

CONTACT SPRING 2010



Touching Lives Building Futures



YWCAVAN.ORG



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Message from the CEO



As many of you know, YWCA Vancouver has long advocated for public investment in early learning and care.

We believe that a publicly-funded system encourages women's full participation in the workforce while giving young children the best possible start in life.

It was with deep regret that we recently announced the closure of Citygate Early

Learning and Care Centre, which will remain open until August 2010. We know this was a serious blow to our parents, staff, volunteers, donors and supporters.

The decision was a financial one, as we have subsidized Citygate by more than \$1 million over the past ten years and currently operate our four child care centres at a combined deficit of approximately \$500,000 each year. Unfortunately, operating all four centres is not sustainable in the long term.

The YWCA will continue to advocate for a comprehensive range of services that will support children under the age of six. We have been actively engaged with UBC's Human Early Learning Partnership (HELP), whose new report, *15 by 15*, is featured in this issue. The report makes valuable recommendations to public policy and puts forth a sound economic case for investing in a comprehensive family policy framework, including broad-based services for families. The YWCA fully supports the findings in this report, and I have personally spoken with businesses, organizations and policymakers about the value of publicly-funded early learning and care.

Also in this issue, you'll read about the *Mothers Without Legal Status in Canada* project, which examines the experiences of

women without permanent legal status in our country. The women facing this situation are completely in limbo, and it is crucial that their situations are addressed by the Canadian and BC governments.

On June 27, the YWCA will participate in the 2010 Scotiabank and 5k Charity Challenge as a beneficiary of funds raised. Last year, thanks to staff, volunteers, Board alumnae, family and friends, this event raised more than \$17,000 for our youth programs. As a runner myself last year, I hope you will join me in this inspiring community event. You can find more information at www.vancouverhalf.com.

We're very much looking forward to the 27th annual Women of Distinction Awards, our signature fundraiser taking place on June 1 at the Westin Bayshore. This event honours outstanding women and organizations in our community while raising money for the YWCA programs and services you read about in these pages. I sincerely hope you'll join us.

All the best,

Janet Austin, CEO

Living in Limbo

Mothers Without Legal Status in Canada

Several years ago, staff at YWCA Vancouver began seeing a growing number of mothers without legal status, most of whom had fled their relationships because of abuse. While trying to rebuild their lives and still adapting to a new country, these women are truly in limbo – unable to legally work or collect income assistance, yet unable to leave Canada and take their children with them.

When a mother has no permanent legal status in Canada and has left her home and abuser, she and her children have nothing to live on. These women cannot work, cannot collect income assistance and cannot apply for Canada Child Tax Benefits. And the alternative is even worse – leaving here without their children, which most women simply won't do.

Over the course of 15 months, the Mothers Without Legal Status in Canada project, funded by the Law Foundation of BC, examined the gaps between immigration and family law. It reached out to women whose ex-partners cancelled their in-country sponsorship, leaving them without permanent legal status, and with



children who can't be taken out of the country due to family court orders.

This project brings to light what these mothers are experiencing and how governments, communities and the legal system can work together to bring about changes, so they can make a better life for themselves and their children.

For many women without status, it can take two years or more for their immigration issues to be resolved. Organizations like the YWCA offer crucial support during the process – providing shelter, food, advice and other necessities.

The ultimate goal of Mothers Without Legal Status is to change policies and laws to eliminate the situation faced by these mothers and to expedite the immigration process for them.

As a two-part project, the YWCA is producing a report slated for release later this year to Members of Parliament and the legislative assembly, as well as a best practices handbook for distribution to lawyers, advocacy agencies, transition house workers, social service groups and other front line workers.

For more information about Mothers Without Legal Status, contact Pip Smith at psmith@ywcavan.org or 604 895 5766.

Investing in Our Future

A SENSIBLE SOLUTION TO CANADA'S BRAIN DRAIN

IF YOU WERE OFFERED AN INVESTMENT OPPORTUNITY THAT WAS GUARANTEED TO BRING YOU SIX TIMES THE PROFIT DOWN THE ROAD, WOULD YOU TAKE IT? MANY WOULD THINK IT FOOLISH NOT TO.

This is the premise behind the *15 by 15* report, released last year by UBC's Human Early Learning Partnership (HELP), which outlines the value of early child development as critical to British Columbia's long-term economic success.

Unfortunately, one third of children entering kindergarten in BC do not have the skills they need to learn and thrive. This developmental vulnerability is not relegated to the poor – in fact, it is a middle-class problem.

Studies show that the time period from birth to six is crucial to child development, when

they most need stimulating, nurturing and caring environments. The consequences of not meeting these needs are serious: low literacy skills, reduced economic participation, higher risk of criminality, as well as health issues later in life like obesity, heart disease and depression.

And it's British Columbia that will bear the economic brunt of failing to support our children, says HELP, which predicts a dramatic depletion of human capital alongside a decline in our GDP growth over the next 60 years. The economic value of this loss is a staggering \$401.5 billion.



The quality of learning and care children receive when they're young affects them for life.



THE GOAL:

15 by 15

The government of British Columbia has committed to reducing child vulnerability to 15% by 2015 (or 15 by 15). This goal is a stop along the way to the ultimate goal of reducing child vulnerability to 10% by the year 2020. There's a lot of work ahead of us, but the YWCA, along with HELP, knows that it can be done.

KEY RECOMMENDATIONS

- Build on maternity and parental leave to enrich the benefit value, and to extend the total duration from 12 to 18 months, reserving additional months for fathers.
- Build on existing employment standards to support mothers and fathers with children over 18 months to work for full-time pay, but redefine full-time to

accommodate shorter annual working hour norms without exacerbating gender inequalities in the labour market.

- Build on income support policies to mitigate poverty among families with children.
- Build on pregnancy, health and parenting supports to ensure monthly developmental monitoring opportunities for children from birth through age 18 months, as their parents are on leave.
- Build on early education and care services to provide a seamless transition for families as the parental leave period ends, in order to make quality services for children age 19 months to kindergarten affordable and available on a full- or part-time basis, as parents choose.
- Build on the work of local Early Child Development (ECD) coalitions in community planning to enhance program coordination between all local services that support families with children from birth to age six.

THE ULTIMATE COST OF INVESTING IN CHILD DEVELOPMENT

To fulfil HELP's recommendations and give our children a better future, the price tag for citizens, businesses and the government is \$3 billion annually. Half of that will support families, while the other half will back community services. We recognize this is a lot of money, which won't appear overnight, but the YWCA is optimistic that we can all work together to make change happen, working toward the common goal of reducing child vulnerability.

We believe this is an investment that will pay off in the long run. Over a 60-year period, the benefits to society will outweigh the costs by more than 6 to 1. In a shorter time period, benefits include increased productivity for women, child welfare savings, reductions in crime, as well as health cost savings associated with improved work/life balance.

And when you consider the alternative, can we really afford not to do this?



Quality Child Care Matters

Our four licensed early learning and care centres provide quality, affordable care to a diverse group of families. This winter, we made the difficult decision to close one of our facilities, Citygate Early Learning and Care Centre, in August 2010. The reason was a financial one – the YWCA subsidizes our child care facilities at a combined total of \$500,000 annually. We simply couldn't afford it anymore. Now more than ever, public investment is needed for children from birth to age six.

IN CANADA, ACCESS TO AFFORDABLE CHILD CARE WILL LEAD TO GREATER EMPLOYABILITY OF WOMEN AND PARENTS, HIGHER INCOMES AND TAXES PAID, AND SAVINGS TO OUR SOCIAL WELFARE AND HEALTH CARE SYSTEMS.

Quality early learning and care remains central to our mission of providing better futures for women and their families. The YWCA has consistently advocated for public investment to build an early learning and care system that is accessible for all families, and will continue to do so in the future. Visit our website at ywcavan.org and select the 'Social Change' section.



SEMLIN GARDENS

Providing a Sanctuary for Mom and Baby

When Jenny MacNab's daughter Jacyn was born, they were living with Jenny's parents in a "negative, sad, lonely" environment and forced to leave within months.

"A home should be a sanctuary," says Jenny, which she desperately wanted for her baby. Although she

looked hard for several months, she found that safe, affordable housing was tough to come by in Vancouver, especially for single moms.

Despite the obstacles, Jenny didn't give up. She exhausted every avenue, thinking that every person she encountered could potentially steer her towards new opportunities.

That's exactly what happened when Jenny met Janice Lee, the Manager of Single Mothers' Services at YWCA Vancouver. Janice told her about an opening at Semlin Gardens, a YWCA housing development for single mother-led families.

"After my interview at Semlin, I came out to the lobby and saw a big lineup of moms waiting to be interviewed," Jenny recalls. "When I heard I got in, I was in shock, I started crying."

Without a stable place to live, it's hard to move forward in life. To help single mothers on their path to economic independence, the YWCA provides a range of safe, affordable housing solutions, including our long-term family housing developments Semlin Gardens and Fraser Gardens. Neither development would be possible without the generous support of BC Housing.

Supports within these housing developments include a Property Manager and a Community Development Coordinator, who form and maintain strong networks in the community and provide residents with information and referral to community services.

Since arriving at Semlin, Jenny has found much more than a sanctuary; she has found a caring community and a sense of belonging. Other residents have knocked on her door and given her toys their own kids had outgrown.

"The socialization with the moms and kids in the building is wonderful," she says.

Today, Jacyn is a happy, inquisitive toddler and her mom is full of optimism for their future.

"Moving here has meant great things for myself," Jenny says. "I have found enormous strength for myself, and [this in turn] has translated into a positive, healthy environment for my baby."

A home, a sanctuary, a sense of belonging and a future – Semlin Gardens has opened up a world of opportunity for Jenny and Jacyn.

For more information or to make a donation to Semlin Gardens, contact [Ana Meshkintoreh](mailto:ameshkin@ywcavan.org) at ameshkin@ywcavan.org or 604 879 5796.

Connecting Young Jobseekers with Employment

AFTER STUDYING FOR YEARS TO BE A SPORTS PSYCHOLOGIST, ALEX HODGINS NEVER IMAGINED HE'D HAVE ANY TROUBLE FINDING A JOB AFTER GRADUATION. HE SPENT MONTHS SEARCHING, OFTEN SENDING OUT A DOZEN RESUMÉS A DAY AND CAME UP WITH NOTHING.

Alex certainly isn't alone. Many people were affected by the economic downturn last year, but it's clear that young jobseekers have taken the hardest hit. In 2009, Statistics Canada reported that the youth unemployment rate was 16%, more than double the adult rate.

Aside from the regular challenges young jobseekers face when entering the job market, such as lack of experience or networks to tap into, they are now confronted with tough economic times. With fewer jobs available and higher competition from skilled, experienced workers forced to take entry-level jobs, recent graduates have found themselves needing to think beyond just a good resumé to get their foot in the door.

"We have had a huge surge in jobseekers coming through our doors since the recession began," says Melanie Hardy, Manager of YWCA Career Zone. "Young people are having to move beyond the conventional means of getting jobs in this market. Jobseekers have to learn how to create a

network and how to use that network to get jobs."

The YWCA has five employment centres to help connect jobseekers with employment – two of which are specifically targeted at young people. The Career Zone located downtown and the One Stop Career Shop on the North Shore are drop-in centres for jobseekers aged 15-30 that offer a range of free services to help them get ahead of the pack. Funded through the Canada-BC Labour Market Development Agreement, the centres offer free workshops and consultations, computer and photocopier use, as well as job boards and hiring fairs.

AFTER ATTENDING A NETWORKING WORKSHOP AT CAREER ZONE, ALEX WAS FINALLY ABLE TO MOVE FORWARD WITH HIS JOB SEARCH.

"I learned that more than 75% of jobs on the market are not advertised," he says. "The career advisor helped set up an informational interview with a company in my field and

within a few weeks of further networking, a position was actually created for me!"

Both YWCA youth employment centres also help jobseekers with barriers to employment by providing counselling and referrals to programs that offer training, funding and other support.

"I was living on EI and did not have enough money for proper interview clothes, or even a haircut," says Tyler Whiteman-Plourde, a Career Zone client. "I met with one of the career advisors who worked with me on my resumé and helped me get all the things I would need for my job search: clothing vouchers and a haircut gift certificate – and a smile. With a newfound confidence I nailed my interview and started working a few days later. I am now looking forward to many great opportunities ahead."

For more information on the YWCA's employment centres, visit ywcajobseeker.org or call 604 987 HIRE (4473).

Revitalized HEALTH FITNESS Centre Will Better Serve Its Members



The YWCA Health + Fitness Centre is thrilled to announce the launch of Revitalization 2010 - an exciting facility upgrade that commenced March 1. As our Program Centre is now 15 years old, we will be improving the functionality and updating the appearance of our locker rooms for an enhanced member experience. The project will involve the temporary closure of our locker rooms (March 22 - May 19) and pool area (March 18 - May 25).

The Health + Fitness Centre is the fortunate recipient of funding from Canada's Economic Action Plan through Western Economic Diversification Canada, making these necessary upgrades possible. At the end of this short service disruption, members will benefit from having more lockers, better functionality and an updated look to our changing areas. If you're interested in seeing how the finished product will look, design boards are now on display in the lobby of the Program Centre.

We are pleased to be working with Scott Construction and Inside Design - two of our

key partners, who are paving the way to what promises to be a terrific facility enhancement to better serve our members.

Further building improvements made possible by this federal funding include repairs to the building envelope, replacement of gym flooring and a lighting replacement in the pool area for sustainable lighting that requires 60% less energy.

For further details and weekly project progress reports, please visit our website at ywcahealthandfitness.com/revitalization or call 604 895 5761.

YWCA FAB Shop Program Puts Single Mom on New Career Path



Sylvia Patrick was out of work, unhappy and anxious for direction, until one day last winter when she picked up her daughter from child care and a staff member handed her a flyer for the YWCA Fabrication (FAB) Shop program.

Spending her childhood on a ranch meant that Sylvia was accustomed to working with her hands, plus her brothers and father were in the carpentry trade. She had a strong feeling for the profession and thought learning the skills would be a fit.

"It was something I knew I would be good at," she says. "I wasn't doing anything and I wasn't happy with the way things were going. I figured it would be a really good opportunity."

In collaboration with RONA, VANOC, Service Canada and the Tradeworks Training Society, the YWCA trained 14 women in carpentry from March to October 2009 at the FAB Shop. Participants received supports such as tools to work with, money for rent and child care, employment work-

shops, job search support and personal life-skills coaching. During their work experience, the trainees built some of the 8,000 wood objects used during the 2010 Winter Olympic Games - including podiums, risers, equipment racks and signage.

Sylvia joined the program to work hard and learn new skills, as well as build a better future for herself and her five-year-old daughter, Cadence. Always a good student in high school, Sylvia excelled at her FAB Shop assignments and finished the program with top marks.

She credits the training, as well as the additional resources provided by the YWCA, for her success.

"I used all the means available to me from the YWCA," she says. "If those resources weren't there, it wouldn't have happened for me. Without those supports, I don't think any of us would have made it."

Sylvia graduated from the FAB Shop with accreditation for the first year of a four-year Red Seal certification in carpentry. After finishing the program, she worked a number of contract jobs before landing a position at Spirit Works, a local business that creates authentic Aboriginal products like bentwood boxes, wooden jewellery and spirit huts.

She's delighted that she now makes enough money to support herself and Cadence, who has visited Sylvia at job sites and thinks what her mom does for a living is "pretty cool".

Working in a traditionally male-dominated profession has definitely presented Sylvia with challenges, which fuel her to push even harder and prove that she can hold her own. Sylvia plans to continue with carpentry training, moving ahead until she receives her Red Seal certification.

"This is my path, my direction," Sylvia says. "I'm really looking forward to learning more."

For more information about the FAB Shop, contact **Melanie Hardy** at mhardy@ywcavan.org or 604 605 4666.



Artist Ken Wesman paints at the exhibit's opening with children from YWCA Crabtree Corner in the Downtown Eastside.

Olympic art exhibit raises \$7,572 for YWCA Vancouver

In conjunction with the 2010 Olympics, the YWCA Hotel hosted an art exhibit of sport-themed paintings created by renowned local artist Ken Wesman. Called "We Rock", the exhibit ran throughout the Olympics and featured winter sports like hockey and skiing.

Many visitors, both locals and tourists, came to enjoy the colourful, vibrant art. Ken painted onsite daily, creating new works like a depiction of Alexandre Bilodeau winning Canada's first gold medal on home soil.

As a longtime supporter of the YWCA, Wesman is donating half of the proceeds from the exhibit - which total \$7,572 - to YWCA community programs and services.

"We're really pleased with the awareness generated by the exhibit," says Arden Sutherland, Sales Manager for the YWCA Hotel. "We met interesting people from all over the world, plus had increased traffic from people coming to see the gallery. Now, more people know that our Hotel is here."

Limited edition prints are available for purchase until June 15. For more information, contact Arden Sutherland at asutherland@ywcavan.org or call 604 895 5832.

Celebrating Olympians & Women of Distinction

Olympic gymnast Lori Fung helped YWCA Vancouver kick off its 27th annual Women of Distinction Awards nominations in January, coaching a group of young teenage mothers from YWCA Emma's Early Learning and Care Centre.

During the session, Lori shared how she achieved her many accolades (including a 1985 Women of Distinction Award) and why it's important to encourage women and recognize them for their achievements. She then led the girls in a stretching session.

"This was really special to me," she says. "I always enjoy working with young people. I hope my being here can be an inspiration for them to achieve their dreams. And I think that's what the Women of Distinction Awards are all about."

Recognized nationally for their prestige, the YWCA Vancouver Women of Distinction Awards honour women whose outstanding achievements contribute to the well-being and future of our community. The Awards also honour businesses and organizations that support the diverse needs of their employees.



▲ Lori Fung (centre) with teenage moms.



▲ Teen mom Iarah, 19, tries on Lori's gold medal.

In partnership with the Vancouver School Board, Emma's helps teen mothers finish their high school education by providing on-site early learning and care for their children, as the moms combine academic work, counselling, vocational advice and health and parenting information. For their physical education credits, the teen moms visit the YWCA's Health + Fitness Centre, where they participate in weekly activities like yoga, step aerobics, indoor cycling and weight training.

Funds raised by the Women of Distinction Awards support programs like Emma's Early Learning and Care Centre, as well as other YWCA programs that help women and their families.

The Women of Distinction Awards take place on June 1 at the Westin Bayshore. For tickets, call 604 895 5825.

YWCA Vancouver is pleased to announce that Scotiabank is the Presenting Sponsor for the Women of Distinction Awards.



2010 WOMEN OF DISTINCTION GOLD SPONSORS



Welcome to My Life Grad Gives Back

At 3:20pm on a typical Thursday afternoon at Windermere Secondary School, the hallways hum with the after-school noise of lockers slamming and shoes shuffling towards the nearest exit. Moving against the current is a small group of girls who trickle into an empty classroom.



Alyssa was so inspired by the YWCA's youth programs she decided to create her own.

Entering the room, Alyssa Goncalves bustles about purposefully and confidently, the way any teacher would. However, Alyssa is not a teacher here. She's an affable, articulate Grade 12 student who took inspiration from her experience as a High School Mentor with YWCA Vancouver's

Welcome to My Life program and chose to lead by example.

Recognized as a natural leader and role model among her peers, Alyssa was recruited at her high school to volunteer with Welcome

to My Life. This volunteer-driven program helps Grade 7 girls with their transition to high school by creating healthier and more confident girls, fostering mutual respect between boys and girls and by encouraging youth to assume responsibility for social and community issues.

Her experience participating in both 2008 and 2009 programs made her realize that teenage girls need ongoing peer support after they begin high school.

"They arrive in high school with this perception that they have to act a certain way, dress a certain way, look a certain way," Alyssa says. "They feel they have to change who they are."

Looking to repair this misguided perception, Alyssa decided to spearhead her own program called *Soul*. Running weekly since October 2009, *Soul* strives to create confident and well-rounded girls through a variety of discussions, activities and field trips. With the help of two Grade 10 students who are training to shepherd the program when Alyssa graduates this year, as well as support from her best friend who

drops in as a guest speaker, *Soul* provides unyielding support, safety and sorority.

"Me and my girls," as Alyssa affectionately refers to *Soul*'s 11 participants, "have a really good connection – it's kind of like we're sisters."

Borrowing from aspects of *Welcome to My Life*, each *Soul* session consists of a journal entry (Alyssa collects and personally responds to each one), a healthy snack, theme-driven activities and a story-sharing circle. Here, the girls open up – with no pressure to say more than they're comfortable with. Alyssa laughs that the girls really thrive during this final chat-time, staying "until I kick them out."

Given her intuitive gift as both a peer and effective classroom leader, it's not surprising that Alyssa's success with *Soul* has reinforced her future ambitions.

"Leading this program has made it even more obvious to me that I want to teach and work with teenagers," she says. "Not only have these girls been learning, but every single week I learn something more about myself."

To volunteer with YWCA youth programs, contact **Sonja Van Der Putten** at svanderputten@ywcavan.org or 604 895 5779.

Happy 90th May Brown!

Well-known activist, fitness enthusiast, former alderwoman for the City of Vancouver and generous YWCA supporter May Brown has a long history of giving to the community.

IN DECEMBER 2009, THE YWCA SHOWED APPRECIATION FOR MAY'S SUPPORT BY WORKING WITH HER FRIENDS TO THROW HER A VERY MEMORABLE 90TH BIRTHDAY PARTY.

Upon her arrival at the Museum of Vancouver, May was greeted by Dal Richards serenading her playing his famous saxophone. More than 300 friends and family attended, including Gordon Campbell who gave a wonderful speech to honour May, along with emcee and radio and TV personality Vicki Gabereau.

In lieu of gifts, May requested that donations be made to the May Brown Leadership Endowment for Young Women. May established this endowment fund on her 80th birthday and it continues to help young women develop their leadership potential. Endowments are invested so that the initial capital is protected in perpetuity and the interest is used to fund programs.

"I benefited a lot from leadership opportunities with the YWCA," says May. "I want to ensure I leave a

legacy in this community and thought this was a wonderful way to do that."

May's involvement with YWCA Vancouver began at an early age when she joined the Hi-Y Club in 1937 at Surrey High School in Cloverdale. As members of Hi-Y, girls invited guest lecturers to speak about important community issues, fundraised and were schooled on skills that were important for young women of that generation. Today, YWCA Vancouver runs both a High School Mentorship program for girls in Grades 11 and 12 and *Welcome to My Life*, an after-school program for Grade 7 girls.

May continued her involvement by serving on the YWCA Vancouver Board of Directors, as well as by chairing the 1981 Capital Campaign that raised funds to provide enhanced child care, health and fitness facilities and programming space. She also received a YWCA Women of Distinction award in 1985 in the Public Affairs, Education & Communication category.

For more information on the May Brown Leadership Endowment for Young Women, or establishing named endowment funds at the YWCA, please contact **Celia Campos** at ccampos@ywcavan.org or **604 895 5810**.

EXERCISING STOCK OPTIONS:

Donate to Charity and Eliminate Taxes

When stock options are exercised, the difference between the stock's fair market value and its exercise price is considered a taxable employment benefit and is taxed as income, but at the same rate as a capital gain. This means that 50% of the difference is taxable as income.

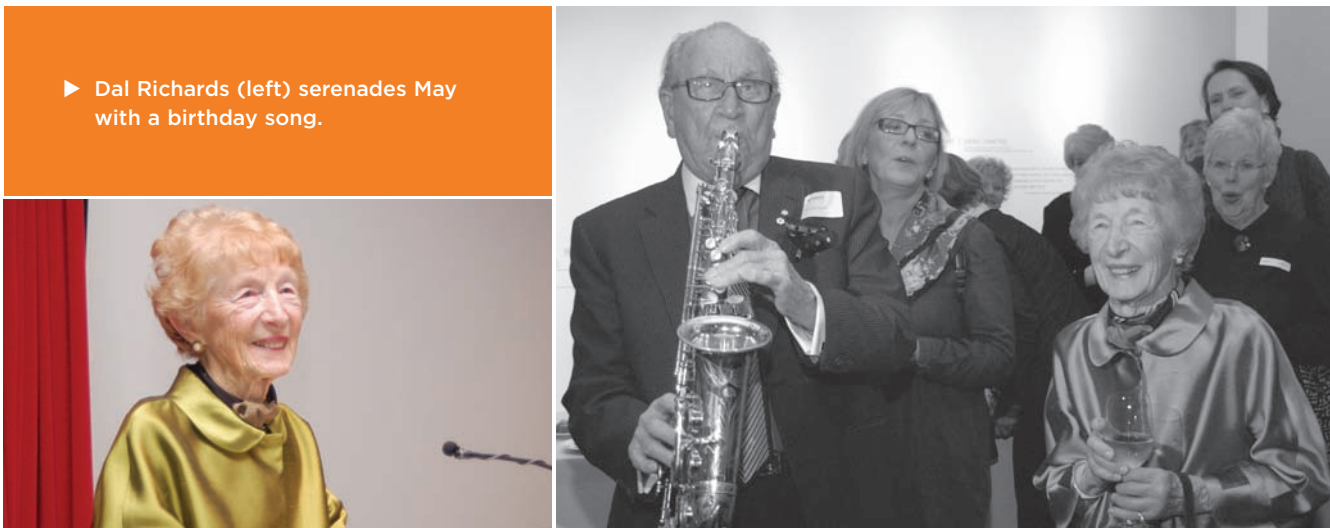
However, if the stock is a publicly listed security and the stock or the proceeds of the stock sale is donated to a registered Canadian charity within 30 days of the exercise date (provided it is within the same calendar year), the tax is eliminated.

To donate stock or stock proceeds, contact **Celia Campos** at ccampos@ywcavan.org or **604 895 5810**.

For CRA rules around this type of donation, go to www.cra-arc.gc.ca or call **1 800 959 8281**.

This information was reprinted with permission from *Gift Planning in Canada*. Ryan, Jo-Anne. "Taking Stock: More Options With Stock Options". January 2010. Vol. 15, No. 1

► Dal Richards (left) serenades May with a birthday song.



Give Hope. Inspire a Dream.

Since we opened our doors in 1897, YWCA Vancouver has touched the lives of thousands of women and families. We couldn't have done it - we can't do it - without you. Thank you for your support.

Here is my gift of:

\$100 \$50 \$25 Other _____

Cheque enclosed (Please make payable to YWCA Vancouver)

OR

Please charge my credit card

Visa MasterCard American Express

Card # _____ Expiry _____

Name on Card _____ Signature _____

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

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

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

Bank Name _____ Account # _____ Branch ID _____

OR

Monthly charge to my credit card

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Name(s) to appear in recognition listings

Please send me information about:

- Including YWCA Vancouver in my will
- Establishing an endowment at the YWCA
- A gift of life insurance to the YWCA
- A gift of publicly traded securities to the YWCA



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

CONTACT SPRING 2010

YWCA Vancouver is a registered charity, providing a range of integrated services for women and their families, and those seeking to improve the quality of their lives. From early learning and care to housing, health and fitness, employment services and leadership, YWCA Vancouver touches lives in communities throughout Metro Vancouver.

YWCAVAN.ORG

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**

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