provide up to 172 supportive housing units for this growing community.

Thirty-six of these units will be self-contained housing for single mothers and their children, located in the Newton area. Like the other YWCA single mothers' housing communities, the Surrey project will provide women and their children with a supportive, caring environment. Kathy Zazulyk, Community Development Coordinator, explains, "We connect with single moms at critical points in

their journey, providing them with resources like support groups, legal educator services, child care, employment and educational assistance, and vouchers for transit, food, and clothing from the YWCA Thrift Shop."

Kathy connects women with the range of integrated services offered by the YWCA, while building community and support networks through monthly meetings, workshops and by encouraging mutual support. Women become friends, take care of each other's children and share activities and meals.

This holistic service model has a high degree of success. Once a single mother has safe, affordable housing and necessary supports, her family's life can improve dramatically.

"When women enter YWCA housing about 80% are on income assistance, yet when they move out the situation is completely reversed, with 80% of the women employed or furthering their education," says Arthur Mills, YWCA Vancouver Director of Housing. "This major transformation takes place over an average stay of five years."

In keeping with the YWCA's commitment to sustainability, the Surrey housing development will be built to Certified LEED (Leadership in Energy and Environmental Design) Gold Standard to achieve higher energy efficiency, fewer emissions for better air quality, and a smaller carbon footprint. This translates to better quality housing for families, with lower long-term operational costs.

Like Como Lake Gardens, this new housing community is made possible by partnerships with municipal and provincial governments. The City of Surrey is providing a 60-year lease on the land at nominal value, and exempting the site from property taxes. BC Housing will



fund construction and operating costs for the term of the lease, while subsidizing rents so that residents pay no more than 30% of their household income.

YWCA Vancouver will manage the building, applying the same community-based model that has been successful at Semlin Gardens in Vancouver and Fraser Gardens in Langley. The YWCA has also committed to raising \$1 million through a capital campaign. If you are interested in learning more about how you can support safe, affordable housing for women in Surrey, please contact **Brenda Ulmer** at 604 895 5764 or [bulmer@ywcavan.org](mailto:bulmer@ywcavan.org).

## YWCA Employment Resource Centre Celebrates its Fourth Year



Bob shares his story with the audience

There are no age or gender restrictions at the YWCA Employment Resource Centre (ERC) in South Vancouver, a fact illustrated by the diverse crowd that gathered at the Centre's open house on April 17, 2008. Community partners mingled with clients and staff, and heard success stories from jobseekers who had benefited from the one-to-one service and wealth of resources available at 41st and Oak.

The ERC serves anyone who is unemployed or working less than 20 hours per week, like Bob, a mature worker seeking full-time employment that suited his outgoing personality and penchant for storytelling.

Referred by Service Canada, the ERC's funding body, Bob found advice, assistance, and support at the centre. His case manager, Christina, helped him apply for training funds so he could obtain a Class Two driver's license. With that certification in hand, he was hired as a tour guide on the Stanley Park trolley buses.

"Christina guided me along a somewhat winding road," Bob told the ERC guests. "But now I've arrived, and I get to work in the beautiful outdoors and meet lots of interesting people."

Bob is just one of the thousands of jobseekers who have been connected with employment after dropping into the ERC, and the team has good reason to be proud of all they have achieved in four years. "Our staff feel a real sense of accomplishment at the end of the day when they've helped someone find their dream job," says Patrick King, ERC Program Manager. "It's really all about making a difference in people's lives, and the ERC staff do an amazing job with our clients."

For more information about the ERC, contact Patrick King at 604 263 5005 or pking@ywcavan.org.



## Scott Construction Discovers the Benefits of Volunteering

Residents of YWCA Semlin Gardens now have a better backyard view, thanks to volunteers from Scott Construction.

Over four days in May, more than 50 volunteers worked on a new fence at Semlin – a huge undertaking that involved taking down the old fence and then building and painting a new one. Employees also tore down an old playhouse, built picnic tables for residents to enjoy and completed some outdoor landscaping.

Scott Construction selected YWCA Vancouver as their non-profit of choice after the company was hired to build a new home for YWCA Crabtree Corner in 2002. Employees were inspired by the impact the YWCA has on women and families and decided to contribute their time and skills as volunteers.

"After that project, we decided we definitely wanted to be involved with the YWCA," says Isabel Ladeira, Marketing & Business Development Executive Assistant. "We see it as a valuable institution in the community."

Over the past few years, volunteers from Scott Construction have refurbished furniture and completed landscaping at Munroe House, YWCA's second stage transition house for women and children escaping family violence. Employees have also purchased toys for the Semlin Gardens community room, and provided needy families with holiday gifts, food and clothing through the YWCA Presents of Peace program.

Scott Construction allows their employees to volunteer for one full day while on paid time, and seeks out volunteering projects that allow them to be on the front lines and connect with the people they are helping.

And because of their efforts at Semlin, single mothers and their children can look forward to brighter days.

For more information on group or corporate volunteering, contact Peggy Ho Yuen at 604 895 5774 or phoyuen@ywcavan.org.

## Mentorship Brings Career Insight – and Friendship

Iris, a 19-year-old Sir Charles Tupper Secondary School student, "met her match" last fall through the YWCA High School Mentorship Program. She was paired with accountant Vinyse and the two women have met every month since: visiting Granville Island, touring UBC or just meeting for coffee.



Iris (left) with her mentor, Vinyse

matches Grade 11 and 12 female students with professional women in a one-to-one mentoring relationship.

The program's flexibility was the perfect fit for Iris, who is a busy young woman. Since immigrating from China three and a half years ago, she has juggled a full course load and a part-time job while raising her two-year-old daughter, Cherry.

Iris knew that she wanted to pursue accounting, so when she heard about the mentorship program from one of her teachers, she was eager to learn how to navigate the Canadian education system to become an accountant.

Vinyse, who has worked with youth in the past and holds multiple volunteer positions, guided Iris by explaining the courses she would need and the necessary steps to take in pursuing accounting. Iris will start studying at Langara College in September, and thanks to Vinyse, she's confident that her career path is going to be a meaningful and satisfying one.

To learn how you can become a mentor, please contact Janice Lee at 604 895 5802 or jlee@ywcavan.org.

"This was an opportunity to learn more about my profession of interest, and get to meet a real person doing the job," says Iris. "In this program, besides having a mentor, you can really have a friend."

Since 1991, the High School Mentorship program has provided over 1,000 young women with mentors. The program

# 25 Years of Women of Distinction



LEFT: The pre-event reception.

TOP: Michael McKnight, United Way President & CEO, with Robin Stickley of Global BC.

BOTTOM LEFT: Sarah McNeill (left), nominee in the Community Building category, is greeted at the nominees reception.

BOTTOM RIGHT: Denise Turner (left), YWCA Board Chair, presents the Young Woman of Distinction Award to Amanda Reaume.



For 25 years, the YWCA Vancouver Women of Distinction Awards have honoured outstanding women throughout Metro Vancouver. What began as a way to recognize women for exceptional achievements has now grown into one of the most prestigious awards for women and attracts up to 1,000 attendees at the annual gala.

## HISTORY

The Women of Distinction Awards were founded in 1984. Although women had made significant advancements in the workplace that were unheard of 50 years earlier, their achievements were generally uncelebrated by the community. The YWCA realized it was important to recognize women for their successes and provide role models for the younger generation, and so the Women of

Distinction Awards were born. Since the awards' inception, the YWCA has honoured over 200 inspiring women and workplaces.

The Women of Distinction Awards have continually evolved by adding and modifying nomination categories as women's roles grew and changed. In its first year, Women of Distinction were recognized in five categories. Today, there are ten categories. In 1993, Science and Technology was added, and 1995 saw the addition of Young Woman of Distinction in response to the YWCA's strategic focus on youth. And in 2006, the Innovative Workplace category was added to recognize workplaces for supporting the diverse needs of their employees.

## WOMEN OF DISTINCTION 2008 AWARDS GALA

On May 26 at the Westin Bayshore, over 1,000 guests joined in on the festivities as the YWCA

honoured 51 extraordinary nominees and presented nine inspirational women and one innovative workplace with awards.

Hosted by Global BC's Robin Stickley and the Vancouver Sun's Valerie Casselton, the event included a special nominees reception, entertainment by a pianist and music from the Megan Fanning Trio. A silent auction with over 100 items was held, as well as a special raffle for a Birk's diamond-encrusted watch. Over the course of the evening, over \$49,000 was raised – these funds combined with proceeds from ticket sales support valuable YWCA community programs.

The event was capped off by an awards presentation to this year's ten Women of Distinction Awards recipients, listed below. For more information about the Women of Distinction Awards and the inspiring women recognized this year, visit [ywcavan.org/distinction](http://ywcavan.org/distinction).

## 2008 AWARD RECIPIENTS

<p><b>ARTS, CULTURE &amp; DESIGN</b></p>  <p><b>Jane Durante</b> Consultant, Durante Kreuk Ltd. For advancing the role of women in the design, development and construction industries.</p>	<p><b>BUSINESS &amp; THE PROFESSIONS</b></p>  <p><b>Pat Jacobsen</b> CEO &amp; President (retired), Translink For her leadership in directing Translink into a thriving transit system.</p>	<p><b>COMMUNITY BUILDING</b></p>  <p><b>Dr. Susan Burgess</b> HIV/AIDS outreach worker For her work to stop the spread of HIV/AIDS in the Downtown Eastside.</p>	<p><b>EDUCATION, TRAINING &amp; DEVELOPMENT</b></p>  <p><b>Joanne Stone-Campbell</b> Coordinator, Aboriginal Services, BCIT For transforming the culture of BCIT and changing perceptions about First Nations culture.</p>	<p><b>HEALTH &amp; ACTIVE LIVING</b></p>  <p><b>Dr. Susan Harris</b> Head, Department of Family Practice, Children's and Women's Health Centre of BC For her dedication to family medicine and collaborative maternity care.</p>
<p><b>NON-PROFIT &amp; PUBLIC SERVICE</b></p>  <p><b>Susan Keeping</b> Executive Director, Newton Advocacy Group Society For breaking down barriers facing Surrey's most vulnerable citizens.</p>	<p><b>ENTREPRENEURSHIP &amp; INNOVATION</b></p>  <p><b>Gerry Clayford-Beckie &amp; Janie Robinson</b> Director of Operations &amp; Director of Administration, SimpeQ For their devotion to providing exceptional health care to seniors.</p>	<p><b>TECHNOLOGY, SCIENCE &amp; INDUSTRY</b></p>  <p><b>Dr. Rabab Ward</b> Professor, University of British Columbia For her visionary role in the field of signal and image processing.</p>	<p><b>YOUNG WOMAN OF DISTINCTION</b></p>  <p><b>Amanda Reaume</b> For her encouragement of women's involvement in politics.</p>	<p><b>INNOVATIVE WORKPLACE</b></p>  <p><b>Simon Fraser University</b> For creating a progressive work environment in which employees can balance career, family, community and personal growth.</p>



- ◀ Girls and boys at Sir Sandford Fleming Elementary display signs for their car wash in support of BC Children's Hospital, their community service learning project.
- ◀ A Hollyburn Elementary student during a visit to Hollyburn House.
- ▶ Trust-building games are some of the fun, interactive activities that reinforce important themes.



## Boys Learn to “Be Real” and to Give Back

Following the success of the *Welcome to My Life* after-school program for Grade 7 girls, YWCA Vancouver has just completed its pilot of *Boys 4 Real* – a parallel program that helps boys in their transition to the complex world of high school.

When asked why a traditionally women-focused organization is offering a boys program, CEO Janet Austin explains, “Our vision is to achieve women’s equality. While women enjoy legal equality in Canada, violence against women is still a serious issue, with one in two women experiencing physical or sexual abuse before age 16. To create an equal society, we need to start early by fostering mutual respect and equality between boys and girls.”

In spring 2008, YWCA Vancouver piloted *Boys 4 Real* in Sir Sandford Fleming and Hollyburn elementary schools. Like *Welcome to My Life*, the program is delivered in partnership with the University of British Columbia’s Learning Exchange and the Vancouver School Board, with initial funding provided by the BC Ministry of Community Services.

*Boys 4 Real* focuses on helping boys make positive choices at a time when they are facing the many challenges of adolescence. University

students are trained to deliver seven modules on different topics, including gender roles, positive relationships and ways to stay healthy. “We create a fun, interactive environment with games and activities to engage them and reinforce new skills,” says Jon, a 19-year-old UBC co-facilitator.

Each week, time is dedicated to community service learning, together with the girls from *Welcome to My Life*. “Our group crafted cards and bird houses for local seniors,” says Jon. “The boys and girls felt great about volunteering, and giving back.”

Facilitators are supported by Wisdom Champion™ mentors – volunteers over age 30 who serve as mentors and demonstrate what real-life, healthy relationships between men and women look like. Participants also get a view of their future through the eyes of a Grade 10 or 11 boy from the high school the boys will be attending.

“This program fills a real need and we have had an amazingly positive response from the community,” says Youth Program Coordinator Lorna Wakefield. “*Boys 4 Real* will expand to the same six schools where *Welcome to My Life* is offered this fall and both programs will be piloted in one school in New Westminster.”

In 2009, YWCA Vancouver plans to expand both youth programs to as many as 14 schools, helping even more boys and girls prepare for the road ahead.

“It’s a good way to meet new people and learn lots of new things about respecting others.

You learn to cooperate and you have fun,” says Stephen, a young participant. His classmate Darren agrees: “It’s a good program. You should join it.”

If you are interested in becoming a facilitator or Wisdom Champion, please contact Youth Manager **Joanna Beech** at 604 895 5854 or [jbeech@ywcavan.org](mailto:jbeech@ywcavan.org). Applications will be accepted until September 19.



### CRABTREE CORNER

## Deborah’s Story

When Deborah learned she was pregnant four years ago, she decided it was time to conquer her heroin addiction and turn her life around. She was referred to YWCA Crabtree Corner by a family worker and brought her young daughter to Crabtree Corner’s Early Learning and Care Centre. Soon after, she joined the single mothers’ support group to connect with other women who understood what she was going through.

For Deborah, the single mothers’ group was a lifeline that allowed her to find community, explore her life and career options, and find her sense of self. “It’s been a very positive experience for me,” Deborah says. “The group has helped me build confidence. I’ve met other mothers, and I’ve made really good friendships.”

Deborah used to be a youth worker, and is taking steps to rebuild her career and find a job where she can help other women. No matter what, she intends to stay close to Crabtree Corner, where she currently volunteers. “I enjoy the atmosphere there,” she says. “It’s a really good place.”

Register for a free tour of this innovative facility by contacting **Shawn Leclair** at 604 895 5780 or [sleclair@ywcavan.org](mailto:sleclair@ywcavan.org), or visit [ywcavan.org/crabtree](http://ywcavan.org/crabtree) for more information.

## Health + Fitness Members support “Coins for Crabtree”



The spring Member Challenge at the YWCA Health + Fitness Centre proved that small change can reap big rewards. From February 11 to March 14, YWCA Health + Fitness members were asked to drop a post-workout coin of any denomination in a special vase, making them eligible to enter a prize draw. Proceeds were donated to YWCA Crabtree Corner.

“Coins for Crabtree” is one of three Member Challenges held each year for the centre’s over 3,000 members. The challenges are meant to motivate and inspire – and this one was successful, with coins donated for 28,853 workouts, compared to 22,383 last year.

And best of all, the funds raised (over \$1,500) will help women and their families in the Downtown Eastside through YWCA Crabtree Corner. This centre is a safe haven for hundreds of women and children, providing food, shelter, parenting support and much more.

## From Mother to Mentor – Mary Macdonald's Story



Mary at a YWCA AGM 30 years ago, where she served as Board President

Mary Macdonald first connected with YWCA Vancouver over 40 years ago, as a young mom in the "Take a Break" program held in the basement of a North Shore church. A lot has changed since then, but the YWCA used the same holistic approach in its programming as it does today, and Mary enjoyed connecting with other women through a combination of physical activity and leadership development activities.

From then on, Mary knew she wanted to be a part of the organization's vision to achieve women's equality. "My involvement in the YWCA really helped to awaken my social conscience both on a local and international level," says Mary. "I became much more aware of women's strengths, and also the challenges they face in reaching their full potential."

In 1973, she joined the YWCA Board of Directors. 'Young Mary', as she was called affectionately by her fellow volunteers, was the youngest member and a dynamic presence on the Board. "Mary used her sense of humor to keep all of us motivated and she contributed much to our work," reflects Elizabeth (née Wall) Trethewey, President of the Board at the time. In 1976, Mary became the YWCA's youngest Board President.

Mary has continued her involvement as a volunteer and active supporter of the YWCA. She was a key organizer of YWCA Vancouver's 100th birthday celebration in 1997, participated on Women of Distinction and Inner Circle committees, and now volunteers as a Wisdom Champion™ mentor for the *Welcome to My Life* program. As a mentor for young women facing the challenges of adolescence, she provides a new generation of women with strength and support, while sharing her trademark energy and sense of fun.

Through her years of involvement with YWCA Vancouver, Mary knows more than anyone the financial needs that must be met in order to continue offering valuable services to the community. Mary is loyal donor through the YWCA Inner Circle, and has recently joined the YWCA Legacy Circle by including a bequest to the YWCA in her will. Not only does Mary have the satisfaction of knowing her support of the YWCA will continue beyond her lifetime, she will also realize significant tax savings from this simple yet thoughtful gesture.

For more information on charitable bequests to the YWCA, please contact **Celia Campos** at **604 895 5810** or **ccampos@ywcavan.org**.

## 10 Things You Can Do Today To Leave a Legacy

1. Prepare a will — without a will you lose control over your property at death.
2. Leave a gift in your will for the non-profit organizations that made a difference in your life. Imagine the impact if everyone made a gift from their estate to an organization close to their heart!
3. Leave a specific dollar amount or a percentage of the assets in your will to a non-profit of your choice.
4. Consider using assets for your charitable gift. These may include cash, stocks, bonds, mutual funds, term deposits, real estate, art, jewelry, or insurance. Such gifts may even provide tax savings.
5. Name a charity as a beneficiary of your RRSP, RRIF or pension.
6. Name a charity as the beneficiary of an existing or paid-up life insurance policy.
7. Purchase a new life insurance policy naming a non-profit as the beneficiary.
8. Remember loved ones with memorial gifts.
9. Encourage family and friends to leave gifts to charities in their wills.
10. Ask your financial or estate planning advisor to include charitable giving as part of their counsel to clients.

For more information, contact **Celia Campos** at **604 895 5810** or **ccampos@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 send me a securities transfer form.

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 SUMMER 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](http://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 604 895 5859**

#### 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](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 5800**

#### 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**

### 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](http://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 emergency 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 those ages 15 to 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**

#### 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**

- 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](mailto:enquire@ywcavan.org)



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