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FALL/WINTER 2024

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A MESSAGE FROM THE CEO

Fall and winter are seasons of change and, for me, a time of reflection. Looking back at this past year at YWCA Metro Vancouver, I'm incredibly proud of what our community has accomplished to advance gender equity. The impact of our employees, volunteers, board members, donors and program participants has been far-reaching.

Of course, this particular fall and winter season brought an election here in BC. Elections are a critical time for us as a society—including at our organization—to reflect on issues that matter most.

Elections also give us a fresh opportunity to remind the newly formed government what actions we'd like to see, especially when it comes to supporting women, gender diverse individuals, and children.

Over the past few months, the YWCA has convened a coalition of anti-violence organizations calling on the provincial government to declare gender-based violence an epidemic. Gender-based violence is pervasive in our communities. We believe recognizing it as a public health issue of epidemic proportions will help coordinate efforts to address its root causes.

We also believe improving access to housing is a crucial part of addressing gender-based violence. We know soaring rental costs mean some women are left to choose between homelessness and living with an abusive partner. This is why we're thrilled to be taking further steps to address the ongoing housing crisis through the creation of the YW Housing Society. More details on the Housing Society and the opening of our newest housing community are on Page 3.

We've also seen that, to achieve personal and economic well-being, women and families need convenient access to core services. This is why we continue to offer wrap-around supports like employment resources, mentorship opportunities for youth, legal assistance and child care.

Through these pages, you'll read stories celebrating how this crucial work is making a lasting difference for women and families in our communities.

We're excited about the work being done now and what lies ahead for the YWCA. Thanks to donors and supporters like you, I'm continually reminded of how much of an impact we can have when we're partnering together.

Thank you for reading and for being a part of the YWCA community,

Erin Seeley, CEO
YWCA Metro Vancouver



YWCA Sandy So Vista Grand Opening.

CELEBRATING THE GRAND OPENING OF YWCA SANDY SO VISTA

A rainy forecast didn't deter the dozens of donors who came to celebrate the grand opening of our newest housing community, YWCA Sandy So Vista. In the end, the rain held off as our incredible partners and generous supporters gathered in the building's beautiful inner courtyard on September 11.

"We thank BC Housing, the City of Vancouver and Chard Development for supporting this incredible new housing community. We are also grateful for our many generous donors, including our naming donor, Sandy So," YWCA CEO Erin Seeley said. "We know YWCA Sandy So Vista and 388 Slocan will have a positive impact in our community, providing stable, affordable housing for those who need it most."

Thanks to teamwork between government, corporations and donors, YWCA Sandy So Vista provides 14 deeply affordable homes to women and single mothers and their children.

Nestled in a bustling neighborhood, close to a school, parks and local businesses, the six-storey building at 388 Slocan Street has commercial space at ground level and an inner courtyard, with a safe green space and a play area. The building

has a shared rooftop terrace with 360-degree views as far as Mount Baker and the Lions Gate Bridge for residents to enjoy.

With the opening of YWCA Sandy So Vista, the YWCA now operates 16 housing communities across Metro Vancouver, providing safe and affordable homes for more than 700 residents. Additionally, with the recent creation of the YW Housing Society of British Columbia, we have been able to further expand our ability to address the urgent housing need in the region. The society provides an increased spectrum of affordable housing through a model that reinvests revenues to provide more deeply affordable homes to women and their children. For example, under YW Housing, an additional 56 below-market rental units are available to the broader community at 388 Slocan.

Still, more than a thousand families remain on our waitlist. This is why we've launched our Housing Action Fund, which has a campaign goal of \$5 million.

To learn more about the Housing Action Fund visit ywcavan.org/housing-action-fund or reach out to Shantal Cashman at scashman@ywcavan.org or 604-895-5859.

A LEGACY FROM THE HEART

Sandy So has always been passionate about supporting others, especially single mothers, which stems from her own personal experience. That is why when she heard there was a need for a naming donor for the new YWCA housing community at 388 Slocan Street, she knew this was something she wanted to do.

In 1989, Sandy moved to Canada from Hong Kong as a widow with her six-year-old daughter, Barbara. Determined to provide her daughter with a similar quality of life as before, she worked tirelessly, eventually founding Sandy So Realty in 1994. Through her resilience, she ran her company successfully until her retirement in 2018.

Sandy also began giving back to the community not long after she arrived in Canada and has been a passionate philanthropist ever since. She was the recipient of the Outstanding Legacy Philanthropist 2019 Giving Heart Award on AFP National Philanthropy Day, a testament to her contributions to communities and vision to make a difference.

When the opportunity to support 388 Slocan came up, Sandy spoke with Barbara, who was quick to express her pride and full support for her mother's decision. Barbara acknowledged the impact of growing up in a safe and comfortable home and emphasized the need to support the



Sandy So at the YWCA Sandy So Vista Grand Opening.

women the YWCA helps, many of whom lack that same sense of security. Barbara believed that helping these women was a priority and encouraged her mother to move forward with the initiative. Sandy is grateful and proud to have instilled in her daughter the same values of giving back and community support.

Sandy's dedication to community and philanthropy reflects the traditional Chinese saying she holds dear: 施比受更有福 "It is more blessed to give than to receive."

"What you give from the heart to other people will come back to you many times over, both in your personal life and in business," she says.

For Sandy, this project is a reflection of her lifelong values of compassion and community, leaving a legacy she hopes will inspire future generations.



DO YOU KNOW A REMARKABLE WOMAN OR AN OUTSTANDING WORKPLACE?

Show them how exceptional you think they are by nominating them for the 2025 **YWCA Women of Distinction Awards presented by Scotiabank.**

Nominations close on November 29.

Learn more and nominate:
ywcavan.org/wod



NEW MENTORSHIP OPPORTUNITIES

A valuable new resource has arrived for YWCA Metro Vancouver participants aiming to advance their careers. The YWCA Engage Mentorship Hub is designed to connect newcomer women with mentors across various industries, offering crucial support to help them expand their professional networks, gain insights into different career paths and enhance their job readiness.

At the heart of this program is micro-mentoring, which has a short-term, focused approach. Unlike traditional, long-term partnerships, micro-mentoring revolves around specific topics or skills and only requires a minimal time commitment, making it more accessible. This “bite-sized knowledge transfer” allows mentors and mentees to engage in focused, meaningful conversations that build relationships while maintaining flexibility.

Participants can engage in activities such as guest speaker sessions, skills training, informational meetings, employer hiring events, workplace tours and networking practice with experienced professionals.

“Our Career Conversation Circles provide a safe space, typically with a 5:1 participant-to-mentor ratio, where mentees can explore employment topics in depth,” said Engage Mentorship

Program Manager Melanie Mageau. “It’s an opportunity for more intimate discussions that meet participants’ specific career needs.”

The Mentorship Hub prioritizes self-identifying women who have completed one of the YWCA’s Employment and Community Programs and are currently unemployed or underemployed. Since June, the program has collaborated with mentors from the Vancouver School Board, BC Public Services, Quartech and the STEM/Biotech sector, with plans to expand into others.

Professionals from all industries are encouraged to get involved as mentors, no matter their career stage. As Mageau noted, “You can significantly impact the career journeys of women striving to realize their full potential in the workforce.”

Whether virtual or face-to-face, in groups or one-to-one, the Engage Mentorship Hub offers diverse, flexible opportunities for both mentors and mentees.

Support from donors is essential for the program’s growth and sustainability. For information on how to donate, please reach out to Bobbi Sarai Tanguay at bsarai@ywcavan.org or 604 895 5780.



YWCA Engage Mentorship Hub participants and facilitators with Sandrine Ramoisy of TIPS Academy (right).



YWCA Annual Cultural Feast hosted by the Racial Equity Committee.

CELEBRATING PROGRESS: EXCITING UPDATES ON OUR IDEA WORK

Over the past several months, YWCA Metro Vancouver has hosted numerous events and initiatives celebrating the rich tapestry of cultures and perspectives within our organization. We've also made strides in advancing our IDEA goals, which are inclusion, diversity, equity and accessibility. Our dedicated staff, including our three Equity Committees, have been instrumental in these initiatives aimed at fostering a more inclusive environment for our YWCA community.

The Gender Inclusion Committee recently launched a Gender Inclusion Toolkit which stands as an important resource on how to support trans, non-binary, gender diverse and Two-Spirit people. This toolkit is designed in an engaging and easily readable format and provides actionable strategies to create more gender-inclusive spaces, systems and policies. This committee also organized an informative panel event on dispelling myths about gender affirming care, that was open to the public.

Asian Heritage Month in May offered an opportunity for reflection and celebration of the cultural diversity of the Asian diaspora. The Racial Equity Committee organized a staff

event that featured a screening of the short film, *Have You Eaten?* by Lina Lee and the group had an engaging dialogue on food and its deep connections to cultural identity. This committee also hosted their annual Cultural Feast, providing a delicious experience that celebrates a variety of cultural traditions.

The Truth and Reconciliation Committee's storytelling event, "Weaving Stories of Strength," was a moving reminder of the power of storytelling in bridging gaps and fostering empathy in a culturally sensitive way. By focusing on the narratives and experiences of Indigenous people, this event highlighted the strength and resilience found in community.

These initiatives and events underscore a vibrant, multifaceted approach to advancing our YWCA IDEA priorities. We are proud of our collective efforts in these initiatives that combine learning opportunities, celebratory events and open dialogues.

For more information on YWCA IDEA policies and work, contact Tamara Robertson-Fry at trobertsonfry@ywcavan.org or 604 895 5860.

YWCA HOTEL: A PLACE TO STAY, A COMMUNITY TO BUILD

At the YWCA Hotel in Vancouver, diversity is not just a buzzword. It is the heartbeat of our operation. A perfect example of this is the hotel's housekeeping team, which is a tapestry of individuals from all corners of the globe, each bringing their own unique experiences and perspectives. One team member is Tetiana, a Housekeeping Attendant from Kharkiv, Ukraine.

Tetiana's journey to Vancouver was anything but ordinary. After Russia's invasion of Ukraine, her family was forced to flee from home in search of safety. Her journey to Canada was fraught with danger and uncertainty, yet she emerged resilient and grateful for the opportunity to start fresh in Vancouver.

"I really love this job," Tetiana shares. She speaks of the support and kindness she has received from her colleagues and the YWCA community. Tetiana has been working at the hotel for over a year, learning English on the job, and has since started taking online English classes to improve her skills.

Led by Leanne, the housekeeping team has 50 staff members from diverse backgrounds,

including Ukraine, Afghanistan, Ghana, Iran and the Philippines. Morning team meetings often turn into cultural exchanges, with staff sharing music, food and stories.

Leanne has seen first-hand the impact of this diversity on the hotel's operations. "Yes, we are here to work, but we are also here to help and support each other," she said. Through patience, empathy and a deep commitment to understanding each other's experiences, the YWCA Hotel has become more than just a workplace. It is a community.

We invite you to check out our newly refurbished lobby, designed to enhance guest and staff experience. Our ongoing efforts aim to generate revenue that supports YWCA's 81 programs and services and creates employment opportunities within our community.

To book a stay or learn more about our social enterprise hotel visit ywcahotel.com or contact Barbara Lane, Hotel Director, at blane@ywcavan.org or 604 895 5833.



Leanne, Housekeeping Manager (third from the right), with a group of Housekeeping Attendants.



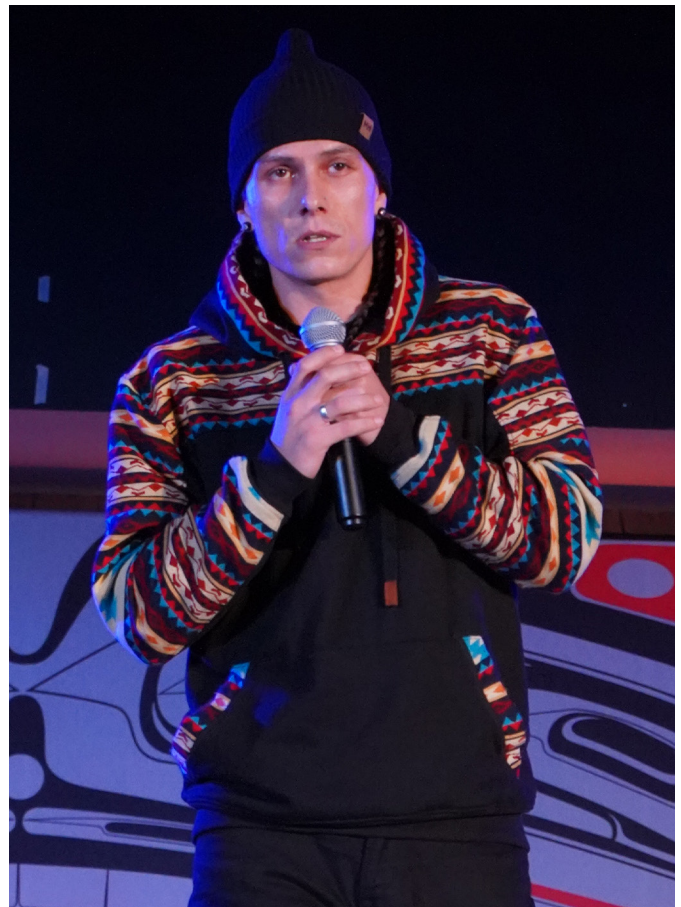
Dancers of Damelahamid. Photo by Suzette Amaya.

RHYTHMS OF RESILIENCE: STORIES OF HOPE AND HEALING

On September 25th, we hosted our second annual Rhythms of Resilience event, in honour of National Day for Truth and Reconciliation and Orange Shirt Day. This year's theme centred on storytelling and the reclamation of voice and traditions that were stripped from Indigenous children when they were forced to enter the colonial residential school system.

First, we heard from Elder Mary Point from Musqueam Nation, who called on witnesses for the four elements and directions to remember the work that was done at the event. Two youth were included, as a show of respect for the new generation. Elder Mary then spoke on the history of colonial oppression in the Lower Mainland, not to bring sadness, she explained, but to bring awareness of what was done and its consequences.

The evening showcased Indigenous performances, including St'at'imc dancer Laura Grizzlypaws and her daughter. Their dance evoked the Grizzly Bear's spirit, embodying ancestral connection, balance, shared hopes and faith.



Pisim. Photo by Suzette Amaya.

Next, Pîsim, an Anishinaabe-Nehîyaw artist, and Dakota Bear, a Vancouver-based Indigenous hip-hop artist from Treaty 6 Territory, performed and shared how they use Hip Hop to inspire younger generations to learn about their culture and keep it alive.

The evening closed with the Dancers of Damelahamid from BC's northwest coast doing the extensive work of Indigenous cultural song and dance revitalization. The visually stunning masks, regalia and choreography in their song and dance reflected traditional elements found in coastal BC.

After the performances, guests were invited to support Indigenous vendors, Hype Chocolate Co, Renovatio Creative Co, Jennifer Mitchell, Amber Evans, Decolonial Clothing and Seanailedit. The event was a journey grounded in Indigeneity through heartfelt storytelling, expressive art and powerful performances. Rhythms of Resilience reminded us of the vital need to create platforms for Indigenous narratives and to support spaces where traditions are not only remembered but actively lived.

To learn more about how you can support our Indigenous Initiatives and Engagement Program, contact Kathy Lilyholm at 604 895 5851 or klilyholm@ywcavan.org.



Dakota Bear. Photo by Suzette Amaya.



Laura Grizzlypaws and her daughter. Photo by Suzette Amaya.



Gray Myrfield and Gear Up program participants.

YWCA GEAR UP TEAMS UP WITH RBC GRANFONDO WHISTLER

This summer, YWCA Gear Up partnered with RBC GranFondo Whistler as their charity of choice. It couldn't have been a more perfect fit: the program empowers youth by providing skills and training to pursue careers as bike mechanics, and the RBC GranFondo is the most prominent cycling event in Canada.

The months leading up to the race day on September 7 felt like endurance training for the program participants and graduates who volunteered at several pre-event activities. They provided mechanical support during the XFondo in June and Prima Fondo in July and assisted with bike parking at the Shakeout Ride and the VeloSpoke Bike Expo on September 6. Their dedication was evident throughout.

On race day, Gear Up teams started as early as 5:00am, catching buses to their posts to offer mechanical assistance to athletes.

"My bike had serious issues after reassembly from its airplane travel box," one athlete shared. "(The Gear Up) bike mechanic, Nimrod, took the time to sort it out and corrected a few other issues, all with a smile. The team was friendly and helped

with problems big and small. I wouldn't have been able to finish the race without Nimrod's help."

Gray Myrfield, YWCA Gear Up Program Manager, said the partnership is a great benefit to the graduates.

"It lets them engage with the cycling industry, connect with cyclists and build up work experience," Gray said. "Having a certificate of volunteering for the GranFondo gives these youth a solid leg up when pursuing employment in the industry. Our shop partners are blown away that our graduates were the reason that riders in the GranFondo were able to complete their race."

YWCA Gear Up looks forward to inspiring more youth to pedal their way to a bright future in the cycling industry.

RBC has been a dedicated supporter of Gear Up since its launch in 2019, contributing \$65,000 this year. To donate to YWCA Gear Up and support this impactful program, please contact Vanessa Wellington-Clark at vwellington@ywcavan.org or 604 895 5826.

YWCA BURSARY PROGRAM: GIVING STABILITY TO FAMILIES

When Carla Newton was pregnant, a dream of becoming a labour and delivery nurse took root inside her. But soon after giving birth to her son, her focus shifted to something else: survival. Carla was living with a violent partner and, while she was holding her five-week-old son, he assaulted her.

“It was dangerous for both of us, and we had to leave,” Carla said.

After feeling isolated in her own community, Carla approached a YWCA Single Mothers’ Support Group, hoping for connection.

“It was the most fantastic, amazing, courageous group of women,” she said, adding she felt understood, and not judged. “It changed my view of what single motherhood could look like.”

Carla told her new community about her dream of becoming a nurse, even though she’d given up on it herself.

“I talked myself out of even trying,” she said. “I had really low self-esteem.”

YWCA staff and the other moms in the support group saw Carla’s potential and helped her take the first steps to pursuing that goal, including telling her about the YWCA Bursary Program.

“It was a game changer for me.”

Carla said. She took daytime and evening classes and, with ongoing support from her community, she got into nursing school on Vancouver Island.

Now a nurse in Vancouver, Carla’s journey with the YWCA Bursary Program has come full circle: she’s on the scholarship committee herself.



Carla Newton, Registered Nurse and member of the YWCA Scholarship Committee.

“Some of these women have been lied to about their capability or their self-worth ... and it’s just not true,” she said. “These applications that come through are just incredible, smart, caring, compassionate, wonderful mothers.”

For Carla, the ripple effect of receiving a YWCA bursary has meant security and hope for her family. Carla said she’s seen those impacts on other scholarship recipients too.

“You’re out of survival mode and you’re into thriving mode,” she said. “It’s so much more than paying tuition for someone. It’s giving stability to families. It’s giving stability to children.”

For information on how to donate to YWCA Single Mothers’ Support Groups, please contact Vanessa Wellington-Clark at vwellington@ywcavan.org or 604 985 5826.



Aquafit lesson at the YWCA Health + Fitness Centre pool.

CONNECTING OVER AQUATICS

YWCA Health + Fitness Centre is a place for connection. Boasting the best pool in downtown Vancouver, the aquatic area is a beautiful environment with natural light and sparkling water from the UV purification. But what makes it extra special is the people you'll find there—the people who love the water.

The “Aquafit Gang” and the “YWCA Masters Crew” are two communities that have formed over time among pool users. They celebrate birthdays and accomplishments, they compete together, share training plans and recipes, they have found long lasting friendships. They are inclusive and welcoming to new members too.

“When people miss a class, we notice,” and “We check in with each other and hold each other accountable,” are common sentiments of these members.

Aquafit classes have been offered in the pool for decades. Our water fitness instructors Nicole, Dale, Cathy and Jean have volunteered their time motivating groups here at the YWCA for so many years. Aqua classes are a wonderful way to enjoy the water, to socialize and get the many benefits of exercising in water. It's an inclusive activity that all can participate in.

YWCA swim programs are specialized and designed for different levels of swimmers. Some programs start at the very beginning, for those who have no experience and want to learn basic strokes. Other programs are for experienced swimmers looking for a challenging and competitive environment.

For those not attending a class, individual lane swimming or visits to the steam room and hot tub provide excellent health benefits as well.

While enjoying the facility, swimmers are kept safe by our incredibly talented lifeguard team. Last month, two of our lifeguards competed in the Lifesaving World Championships in Australia and their team won a silver medal for Simulated Emergency Rescue Competition. And, this past summer, our lifeguard Jessi swam across Lake Ontario in 22 hours, seven minutes to raise awareness and funds for swimming programs for children. Learning to swim is an essential life skill.

To join the YWCA Health + Fitness Centre for classes or to work out in the gym, contact memberservices@ywcavan.org or call 604 895 5777.

DANA LEE HARRIS: A LEGACY OF EMPOWERMENT

When long-time donor and volunteer Dana Lee Harris was asked if she'd be a guest speaker at a YWCA Legacy event this spring, she responded instantly, saying she'd "do anything for the YWCA."

A certified fitness instructor, Dana spent more than 20 years volunteering in the YWCA's Health + Fitness Centre, as well as with many of the other YWCA programs that support women.

Dana developed an interest in the hospitality business early in her life and was introduced to the wine industry through her father's hobby business of importing wines. She's since launched her own consulting business and now leads a team of professionals, promoting trade shows, product launches, winemakers' dinners, large charity events and wine festival seminars. She remains passionate about helping her clients succeed with their goals.

Dana was the Executive Director of the BC Hospitality Foundation from 2018 to 2022. She loved this leadership role and the opportunity to give back to a community that was such an important part of her life.

Dana enjoys golf, biking, dancing and hiking. She and her husband Dean live in North Vancouver and are proud new grandparents of Charlie, who was named after Dana's dad.

The YWCA remains an important part of Dana's life and overall well-being. Along with adding the YWCA to her will as one of her charitable bequests, she is an esteemed monthly donor. In her Legacy Giving speech, Dana reflected on how courageous and determined the young mothers at YWCA Crabtree Corner are, some of whom she met while offering career mentorship. Dana shared that she added the YWCA to her will "because of all the amazing work they do to empower women and girls."

"Having managed a charity myself, I know how much time, effort and money it takes to fulfill the programs the YWCA offers," she said. "The YWCA honours its donors while offering outstanding opportunities to females and their families."

To discuss Legacy Giving with the YWCA, please call or email JoAnne Fahr at jfahr@ywcavan.org or 604 895 5829.



Dana Lee Harris with her husband and grandchild - photo submitted.

ABOUT YWCA METRO VANCOUVER

YWCA Metro Vancouver is a registered charity, gender equity advocate and community service provider. We boldly envision a just and equitable world for women, families and allies. We deliver affordable housing, early learning and child care, training and employment services, and a range of holistic programs that help support individual, collective and economic well-being.

BOARD OR DIRECTORS

Board Chair: Lawrie Ferguson

Board Vice-Chair: Michelle Cooper-Iversen

Board Treasurer: Cathy Imrie

Board Secretary: Diane Sparrow

Board Members: Barbara Bahry, Carol Liao, Celeste Haldane, Diane Sullivan, Joanna Ban, Roopa Davé, Sasha Gladu, Zahra Hudani

YWCA PROGRAMS AND SERVICES

For more information, visit ywcavan.org

SUPPORT FOR WOMEN AND FAMILIES

SINGLE MOTHERS' SUPPORT SERVICES:
604 219 8952

PEACE PROGRAM: 604 734 5722

STOPPING THE VIOLENCE OUTREACH GROUP:
stoppingtheviolence@ywcavan.org

JAPANESE OUTREACH PROGRAM:
hkase@ywcavan.org | 604 209 1808

SEEDS OF INDEPENDENCE VIOLENCE OUTREACH:
seedsofindependence@ywcavan.org

LEGAL EDUCATOR: 604 216 1672

EARLY LEARNING AND CHILD CARE CENTRES

YWCA CITYGATE
1192 Quebec Street | 604 687 1150

YWCA CRABTREE CORNER
533 East Hastings Street | 604 216 1655

YWCA LESLIE DIAMOND
535 Hornby Street | 604 895 5816

YWCA EMMA'S
3839 Carolina Street | 604 879 1121

YOUTH AND MENTORSHIP PROGRAMS

DATING SAFE: youth@ywcavan.org

GUIDE TO HIGH SCHOOL: youth@ywcavan.org

INDIGENOUS MENTORSHIP PROGRAM:
ksieben@ywcavan.org

AFFORDABLE HOUSING

For women and single mother-led families.

For more information, contact
propertyservicesassistant@ywcavan.org or visit
ywcavan.org/housing

Coquitlam

YWCA COMO LAKE GARDENS

YWCA COMO LAKE MEWS

Langley

YWCA FRASER GARDENS

North Vancouver

YWCA Cheshá7min-awtxw

YWCA MAY BROWN PLACE

Richmond

YWCA MOIZ AND NADIA PLACE

Surrey

YWCA ALDER GARDENS

YWCA ARBOUR HOUSE

Vancouver

YWCA CAUSE WE CARE HOUSE

YWCA CRABTREE HOUSING

YWCA EYRIE

YWCA MUNROE HOUSE

YWCA PACIFIC SPIRIT TERRACE

YWCA SANDY SO VISTA

YWCA SEMLIN GARDENS

YWCA x^włəpicən

EMPLOYMENT AND TRAINING

For more information, visit ywcajobseeker.org

Programs for self-identified women

AFGHAN WOMEN'S EMPLOYMENT:

604 219 0618

ASPIRE: 604 335 1094

AXIS: 604 313 6527

CHANGING GEARS: 604 690 7341

EMPLOYMENT NAVIGATOR: 604 312 0483

ENGAGE MENTORSHIP HUB: 604 900 2391

FOCUS@WORK: 604 699 1788

HEALTH CONNECT: 778 730 2444

POWERUP: 604 968 4151

SURVIVE TO THRIVE: 604 936 5694

TECH CONNECT: 604 219 8525

Programs for youth

GEAR UP: 604 250 9342

OFF THE LEASH: 604 605 4666

STRIVE: 604 970 0139

Other employment programs

BELIEVE: believe@ywcavan.org

CAREER PATHS FOR SKILLED IMMIGRANTS:

604 209 8271

JOB FUTURES 55+: 604 220 7183

TECHLINK: techlink@ywcavan.org

WORKBC CENTRES

YWCA provides WorkBC employment services including job search resources, personal employment planning, training and more.

WorkBC North Vancouver: 106–980 West 1st Street, North Vancouver | 604 988 3766

One Stop Career Shop - Youth Satellite: 109–980 West 1st Street, North Vancouver | 604 988 3766

WorkBC Vancouver South: 7575 Cambie Street, Vancouver | 604 263 5005

WorkBC Midtown West: 300 - 2150 West Broadway, Vancouver | 604 688 4666

WorkBC Vancouver City Centre: 206 - 535 Thurlow Street, Vancouver | 604 872 0770

Career Zone - Youth Satellite: 1260 Granville Street, Vancouver | 604 605 4666

WorkBC Coquitlam: 221 - 3030 Lincoln Avenue, Coquitlam | 778 730 0174

WorkBC Port Coquitlam: 206 - 2540 Shaughnessy Street, Port Coquitlam | 778 730 0171

WorkBC Port Moody: 301 - 130 Brew Street, Port Moody | 604 917 0286

CRABTREE CORNER COMMUNITY RESOURCE CENTRE

A welcoming centre for women and their families in the Downtown Eastside. Services include early learning and child care, transitional housing, food programs, single mothers' support group, grandparents' group, violence prevention programs, support for those living with FASD and more.

533 East Hastings Street | 604 216 1650

WOMEN OF DISTINCTION AWARDS

Awards that recognize outstanding women and workplaces.

ywcavan.org/wod | 604 895 5768

OUR SOCIAL ENTERPRISES

YWCA HOTEL

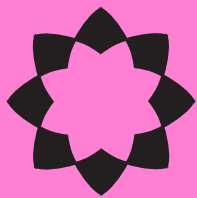
733 Beatty Street, Vancouver

604 895 5830 | hotel@ywcavan.org

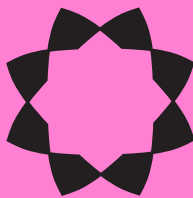
YWCA HEALTH + FITNESS CENTRE

535 Hornby Street, Vancouver

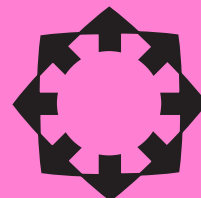
604 895 5777 | memberservices@ywcavan.org



PURPOSE



RESILIENCE



FLEXIBILITY

CONTACT NEWSLETTER

Editor: Alyse Kotyk

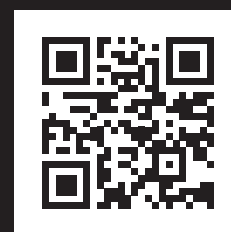
Writers: Marina Arnaud, Fulvia Carregan, Shantal Cashman, Laura Duong, JoAnne Fahr, Sandy Reimer, Tamara Robertson-Fry, Alex Sigouin, Saphiya Zerrouk



Accredited
IMAGINE CANADA

We respectfully acknowledge that our main office and many of our programs are located on the traditional, ancestral and unceded territories of the x^wməθk^wəyəm (Musqueam), S^kwxwú7mesh (Squamish) and səliłwətał (Tsleil-Waututh) Nations, and that our work across British Columbia spans the territories of more than 200 First Nations. We also acknowledge the First Nations, Metis and Inuit peoples who live in our communities.

YWCA Metro Vancouver
Charitable Registration No. 108227943 RR0001
535 Hornby Street, Vancouver, BC V6C 2E8
604 895 5800



ywcavan.org

DONATE NOW