

CONTACT FALL 2009



Touching Lives
Building Futures

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Greeting from the CEO



Each year, YWCA Vancouver participates in Week Without Violence, an international week of violence prevention. This week is an important one for the YWCA, whose mission is to build better futures for women and their families. Unfortunately, violence against women is all too prevalent in our society – one in two women in Canada over the age of 16 has been the victim of physical or sexual violence.

In this issue, you'll read about the ways we help women in abusive relationships. We are proud to be marking the 30th anniversary of

YWCA Munroe House, which revolutionized the way our culture supports women and was the very first second-stage transition house in Canada. Over the years, Munroe House has had a profound effect on both women's lives and the public policy that protects women who have suffered abuse.

While there have certainly been improvements for women experiencing violence in our city, we still have a long way to go. Many of the trials and tribulations women faced 30 years ago remain today, and women in the Downtown Eastside experience additional barriers, which you'll read about in our story featuring the YWCA's Violence Outreach Program that runs at Crabtree Corner. It's a vital resource that helps women rebuild their lives in one of Canada's poorest neighbourhoods.

2009 has been a challenging year for many of us, especially for single mothers who often have trouble finding employment, early learning and care and safe, affordable housing. The YWCA's Single Mothers' Support Services provides a myriad of services to single moms, which help them move towards economic independence.

Our newest support group, specifically for immigrant single mothers, is making great strides in assisting women in their adjustment to life in Canada.

The Olympics will arrive in our city in February and with that is the opening of our winter-themed art exhibit at the YWCA Hotel. Called "We Rock", the exhibit will run from February 5 to March 3, 2010. The paintings available for sale are created by renowned local artist Ken Wesman. Partial proceeds from the exhibit support YWCA programs and services, so do drop by and take a look.

We would like to thank our partners, donors, volunteers, staff and supporters for your commitment to YWCA Vancouver over the past year. Without you, we could not have provided such valuable service to women and their families.

Wishing you a wonderful holiday season,

Janet Austin, CEO



Manager Lisa Rupert provides support, resources and information to both current and former residents of Munroe House.

— 30 Years — of Changing Women's Lives

YWCA MUNROE HOUSE

Thirty years ago, YWCA Vancouver broke new ground by opening Munroe House, the first second-stage transition house in Canada. And in doing so, the YWCA also revealed what was considered a secret: *that violence against women actually happens.*

"In the early years, people were in denial about women and abuse," says Marnie Marley, who managed Munroe House during the 1990s. "It was a taboo subject. It was kept behind closed doors. Now, there is definitely an increase in understanding."

Raising awareness about the issue of violence against women is only one of the many ways that Munroe House has improved the lives of women dealing with abusive relationships.

During the past three decades, Munroe House has been instrumental in helping hundreds of women rebuild their lives, as well as advocating for change in areas such as custody and access. It has emerged as a leader in providing support to women who have experienced violence

and serves as a model for other second-stage transition houses throughout North America.

Humble beginnings

Munroe House's beginnings weren't easy. The concept of second-stage transition housing was developed in the late 1970s, when social workers noticed that women didn't have enough time to adequately address their range of problems at first-stage shelters.

In September 1977, a YWCA proposal for second-stage housing was denied. Undeterred, the YWCA continued discussions with community organizations and government funding bodies until November 1978, when a modified proposal for what was to become Munroe House was approved.

Munroe House first opened in September 1979 with six self-contained suites, where women were welcome to stay for three to six months. Staff provided residents with a combination of practical skills (budgeting, how to open a bank account), legal assistance, support and information. By December 1980, Munroe House had housed a total of 25 women and 45 children, and its impact on women was immediate.

“I feel a lot better about myself now,” said one resident in 1980, who lived at Munroe House in its first year. “I’m really busy. I’m doing things which are interesting to me. Meeting people I like, getting involved politically. I knew it was all out there, but just had to go out there and get it.”

This atmosphere of support and respect for women’s choices remains today and is one of the reasons why Munroe House is so successful, according to current manager Lisa Rupert.

The original Munroe House in 1979. It has since been rebuilt.



“What women really need is for someone to listen to what they want, and then help them achieve their goals,” says Lisa. “That’s what we’re here for.”

A pillar of support for women

Rebuilt in 1997 with 10 units, Munroe House offers a secure home to residents, who may stay for up to nine months. Women and their children live in fully furnished apartments and receive emotional support, advocacy on their behalf with government and community organizations, legal assistance, referrals, access to the YWCA Health + Fitness Centre and an onsite Children Who Witness Abuse program.

Sadly, far too many women need help in leaving an abusive relationship. One in two Canadian women over the age of 16 has been the victim of physical or sexual violence and 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.

Munroe House not only provides essential support services that allow women to live independently, but also engenders camaraderie amongst the residents that continues long after they leave. Recently, the oldest daughter of a resident collapsed at school and had to stay in the hospital. The other women at Munroe House rallied together, providing around-the-clock child care to the resident’s youngest child, bringing food and offering emotional support.

A catalyst for change

In the last three decades, Munroe House has advocated for change in a number of areas, most significantly in the area of custody and access. One of the biggest challenges for a woman after she has left an abusive relationship is dealing with custody and access because, although she has ended a romantic relationship with an ex-partner, they are still connected via the children.

Many former partners use custody and access as a way to further control and abuse women. To combat this, Munroe House initiated access exchange services in Vancouver where independent parties pick up and drop off children, so a woman does not have to come in contact with her ex-partner.

Shifting with the times

While some challenges women face today are similar to three decades ago, many new ones have arisen over the years.

“We’ve adapted to offer the services that are needed,” says Lisa.

One of the ways the YWCA has addressed the changing needs of women is by employing a Legal Educator. This position, currently funded by Sandman Hotels and The Notary Foundation, supports women with legal education and resources.

Another project, *Mothers Without Legal Status in Canada*, is funded by The Law Foundation of BC and examines the gaps between immigration and family law. It reaches out to women whose sponsorship agreements have broken down, leaving them without permanent legal status in Canada, and with children who can’t be taken out of the country due to family court orders.

Even with the incredible hardships women at Munroe House deal with every day, Lisa sees triumphs all the time.

“The biggest success is that women are not going back to their abusers,” she says. “They’re managing independently, dealing with access exchanges and moving forward with their lives despite challenges. In fact, the biggest achievement is when our clients don’t need us anymore.”

For more information about Munroe House, or to help the women who live there, please contact **Pip Smith** at psmith@ywcavan.org or **604 895 5766**.

Laura’s Story

In 1981, Laura* was 18 when she arrived on Munroe House’s doorstep carrying her six-month-old son. Alone, timid and afraid, Laura had finally decided to leave her abusive partner and provide a better future for her child.

“I wanted to make some better choices,” she says, “and Munroe House seemed like a great, safe place to do that.”

Over the next 14 months, Laura learned how to access community resources, overcome her fears, think independently, as well as how to bond with other women, whom she had always seen as the competition.

“I was learning a different way of being,” Laura remembers. “It was the beginning of my empowering myself. When I asked for support it was there, and I wasn’t judged. I felt teachable, when I hadn’t felt like that before.”

Laura grew up with violence in her family, but it wasn’t until she came to Munroe House that she realized the violence she endured at the hands of her ex-husband wasn’t because of something she did.

“I didn’t really know too much different,” she says. “At Munroe House, I learned that violence wasn’t my fault – because I really thought that it was.”

Living at Munroe House gave Laura the courage, safety and security she needed to move forward with her life. After leaving, she pursued a variety of careers including hairstyling and administration, then fulfilled a lifelong dream of going back to school and becoming a support worker. She also remarried and had another son.

Laura never imagined that her life’s path would lead her back to the YWCA. In 2003, Laura was hired as a housing support worker at YWCA Crabtree Corner in the Downtown Eastside, where she now helps women dealing with challenges such as toxic relationships and addiction.

Almost 30 years after she sought support at Munroe House, Laura still credits the program with helping her rebuild her life.

“I wouldn’t be here today without it,” she says.

*name changed to protect identity



▲ Dona (left) and Felipe improve their English by writing lyrics to accompany the music they play.

YWCA Program Brings Youth From Diverse Cultures Together Through Music

The beat of the drums fills the air, punctuated with strains of Latino, Middle Eastern, Asian and hip hop rhythms.

This is the international music created by young immigrant adults through the World Beat program, a unique partnership that combines YWCA Vancouver's career planning expertise with Vancouver Community College's renowned ESL programs and S.U.C.C.E.S.S' youth counselling skills.

The 16-week program helps students ages 15 to 25 from countries across the globe learn English, gain life skills and explore their career options.

MUSIC IS AT THE CENTRE OF THE PROGRAM. STUDENTS LEARN TO PLAY IN A BRAZILIAN DRUMMING ENSEMBLE AND, AT THE SAME TIME, THEY LEARN TO BELONG.

They practise how to work together, no matter what their cultural background, as well as how to write songs - which builds their vocabulary.

It was the music that first drew Felipe Aristizabal to World Beat. It's hard for many of us to imagine the stress Felipe feels. At age 16, he left his family in Columbia to seek a better life and travelled by himself through the United States. Now 18, he is settled in Vancouver with his father.

"I sometimes feel stress," says Felipe. "When I play the drum, I forget everything."

Felipe now has a plan for the future - to become a mechanic, thanks to the support of his classmates and World Beat staff.

"IT'S EASY TO LEARN HERE, IT'S NOT LIKE OTHER SCHOOLS," SAYS FELIPE. "I IMPROVED MY ENGLISH A LOT."

Twenty-three-year-old Dona Marquez, who has a nursing degree from the Philippines, joined World Beat to practise her English. But in doing so, she discovered so much more.

"When I joined World Beat, I found friends," she says. "I enjoy playing music with the others, but it's not just the music. I'm relating to others, making connections. World Beat helped me to understand people."

Through World Beat, she has been linked with the Canadian English Language Benchmark Assessment for Nurses, and she now knows she wants to continue her nursing studies.

"When I came here I didn't know where I was going. Now I have a clear direction," she says. "Nursing is my dream. I would have been lost if I didn't join the program. It has been a stepping stone to move forward with my career."

For more information about the World Beat program, contact **Lisa Hanson** at lhanson@ywcavan.org or **778 378 3476**.

Aboriginal Women in Mentorship Program Guide the Next Generation

When Marlena Anderson heard that the YWCA's Aboriginal Mentorship Program needed volunteers, she instantly knew she had to get involved. Growing up in a rural town, Marlena was fortunate to have had several female role models - including her older sister - and she simply wanted to return the favour.

"I just wanted to reach out and sort of be a big sister to an Aboriginal girl," Marlena says. "Being able to help other Aboriginal girls is so rewarding."

The idea for the Aboriginal Mentorship Program was developed several years ago when the YWCA noticed that Aboriginal girls were not applying for the existing High School Mentorship program. A quick look at the statistics explained why - because many Aboriginal girls don't make it through high school in the first place. With a graduation rate of only 46% (compared to the non-Aboriginal rate of 83%), most Aboriginal youth drop out in the transition from elementary to high school.

So the YWCA decided to do something about it, creating the Aboriginal Mentorship Program, which encourages healthy lifestyle choices in young Aboriginal girls through one-to-one mentoring relationships with positive role models.

The program matches girls ages 13 to 15 with female Aboriginal mentors. Mentees and mentors commit to meeting at least once a month, where they go for coffee, walks or to cultural events, plus they participate in group workshops that focus on issues relevant to young Aboriginal girls.



Marlena Anderson enjoyed spending time with her young Aboriginal mentee.

Marlena, a young Aboriginal woman, understands what today's Aboriginal teens are facing. She says that many suffer from low self-esteem, have to deal with peer pressure to do drugs and alcohol and have no positive role models, which makes this program all the more important.

"They haven't seen anyone have success, so they don't think they can achieve it themselves," she says. "It was nice to have a one-on-one with my mentee. It was good to see her open up. I've finished school, I've travelled overseas. I think that gave her hope and inspired her to finish her education."

The Aboriginal Mentorship Program is looking to grow and is in need of outgoing and reliable female mentors. To find out more, contact **Janice Lee** at jlee@ywcavan.org or **604 895 5802**.

Violence Outreach Program Helps Downtown Eastside Women Gain Control of Their Lives

When YWCA Violence Outreach worker Leslie Wilkin heads into work in the morning, she never knows what her day will be like. One moment she may be providing one-to-one counselling to a woman in an abusive relationship, and in the next she'll be helping a client file a police report or on the phone collaborating with another organization in the community.

"My job is a mix of things," Leslie says. "It's a combination of empowering women to make their own decisions, community outreach and advocacy."

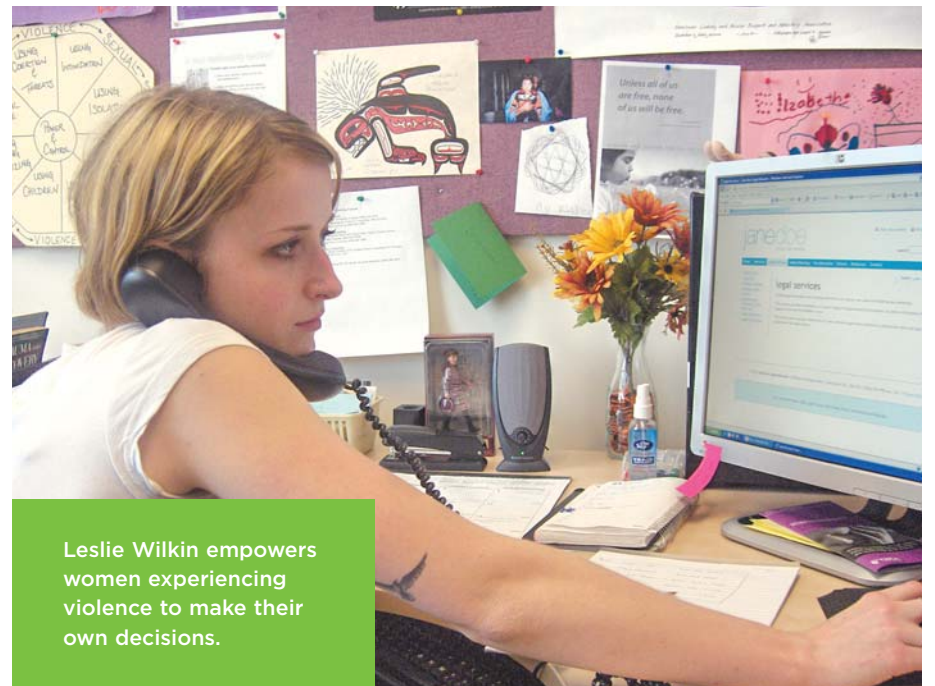
The YWCA Violence Outreach Program received start-up funding two years ago from the BC Ministry of Children and Family Development and operates at Crabtree Corner, our family resource centre in the Downtown Eastside. The program assists women who are experiencing violence or have experienced it in the past, offering one-to-one support and referrals to other community services, as well as resources and information about abuse.

"Experiencing the cycle of abuse can be confusing and disempowering for

women," says Leslie. "Plus the justice system can be difficult to navigate, which makes it hard for women to know their rights."

Women who access the program are facing a multitude of challenges resulting from living in poverty, all in addition to dealing with the trauma of abuse.

The Violence Outreach Program helps women gain strength and independence, breaks the silence around abuse and provides community support so women don't feel alone. When a woman participates in the program, she is able to access other services at Crabtree Corner, including early learning and child care, support groups, parenting programs and hot meals.



Leslie Wilkin empowers women experiencing violence to make their own decisions.

"FOOD PROGRAMS AND CHILD CARE ARE OFTEN AN ENTRY POINT FOR WOMEN AT CRABTREE CORNER," SAYS LESLIE. "MOTHERS ARE OFTEN SO CONCERNED ABOUT THEIR CHILDREN THAT THEY NEGLECT THEIR OWN NEEDS. ONCE THEIR BASIC CONCERNS ARE MET, THEY CAN THEN MOVE ON TO TACKLE ADDITIONAL ISSUES."

Crabtree Corner's kitchen serves more than 30,000 plates of nutritious food every year thanks to many generous donations, including an annual \$50,000 contribution from RBC. These hot meals have a significant impact on women trying to move forward with their challenges.

"In a neighbourhood where food security is a major issue, meal programs are a really central part of connecting women to other supports," says Leslie.

By participating in community projects and collaborating with other organizations, Leslie hopes to address the core social issues women face every day.

"We're working to change the systemic problems in our society," she says.

For more information about the Violence Outreach Program and funding opportunities, please contact **Leslie Wilkin** at lwilkin@ywcavan.org or **604 216 1653**.

Support Group Helps New Immigrant Single Mothers Thrive in Canada



▲ New immigrant single moms like Feruza (centre, in red) meet once a week at the YWCA to share resources and information.

Being a single mom can be hard enough, but for a single mother in a new country there's a host of added pressures - immigration, learning a foreign language, worrying about family back home, finding affordable housing and securing a job that matches her skills and experience.

That's why the YWCA began a support group for immigrant single mothers. It gives them the opportunity to share experiences, knowledge and information with one another, and obtain the resources that will lead them to economic independence.

"We talk about anything and everything," says Andrea Canales, the group's facilitator and a single mom herself. "Often, these women don't have a forum to discuss their issues. Just having a space where they can talk is so important."

Many of the women in the group live in a unique reality, Andrea points out, where they struggle with balancing a new life in Canada while retaining their home culture for their children, all in the absence of family support.

"These women are like trailblazers," she says. "When you don't have your extended family, you have to make it on your own."

When Feruza Abdullayeva's husband convinced her to move to Canada from

Uzbekistan three years ago so their two sons could have a better future, she reluctantly agreed. A translator and interpreter back home, Feruza worried that she wouldn't find a job that capitalized on her skills.

After her marriage broke down, Feruza joined the YWCA's Focus at Work employment program and the Connect to Success mentorship program, where staff recommended she join the support group for new immigrant single moms.

"What attracted my attention was that I'd have the opportunity to support other single moms," she says.

Once she joined, Feruza realized the added advantage of specialized workshops, childminding during the group, access to the YWCA Health + Fitness centre, referrals to resources, plus the chance to build great relationships with women from around the world. Now working in the financial sector, she still counts on the group for support.

"It takes away some of the stress and it's very informative," she says. "We're all newcomers, so we need to learn a lot."

For more information about support groups for single mothers, contact **Janice Lee** at jlee@ywcavan.org or **604 895 5802**.

Exploring Sustainable Careers

Public interest in sustainable living is growing, especially among youth, and now YWCA Vancouver is helping young people take that interest to the next level by offering a Youth Eco Internship Program (YEIP).

A new partnership between YWCA Canada and YMCA Canada, this program is funded by the Canadian government's Economic Action Plan. It matches youth ages 15 to 30 with internship opportunities in communities across Canada that primarily focus



Intern Trish Nettlesip (far right) is assisting staff at the Galiano Conservatory in developing a restoration plan, maintaining a native plant nursery and carrying out a species-at-risk project.

on the environment and sustainability.

The positions last for three, six or nine months, and intake is continuous until December 2010. This will give more than 1,000 youth the opportunity to gain work experience and expertise that may lead them to a future career in the expanding field of environmental sustainability.

"This program is meant to increase the skills and

employability of young people," says Theresa James, YWCA Vancouver's YEIP manager. "It's also a paid internship – which is really hard to come by. And it's a great way to network and make contacts, which may lead to future employment and opportunities."

YWCA Vancouver is currently recruiting unemployed youth to fill internships throughout Central and Western Canada, as well as a variety of organizations willing to

host interns. Young people, both men and women ages 15 to 30, from all backgrounds are welcome to apply, as are people with disabilities or other barriers to employment.

For more information about the Youth Eco Internship Program, please contact **Theresa James** at tjames@ywcavan.org or **604 895 5859**.

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<p>ARTS, CULTURE & DESIGN</p> <p>Sponsored by TD Waterhouse</p>  <p>Jane Heyman</p> <p>One of Canada's most respected theatre directors, Jane has managed some of the city's most innovative arts projects and was a leader in the creation of the Performing Arts Lodge.</p>	<p>BUSINESS & THE PROFESSIONS</p>  <p>Margaret Ostrowski, Q.C.</p> <p>A respected member of the legal profession, Margaret has worked to promote the stature of women within it. She has served numerous legal organizations and has been honoured for her exceptional achievements.</p>	<p>COMMUNITY BUILDING</p> <p>Sponsored by Industrial Alliance Pacific</p>  <p>Christy Clark</p> <p>A passionate champion for women, children and families, Christy mobilized the community to take a stand against bullying by launching BC's first Anti-Bullying Day.</p>	<p>EDUCATION, TRAINING & DEVELOPMENT</p> <p>Sponsored by Port Metro Vancouver</p>  <p>Sophie Lavieri</p> <p>A member of the science education community for 25 years, Sophie, an award-winning Senior Lecturer at SFU, has initiated successful science programs for students of all ages and sparked the love of science in many.</p>	<p>ENTREPRENEURSHIP & INNOVATION</p>  <p>Ratana Stephens</p> <p>A true trailblazer in both business and the eco-movement, Ratana co-founded Nature's Path Organic Foods, where she serves as COO. She is a leader in sustainability, organics and ethical business practises.</p>
<p>HEALTH & ACTIVE LIVING</p> <p>Sponsored by Teck</p>  <p>Heather McKay</p> <p>A professor and scientist, Heather's groundbreaking research increased our knowledge of children's physical activity and bone health and she was a catalyst for Action Schools! BC.</p>	<p>NON-PROFIT & PUBLIC SERVICE</p> <p>Sponsored by BC Housing</p>  <p>Shawn Bayes</p> <p>As the Executive Director of the Elizabeth Fry Society of Greater Vancouver, Shawn's leadership and vision supports children, women and girls involved in or affected by the justice system.</p>	<p>TECHNOLOGY, SCIENCE & INDUSTRY</p> <p>Sponsored by Goldcorp Inc.</p>  <p>Adele Diamond</p> <p>As a Professor of Developmental Cognitive Neuroscience at UBC, Adele's discoveries have significantly improved our understanding and treatment of mental health disorders such as ADHD.</p>	<p>YOUNG WOMAN OF DISTINCTION</p> <p>Sponsored by Scotiabank</p>  <p>Katie Benjamin</p> <p>Katie, a Human Kinetics graduate from UBC and competitive skier, established the Womyn's Gym for marginalized women living in the Downtown Eastside.</p>	<p>INNOVATIVE WORKPLACE</p> <p>Sponsored by BC Hydro</p> <p>CONCERT™ a developer with a difference</p> <p>Recognized as a top company to work for, Concert Properties Ltd. is committed to innovative real estate developments that are tailored to the needs of the community.</p>

YWCA Vancouver would like to thank all who attended this year's Awards. More information on the Awards is available by calling Anne Sashikata at 604 895 5768.



Margaret Redmond – Planning for the Future

YWCA Vancouver lost an amazing friend earlier this year when Margaret (Maggi) Redmond passed away at the great age of 94.

Maggi was born in Vanguard, Saskatchewan in 1914 and attended the University of Toronto, receiving an arts degree in 1934.

Although jobs were scarce in the Great Depression of the 1930s, Maggi was hired as the Physical Education Director in Kirkland Lake, 400 miles north of Toronto. There, through a friend, she was first introduced to the YWCA.

In 1952 Maggi, her husband and their three sons moved to the West Coast. Her passion was always her sons and their families, whose many successes and achievements filled her with great pride. She always said she did not have daughters, but obtained them the easy way: by having her boys choose them. She enjoyed entertaining, reading and travelling and, until she was 93, still travelled back to Ontario each summer to spend time with her family.

Maggi was involved with many community organizations, including the University Women's Club and others in support of children and mental health. Her interest in social programs led Maggi to YWCA Vancouver where she was on the Board of Directors from 1960 to 1964, serving as president for a year.

During her time on the Board in the turbulent early 1960s, Maggi and her fellow Board Members helped to guide the YWCA's response to the incredible social changes of the time. Their initiatives included the creation of Big Sisters, the first single mothers' support group and programs for Aboriginal youth. Social development groups were established in high schools and the YWCA played a leadership role in the "hippie crisis" by providing shelter to transient youth in our Hotel/Residence.

Since Margaret believed so strongly in its values and goals, she chose to leave the YWCA a bequest in her will. The programs that Margaret helped pioneer at the YWCA nearly 50 years ago will continue to benefit from her foresight.

Single mothers will continue to obtain the tools they need to achieve economic independence, Aboriginal youth will receive encouragement and support through the Aboriginal Mentorship Program and Grade 7 girls and boys will receive the help they need to make the difficult transition to high school.

For more information on leaving a bequest in your will, please contact **Celia Campos** at ccampos@ywcavan.org or 604 895 5810 or **Vanessa Wellington** at vwellington@ywcavan.org or 604 895 5826.

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.

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 ETHICAL FUNDRAISING

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

CONTACT FALL 2009

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 5802**

LEGAL EDUCATOR

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

PRESENTS OF PEACE

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

THRIFT SHOP

Donated clothing, housewares, books and jewellery are sold to raise funds for community programs. Additionally, YWCA clients are eligible for vouchers that allow them to obtain clothing and household items for their families at no cost. 4399 Main Street (Main and 28th Avenue). **tel 604 675 9996**

How You Can Support the YWCA

DONATIONS

There are many ways to financially support the work of the YWCA. Donors may choose to give cash, securities or gifts-in-kind. A variety of convenient payment options are available. **tel 604 895 5850**
donations@ywcavan.org

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**

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

Healthy Choices for Youth

HIGH SCHOOL MENTORSHIP PROGRAM

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

WELCOME TO MY LIFE

A fun and interactive program at selected schools in Metro Vancouver to help Grade 7 girls with their transition to high school. This after-school program is offered in partnership with the Vancouver School Board and the UBC Learning Exchange. **tel 604 895 5779**

BOYS 4 REAL

A parallel program to *Welcome to My Life*, designed to meet the needs of Grade 7 boys. Both programs encourage healthy living, healthy decision making, and mutual respect in relationships. **tel 604 895 5779**

CAMP FUN GIRL

This week-long summer day camp aims to empower girls ages nine to 13 years in addressing the issues they face as they become teenagers. **tel 604 895 5844**

A Safe Haven in the Downtown Eastside

CRABTREE CORNER FAMILY RESOURCE CENTRE

Provides a healthy and secure environment for women and their families in the Downtown Eastside. Services include early learning and care, transitional housing, hot meal programs, single mothers' support groups, and parenting support. 533 East Hastings Street. **tel 604 216 1650**

A Healthy Start for Children

CITYGATE EARLY LEARNING AND CARE

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 5846**

CONNECT TO SUCCESS

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

LESLIE DIAMOND EARLY LEARNING AND CARE

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

EMMA'S EARLY LEARNING AND CARE

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

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