

CONTACT SPRING 2008



Touching Lives  
Building Futures



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## Message from the CEO



Spring is a time of growth, new life and renewal – a theme that resonates with all of us at YWCA Vancouver. Supporting people through periods of change and transition is fundamental in our mission to touch lives and build better futures for women and their families.

Over the past several years we have increased our efforts to advocate for public

investment in a national child care system. YWCA Vancouver has a long history of delivering quality child care, and in our four child care centres throughout Metro Vancouver, we see first-hand the tremendous benefits of early childhood education. This issue's feature article "Early Learning and Care Makes Good Business Sense" presents evidence-based arguments in support of quality child care, and outlines why it is so important that every Canadian child receives the early learning that will ensure success later in life.

YWCA Vancouver works to support boys and girls of all ages, and on page three you'll read a delightful and touching story by Ryan Thom, one of the six award recipients of the 2007 YWCA Vancouver Real Story Competition.

Another group of youth we serve is teen moms. Among the many support services offered at Emma's Child Care Centre, the

YWCA Health + Fitness Centre team has been reaching out to help these young women learn about fitness and fun.

You may be interested to know that YWCA Vancouver is one of the largest providers of employment services in Metro Vancouver. In the current booming job market, these services are in demand as much as ever, and you'll see how our dedicated staff rise to the challenges of an ever-changing client base.

Please mark your calendar for Monday, May 26 and join us for the 25th Anniversary of the YWCA Vancouver Women of Distinction Awards, our prestigious gala event that recognizes exceptional women in our community. Details are included in this issue. I hope to see you there!

Janet Austin, CEO

## The Right Place for Kaiya

With long waiting lists and rising fees, finding affordable, quality child care is not easy for most families. For Tanya, mother of a child with special needs, there are significantly more factors to consider.

By the time her son Kaiya turned three, Tanya knew he was different from other children. The family faced a battery of diagnostic tests and procedures to determine his level of development. The tests are not only complex and time-consuming but expensive, and Tanya ultimately was able to secure funding through the Ministry of Children and Family Development and the Infant Development Program of British Columbia. Weeks later, a doctor broke the news: Kaiya placed highly on the autism spectrum – something Tanya had suspected all along.

Even though Tanya is a stay-at-home mom, it was recommended that Kaiya attend a licensed, integrated child care centre for the social interaction, specialized care and routine that trained professionals can provide. That's what brought Tanya to Citygate.

YWCA Citygate Child Care Centre accommodates children two-and-a-half to five years of age, 25% of whom are diagnosed with special needs. Over the years, Citygate has cared for youngsters with Down Syndrome, autism, visual or hearing impairments, and many other physical or cognitive delays. There is one caregiver for every six children – a typical child care centre's ratio is one to eight – and each



caregiver has training and experience in Early Childhood and Special Needs Education.

Supervisor Noreen Hautala explains, "Our staff pride themselves on being able to recognize and support families with diverse needs. We can assist with information and strategies and refer families to various community resources or other YWCA programs."

Citygate provides activities, toys and surroundings that are appropriate for all children, including those who may have cognitive, physical, social or emotional delays. Children play together in a safe environment that is interesting, stimulating and conducive to learning at all stages of development. In Kaiya's case that makes Citygate the place to be.

"I feel much better leaving him here than in other centres we have used," Tanya says,

acknowledging the warm welcome and support she received from the beginning. She did a lot of research before coming to Citygate and notes, "The smartest thing I did was to talk to other parents who use the centre, and I recommend that any parent choosing a child care provider do the same."

Tanya especially appreciates that YWCA staff respect her as a parent, and are willing to try different things for Kaiya to make each day as good as it can be. "Whatever his challenges are," says Tanya, "he's my child, and I want the best for him."

To learn how you can support YWCA child care programs like Citygate, contact **Kathy Lilyholm** at **604 895 5851** or **klilyholm@ywcavan.org**.

## Early Learning and Care Makes Good Business Sense

### A Reality Check

With an aging population and historically low birth rates, Canada is facing severe skill shortages. In approximately 10 years, there will be more seniors than children in Canada. That means more people will be receiving pensions than paying into them – a situation that threatens our economic growth and prosperity.

### Women's growing importance in the economy

Women's participation in the workforce has greatly increased over the last 25 years, especially for those with preschool children. In 2006, 69% of Canadian women with children ages three to five were employed.<sup>1</sup>

Now and in the future, a key driver of Canada's economic prosperity is women's participation in the workforce. However, further progress in this area is seriously in question.

While women in Canada are better educated and are outpacing men in many high-skill occupations, they are falling short of realizing their economic potential. As women's child rearing and peak career years overlap, many are leaving higher paying jobs for more flexible work environments, while others are choosing to work part-time.

### Investment in quality child care is key to addressing labour shortages

A universal system of early learning and care is critical in supporting women to succeed at home and in the economy. Without such a system, low birth rates will prevail and labour shortages will intensify.

Affordability is a key factor. The high cost of child care in our current market-driven system is out of reach for many moderate to low-income families. Even with two income earners in the family, 120,000 families lived below the poverty line in Canada in 2003.<sup>2</sup>

Most lone parent mothers cannot afford the cost of child care. This represents a large pool of women who, without supports, cannot participate fully in the workforce. Only 46% of single moms with children under age three are employed compared to 66% of mothers in two parent families.<sup>3</sup>

Even for families that can afford quality child care, it may not be available to them. The spaces available across Canada account for only 20% of children under six with working parents.

An integrated system of early learning and care options will allow all parents to participate fully in paid employment, and promote balance in work and family responsibilities.

For employers facing labour supply challenges, the direct benefits include:

- Better recruitment and retention of employees
- Reduced absenteeism due to family responsibilities
- Increased productivity due to less worker stress
- An improved morale about the health and well-being of their children
- Greater availability of current and future workers



### Research points to the lifelong benefits of early learning and care

A compelling body of research confirms that high quality early learning and care “sets the foundation for lifelong learning, behaviour and health.”<sup>4</sup>

The period from birth to age six is the most rapid period of brain development with maximum refinement in social and emotional functioning, language, cognition, vision and hearing. This finding is constant across all socio-economic backgrounds: young children who spend their days in caring, developmentally stimulating environments are more likely to succeed in school and later in society.

### It makes economic sense

Numerous studies reveal that investments in quality child care create significant economic returns. A recent report on early childhood education asserts that the return on investment for early childhood education is eight to one, compared to three to one for primary and secondary education.<sup>5</sup>

Nobel laureate and University of Chicago economist James Heckman states, based on his study of neuroscience, that investments in children bring a higher rate of return than other investments. He found that “investment in the preschool years raises the productivity of schooling and training”<sup>6</sup> and attributes broader benefits to individuals and society through better health outcomes and reduced crime.<sup>7</sup>

### Our future depends on a healthy, skilled workforce

Canada is last among 14 developed countries when it comes to spending on early childhood learning and care. We spend only about half of what the United States and the United Kingdom do as a percentage of GDP. The Scandinavian countries spend five times as much, or more, and are reaping the benefits.

In Canada, access to affordable early

learning and care would lead to greater employability of women and parents, higher incomes and taxes paid, and savings to our social welfare system. Families, employers and governments would all benefit from a present and future workforce with the skills and knowledge to take Canada into the future.

According to a recent report by Goldman Sachs, in countries where public policy supports women in pursuing a career while raising a family, female employment and fertility rates tend to be higher. The report points out that “reducing gender inequality could play a key role in addressing the twin problems of population ageing and pension sustainability.”<sup>8</sup>

### A foundation for economic health and prosperity

Businesses have an important role to play in influencing governments to make the major investment required for quality early learning and care, setting the foundation for our economic health and prosperity.

We need to build our workforce today while preparing our children to be productive contributors to the global knowledge-based economy. Investing in a universal early learning and care system has far-reaching benefits: it's good for children, parents, workers, employers and society.

<sup>1</sup> Statistics Canada, *Women in Canada*, 2006.

<sup>2</sup> *Ibid.*

<sup>3</sup> *Ibid.*

<sup>4</sup> Margaret McCain and Fraser Mustard, *The Early Years Study: Reversing the Real Brain Drain*, 1998.

<sup>5</sup> Mustard, McCain, and Shanker, *Early Years Study 2: Putting Science Into Action*, 2007.

<sup>6</sup> James Heckman, *The Productivity Argument for Investing in Young Children*, University of Chicago, 2004.

<sup>7</sup> *Ibid.*

<sup>8</sup> Goldman Sachs, *Gender Inequality, Growth and Global Ageing*, *Global Economics Paper No. 154*, 2007.

## Throne Speech Surprise

### PROVINCE EXAMINING PRESCHOOL

The Throne Speech opening the 2008 sitting of the BC Legislature contained an unexpected and welcome surprise!

Over the next year, the Province will examine the feasibility of making kindergarten available full-day for five-year-olds and eventually extending it to four- and then three-year-olds.

YWCA Vancouver applauds this initiative and has congratulated Premier Gordon Campbell. The YWCA is also offering to provide any assistance within its capacity to the three Ministers responsible for this study: the Honourable Tom Christensen, Minister of Children and Family Development, the Honourable Shirley Bond, Minister of Education, and the Honourable Linda Reid, Minister of State for Child Care.

The YWCA supports the progressive direction BC is pursuing, but remains concerned that the lack of federal commitment to a system of early learning and care is creating inequality of opportunity among Canadian children.

# Inspiring women, Inspiring youth

Last fall, more than 420 Metro Vancouver high school students submitted essays on the topic "She Inspires Me" for the 2007 YWCA Vancouver Real Story

Competition, presented by Scotiabank.

The 121 finalists were celebrated at the 2007 Real Story Recognition Event on November 28, 2007. Throughout an evening featuring dance and music by young local artists, the six winning entries were announced and read aloud to the audience.

Visit [ywcavan.org/realstory](http://ywcavan.org/realstory) to read this year's winning entries, including this story by Vancouver's Ryan Thom.



2007 Real Story Award Recipients (left to right): Krystal Norrish of Surrey, Catherine Wang of Vancouver, Bala Subramanian of Vancouver, Eunice Hii of North Vancouver, and Halah Zumrawi of Richmond. Not shown: Ryan Thom of Vancouver.



YWCA VANCOUVER

## Women of Distinction Awards

Since 1984, the YWCA Vancouver Women of Distinction Awards have honoured exceptional women. Organizations that promote progressive, family-friendly workplaces are also recognized through the YWCA Innovative Workplace Award.

Visit [ywcavan.org/distinction](http://ywcavan.org/distinction) to learn about the incredible leaders, mentors and visionaries that are this year's nominees, and join us in celebrating 25 years of inspiring women.

YWCA Vancouver  
Women of Distinction Awards

Awards Dinner  
Monday, May 26, 2008  
7:00pm - 10:00pm  
The Westin Bayshore, Vancouver

General Reception 6:00pm  
Tickets are available now through YWCA Vancouver:

- \$150 until April 30
- \$170 after May 1

tel 604 895 5825  
[distinction@ywcavan.org](mailto:distinction@ywcavan.org)  
[ywcavan.org/distinction](http://ywcavan.org/distinction)

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### She Inspires Me – This Girl I Hate

By Ryan Thom  
Grade 11,  
Sir Winston Churchill Secondary

The woman who inspires me most is a woman whom I have often professed to absolutely despise. Dear readers beware! This essay is no heart-warming tale about a valiant old grandmother or selfless missionary worker. This is a story of jealousy and competition, a twisted cycle of hatred, love, and inspiration that has been a part of my life since I was born. You see, I have the great privilege – and deep misfortune – of being the brother of a prodigy.

My older sister entered the world a year and a half before I did, the first of many races in which she would emerge the victor. Of course, it wasn't a contest then. She was not yet Robyn the Prodigy, whose accomplishments eclipsed my own. She was only Robyn, my sister and playmate, my guide and my protector. My earliest memory of Robyn is of her stroking my hair and reading me a story. I sometimes wonder if she, too, remembers that moment. I hope so. It's nice to remember that before we were rivals, we were friends – that there was a time when she would read to me and stroke my hair with tiny hands.

Being the brother of Robyn Thom is something like walking around with a large bird on my head – it is impossible to forget that she is there, even if I cannot see her. It is inevitable, on the first day of a new school year, that at least one of my teachers will glance at his or her attendance list and say, "Thom....hmm...you wouldn't happen to be Robyn's brother, would you?" Said teacher will then proceed to rattle off a list of Robyn's achievements, which include winning the international science fair, inventing a new

type of plastic, swimming competitively at a national level, achieving a near-perfect score on the SAT, and, most recently, gaining an acceptance to Harvard University. I will then smile and suppress the almost irresistible urge to smack that teacher with a binder. No, I always want to say. My name is not Robyn's Brother. My blood may whisper her name, but I am not only a shadow. I am me.

When I was seven years old, I overheard my father say, "Yes, sir, my daughter is born to do great things." Someone replied, "What about your boy?" My father just laughed. At nine, Robyn was already a winning competitive swimmer and figure skater, straight-A student, and an excellent pianist. I was a skinny little boy who was bullied by his classmates, and had to be pushed into the water before I would learn to swim. It was that moment, I think, that I began to hate my sister. She was everything I wanted to be – someone my father was proud of. That was when I promised myself that I would surpass Robyn – that someday I would be the child everyone looked at admiringly, and she would be the child that everyone pitied.

The next nine years were an intense competition. Every time I studied for a test or played the piano, every time I went to a swim practice or a music festival, I did it not for myself, but because I wanted to beat my sister. Each effort was in vain. Robyn threw herself into any activity with a ferocious determination and a raw talent that was almost frightening at times. My report cards unfailingly received straight As, but hers would be in the high nineties. I would win a local music competition, but she would get a gold medal at a national swim meet. Our rivalry would often erupt in vicious fights over things like who would set the table for

dinner, fights which could result in us not speaking to each other for a week.

Our last, and biggest, argument was less than a year ago. I don't even remember how it began. We screamed the most horrible things at each other; I remember telling her that I hated her. That I was glad she was going to Boston for university, because I couldn't stand living with her. She told me that I was worthless. A local newspaper had recently printed an article detailing her achievements, and I ripped it to pieces. It was over, I thought. I was through with trying to prove that I was just as good as my famous sister. I was through. For a moment, there was this feeling of tremendous triumph, like I was free of an enormous weight. And then I just felt empty.

Now that she's gone, her absence is palpable. I feel as though I've lost something, which is funny, because really, she's still all around me. Her collection of medals still jangles proudly in our living room at the slightest breeze, her trophies gleam mockingly from the mantelpiece. At school, people still come up to me and ask if it's true that Robyn will compete in the next Olympic Trials for swimming. It's as if, now that she's no longer living with us, I can suddenly see more clearly: I can see that I need her. I can see that it is my struggle to prove that I am as good as she is that has inspired me all this time. It is her fierce determination; her will to dominate and succeed that has been reflected in me.

When my sister comes home for Christmas, there are some things I would like to tell her, but probably won't, because they are too awkward to say. Somehow, though, I think she'll know what I mean. They are: I resent you. I love you. You infuriate me. And most of all, you inspire me.

## Employment Services More Important Than Ever in a Hot Job Market

In BC's hot economy, headlines bemoan dramatic labour shortages as businesses scramble to attract competent staff. Now, more than ever, employers are willing to look beyond the traditional labour pool to meet their needs and YWCA Vancouver is positioned to help them.

For 17 years, YWCA Vancouver has been helping Metro Vancouver job seekers find work. Last year alone, nine employment-related programs assisted over 7,000 men, women and youth in finding the next step in their career path.

"Because of the strong labour market and a robust economy, the average unemployed person can find work quite easily," explains Patrick King, Manager of the Employment Resource Centre based in South Vancouver. "Now we are seeing more clients who face multiple barriers, and those who have struggled to maintain full-time employment."

Career Services in North Vancouver is home to the YWCA's newest labour market service: an employer relations specialist, who works to connect employers with the thousands of job seekers the YWCA serves each year. These include skilled immigrants, who face barriers to employment even when they have considerable training and experience.

The Professional and Technical Workers Program in North Vancouver provides newcomers with



job search skills and cultural orientation to the Canadian workplace. The program assists architects, engineers, technicians and other professionals with the credential evaluation process and helps them market their skills effectively.

YWCA Vancouver operates employment centres throughout Vancouver and the North Shore, serving men and women of all nationalities and age groups. Because these employment programs are integrated with YWCA community programs, clients are connected with a network of supports the moment they walk through the door.

Patrick sees the benefits of this network every day. "In working with a client, we often find that their struggle isn't strictly with finding a job. With access to community programs and services, including those offered by the YWCA, their chances of success are greatly enhanced."

### Employment Services A grassroots or big-box approach?

Most employment services in BC are delivered by community-based non-profits and small businesses, funded and administered by the federal government through Service Canada.

This service model allows community-based agencies to tailor their approach to local needs. Recently, however, the federal government decided to transfer responsibility for employment and training programs to the Province of British Columbia. Negotiations are currently taking place on the Labour Market Development Agreement.

"This is an important opportunity to build support for the YWCA's approach in helping clients make a successful transition to economic independence," says Marnie Marley, Director of YWCA Employment Services. "It's not just about getting a job - it's about building a career and life direction. Our clients have access to a broad range of community services, and that makes all the difference."

YWCA Vancouver has joined with other community organizations to form the BC Career and Workforce Development Alliance. The Alliance is advocating for the continuation of community-based programs, and conducting research that demonstrates the value added when employment services are rooted in the community.

Visit [www.bclmda.ca](http://www.bclmda.ca) to learn more, and become an informed voice supporting the community-based work of the YWCA.

#### ALENA'S STORY

## A New Country and a New Career Thanks to YWCA Career Services



Alena, her husband Yauheni, and their three-year old son Dennis had been in Vancouver only two days when they began their housing search last fall. They had arrived from Belarus and were exploring the beautiful but unfamiliar city they hoped to make their new home.

"We were looking at a building where there might have been apartments to rent," she says. "We started chatting with a construction worker about our search, and he said, 'Your little boy needs mountain air!' That's how we ended up in North Vancouver."

Shortly thereafter, Alena joined the Professional and Technical Workers Program at YWCA Career Services in North Vancouver. Alena had a background in business administration and needed help marketing herself in the Canadian job market.

"The people at YWCA Career Services were so helpful and nice, and my counselor Melanie Mageau helped me research the job market and

match my background and training to a suitable career," remembers Alena.

"When you come to a new country, it's as if you are a tree uprooted, and suddenly transplanted. We had challenges every day - finding child care, a home, and learning English. Melanie was always there for me, to help with all of it."

Alena has now been accepted to Ashton College and will pursue a Human Resource Management Certificate. "With the help of the YWCA and Career Services, I found that this field will connect nicely with my business administration background and my university degree. It's perfect for me!"

"I am so excited about the future. Yauheni is working now too, and Dennis is already speaking English to people in the street. We've been so very lucky."

The YWCA Professional and Technical Workers Program is a specialized job search support program for men and women of any age with professional, managerial or technical skills. Visit [ywcajobseeker.org/careerservices](http://ywcajobseeker.org/careerservices) for more information.

## Teen Moms Find Their Balance

It's Thursday morning at the downtown YWCA Health + Fitness Centre and the exercise studio, normally serene this time of day, is filled with the laughter and energy of teenage girls.

These young women are students at Vancouver's Sir Charles Tupper Senior Secondary School and they visit the Health + Fitness Centre to earn Physical Education credits. They're in different grades and come from a variety of backgrounds, but share an important connection: they're all mothers.

Led by YWCA Vancouver fitness instructors Sonja van der Putten and Katharine Todd-Millar, these weekly sessions integrate activities like indoor cycling, boot camp, step aerobics and weight training. These young moms have had to grow up fast, balancing parenthood, school and adolescence. Many have never had the chance to attend a fitness class, let alone experience such a wide variety of physical activities.

"Much of what we do together is active," says Sonja. "But while we are working out, we talk about their children and their lives, their likes and dislikes... sometimes even their fitness goals."

With their children safely cared for at YWCA Emma's Child Care Centre during the school day, this weekly field trip is a high point. "I really like coming here because it gives us time



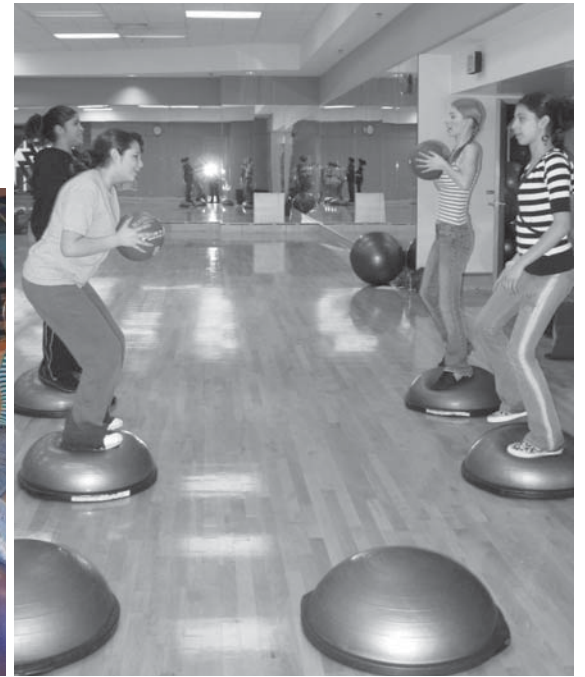
Young moms try out fitness routines including core workouts, balance exercises and boot camp programs.

for ourselves, and we rarely get that," says one young mom. Another adds that she enjoys the group activity and "hanging out" together.

Each session is designed to teach the girls about a different aspect of healthy living. The girls go home with an information sheet on a healthy living topic like nutrition, flexibility or body composition.

"Right now the classes are at a very basic level, focusing mainly on exercise," says Sonja. "But there's potential for this program to turn into a healthy living class, providing these girls with strong role models and solid advice on leading a healthy life for themselves and their children."

Anita Hollands, the teacher with the Tupper Mini School Program, agrees. "This is about the



only time they have to focus on themselves, and the potential is huge for teaching them about living a healthier lifestyle."

Sticking to a workout routine is challenging for anyone, and the Health + Fitness team is especially proud of these busy young moms who have committed to healthy habits for themselves and their families.

## Presents of Peace Spread Holiday Cheer!

"The experience reassured us that we are indeed going to be okay – a feeling we have not shared for a long, long time. I have never had a more beautiful Christmas!" writes a recipient of a Presents of Peace hamper.



▲ Electronic Arts' Presents of Peace champions (left to right) Kerry Harrington, Wendell Harlow and Eva McQueen

Munroe House Worker Manjit Sangha describes a visit from a donor: "They brought a generous gift certificate for the mom, and raised extra money to cover the needs of a family starting over, as so many of our residents are. They brought bins of linens, toys and domestic goods – even Christmas decorations! The mom was incredibly touched."

Corporate groups got into the holiday spirit too. Of the 278 families who received hampers, 52 were sponsored by Electronic Arts (EA) Canada, surpassing their 2006 record of 50.

EA staff teams started fundraising in November. They made personal donations and found creative ways to fundraise: 50/50 draws, bake sales, head shaving challenges and more. One person brought in a year's worth of loose change totaling \$1,500!

Electronic Arts' support dates back to 1999 when Evaleen Jaager Roy, Vice President of HR, Global Publishing & Community (and YWCA Vancouver Inner Circle Member),

suggested the YWCA as a recipient for the holiday giving program.

"Staff generosity has been overwhelming," says Wendell Harlow, Manager of EA's Outreach and Corporate Giving. "It has gone from a simple seasonal initiative to an embedded piece of our commitment to education, arts and compassion."

More employees participated this year than ever before, thanks to the company's new gift matching program. Every dollar is matched by the company so a gift goes twice as far. Altogether \$17,482 was raised to support programs at YWCA Crabtree Corner.

Does your employer have a matching gift program? Whether you are an employee or retiree, you may be able to double the impact of your donation. Check with your employer and register today!

For information on the annual YWCA Presents of Peace Program, contact **Vanessa Wellington** at 604 895 5826 or [vwellington@ywcavan.org](mailto:vwellington@ywcavan.org).

## Breaking New Ground for Women Who Come After Her



Eleanor poses at Vancouver's Spanish Banks with her second cousin and devoted caregiver Spencer Thompson.

Eleanor Haydock was a woman ahead of her time, described by friends and family as a "trailblazer." Her strong feelings about the opportunities available to women drove her to support the YWCA during her lifetime. Her desire to leave a legacy for other women led her to remember YWCA Vancouver in her will.

Eleanor was born in 1918, in an English village so small she was the only child her age. After high school, she studied science at a local technical school as their only female science student. She then moved on to Reading University, on scholarship, where she earned a Bachelor of Science in Horticulture.

In 1942, Eleanor studied electronics at London Polytechnic and became the only female Radar

Maintenance Officer in the British Army, later retiring as Second Lieutenant. Despite her years of service, she received approximately two-thirds of the salary paid to men for performing the same duties.

After her sweetheart was killed in World War II, Eleanor moved to Canada. By then she had earned degrees in both Horticulture and Library Sciences. She worked as Head Librarian for BC Hydro, then decided to study for a masters degree in Physical Education at the University of British Columbia. She used to say that her return to school was to "teach the teachers at UBC how to work with older people!"

Eleanor moved into her home on Holland Street in Vancouver in 1953, where she loved spending time cultivating her vibrant flower and vegetable garden. Independent to the end, Eleanor died at home in November last year, just shy of her 90th birthday.

Through Eleanor's generous bequest to YWCA Vancouver, her legacy lives on. When a large, unrestricted bequest like Eleanor's is received, 25% is directed to address immediate needs. The other 75% is added to the YWCA Legacy Endowment Fund.

The capital in the fund is protected in perpetuity, but the interest generated, which totalled more than \$170,000 in 2006, supports vital YWCA programs and services. YWCA endowment funds provide steady, predictable streams of revenue that we rely upon to help us continue to work with women and their families all over the Lower Mainland.

Please consider a gift to the YWCA Legacy Endowment Fund or create a named endowment fund and help build a legacy for those following you.

For more information on endowment funds or charitable bequests, please contact **Celia Campos** at 604 895 5810 or [ccampos@ywcavan.org](mailto:ccampos@ywcavan.org).

## Investing in Single Moms

A \$50,000 contribution from Phillips, Hager & North Investment Management Ltd. is the first corporate donation to the YWCA's \$1 million capital campaign to build Como Lake Gardens. This YWCA development, profiled in the Winter 2007 issue of *Contact*, will provide 30 units of safe, affordable housing to single mothers in Coquitlam.

"We are familiar with other single mothers' housing projects operated by YWCA Vancouver and the doors that are opened by safe, affordable housing.

**"Como Lake Gardens will provide opportunities for vulnerable families and address homelessness, perhaps the most pressing issue in our community today."**

"We are proud to support this project," says Julia Kim, Vice President, Phillips, Hager & North.

For more information on gifts to support our planned housing communities for single mothers, please contact **Celia Campos** at 604 895 5810 or [ccampos@ywcavan.org](mailto: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



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[ywcavan.org](http://ywcavan.org)



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

**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 housing, child care and support to innovative employment, wellness and leadership programs, YWCA Vancouver touches lives in communities across the Lower Mainland.

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

## Leadership

### HIGH SCHOOL MENTORSHIP PROGRAM

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

### CAREER LINKS

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

### CONNECT TO SUCCESS

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

### REAL STORY

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

### VOLUNTEER

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

### WOMEN OF DISTINCTION

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

### YOUTH PROGRAMS

*Welcome to my Life* and *Boys 4 Real* are after-school programs designed to help Grade 7 girls and boys in their transition to high school. Offered at participating schools in partnership with the Vancouver School Board and the University of British Columbia TREK program. **tel 604 895 5854**

*Camp Fun Girl* is a one-week summer day camp that provides girls ages nine to 13 years with the strength, knowledge and skills to address issues they face as they become teenagers. **tel 604 895 5854**

## Employment

[YWCAJOBSEEKER.ORG](http://YWCAJOBSEEKER.ORG)

### CAREER SERVICES

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

### CAREER ZONE

A drop-in employment centre in Downtown Vancouver for those ages 15 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**



## Housing

### 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**

### HOTEL

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

### 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**

## Wellness

### HEALTH + FITNESS CENTRE

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

## Community

### CITYGATE CHILD CARE CENTRE

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 FAMILY & EMERGENCY CHILD CARE CENTRE

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

### LESLIE DIAMOND CHILD CARE CENTRE

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

### EMMA'S CHILD CARE CENTRE & TUPPER YOUNG PARENTS SERVICES

Cares for children ages four weeks to three years. Helps young mothers achieve self-reliance and independence by combining part-time and full-time academic work, counselling and vocational advice with health and parenting support. 3839 Carolina Street. **tel 604 879 1121**

### SINGLE MOTHERS' SERVICES

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

### LEGAL EDUCATOR

Provides one-to-one information and workshops for YWCA clients on a wide range of legal issues. **tel 604 895 5859**

### 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)

### MEETING ROOMS

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

### PRESENTS OF PEACE

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

### THRIFT SHOP

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

- 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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