

# WE nurture



# message

## FROM THE PRESIDENT AND EXECUTIVE DIRECTOR

**IN APRIL OF 2016**, Shannon Zook took leadership of YWCA Saskatoon as the new Executive Director, and we said farewell to Barb Macpherson, who served from 2004 to 2016. Over these years, the YWCA had established YWCA Turning Points supportive living for women, and YWCA Trade Journey, a path for women to enter careers in the construction trades. Barb helped build our organization's reputation as a pillar in the community, a strong foundation for others to build on.

Also foundational was the leadership of both Anne Campbell and Darlene Bessey, two earlier Executive Directors who remain close to the YWCA movement, connected to our work and mission, and generous with sharing their experience and expertise to this day. Accessing this kind of "her-story" and wisdom is proving invaluable to Shannon in her leadership role.

In addition to this leadership transition, there has been strategic growth and development across the YWCA continuum of programs. The board of directors has crafted a mission and vision for our organization that perfectly expresses our organization's nurturing function for so many individuals in this community.

Our mission—nurturing the well-being of women, girls and their families through inclusive services and supports—is evident in every interaction we have with the individuals we serve.

We are nurturers when we provide a warm, safe place in our shelter for women and their families. Women in our Turning Points supportive living program nurtured seeds and tended plants in our community garden plot

through the summer months, reaping the rewards of fresh produce and a chance to give back their crops to feed others. Through this nurturing, women begin to thrive and feel that they are living their best lives.

The women participating in YWCA Trade Journey are treading new ground and experiencing great personal success upon completion of this program. Several are apprenticing in the trades of their choice. We are proud of the courage of these women, and excited to build increased career options and representation for other women and girls in years to come.

Participating in the morning aqua fitness class any weekday morning is more proof of the power of women nurturing women. Beyond the physical benefits provided with gentle exercise, it offers camaraderie, and exuberance to feed the spirit. The same joy of movement for the children in the Child Development Centre is a critical part of that rich learning environment.

All of this is what the YWCA strives to be—for women and their families—a safe place to come, where you will be greeted by the warm, sunny smiles of the folks at our front desk. Our services and supports will wrap around the women that enter our facility and we will become their YWCA family.

On behalf of the YWCA board of directors and our entire leadership team, thank you for trusting us, to share part of your life with us, and we look forward to continuing on this journey together.

**Jocelyn Allard,**  
President

**Shannon Zook,**  
Executive Director

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## YWCA SASKATOON LEADERSHIP TEAM



**Shannon Zook**  
Executive Director April 2016 onward

**Barb Macpherson**  
Executive Director to March 2016



**Darla Hufsmith**  
Director of Finance & Administration



**Joy-Ann Allin**  
Director of Development & Communications



**Kim Fisher**  
Manager, Crisis Shelter & Residence



**Dawn Linnick**  
Manager, Employment & Learning Centre



**Shumi Zaman**  
Manager, Child Development Centre



**Fred Dyck**  
Manager, Fitness on 25th



## A YWCA GOOD morning

Longstanding YWCA client services representative and aquatics instructor Jackie Procyshyn is the friendly, welcoming face you will see most weekday mornings when you arrive in the YWCA main lobby.

Not only is she generous with her warm smiles, she also hands out an endless supply of fun stickers and stamps for the children as they arrive for programs here at the YWCA. Stickers from Jackie are an important daily ritual at the YWCA. We think it's a perfect way to start your day, especially when you're three years old.



## A HEALTHY START FOR **life**

Delicious recipes and dance parties. These are two of the huge reasons our families choose the YWCA Child Development Centre early learning programs.

**A healthy start for life for each child is reflected in our centre's philosophy and programs, through a strong foundation in healthy eating and physical activity.**

Inclusion coordinator Barbara Leepart participated in Leap BC Training and then brought this training to the rest of the staff. Later, the YWCA team took part in the University of Saskatchewan's pilot project which was developed using the Leap BC resource. The Healthy Start program was created in Saskatchewan using this same resource. The educators at our centre continue to look for new ideas and dietary suggestions, and monitor activity levels on an ongoing basis.

The Child Development Centre menu was revamped—which you can find displayed on the bulletin board upon entering the centre—healthy,

tasty, and ideal for young children. We post suggestions for healthy eating and recipes for our families to try at home. Children learn about eating by example, and we create an environment where they enjoy a variety of foods such as pulse crops, fruits and vegetables.

Using the HOP manual from Leap BC, we enhanced our program to increase daily physical activities with directed games and exercises. Both outdoors and indoors, our kids are moving—we dance in the rooms, do large motor activities, and play games in large open areas using balls, hoops, scoops, and skipping ropes. We take advantage of the yoga studio space throughout the winter. We teach and practice simple skills such as throwing a ball underhand and overhand. Children benefit from building this physical literacy, while experiencing the joy of movement.



# HOUSING AND hope

Through donor funding, YWCA Saskatoon created a new family outreach worker position dedicated to rapid re-housing for mothers with children who arrive at the Crisis Shelter.

The program also provides additional longer term supports once families find stable, safe housing.

The Family Outreach program was critically needed and has quickly delivered real benefits for every family we have supported.

Here are some insights from our staff and from outreach worker Erica Hennie on why the new Family Outreach program is so effective in supporting families for their housing needs.

*"Families seem to feel relieved and hopeful...having someone to help with transportation, to navigate the social services system, or to explain a rental agreement can be huge supports."*

*"When a mom is working with the family outreach worker, I know that she is getting the best support possible. Before we had the outreach program, there was a disconnect between the referrals and support we try to make and the reality...when a mom, with kids in tow, will maneuver through the city to view apartments, go to social assistance appointments, pick up keys and paperwork, and find and deal with transit or rides. The family outreach worker provides a deeper level of support and connection."*

*"It's awesome that our family outreach worker maintains contact with residents after they move out...but she is so busy that we could use three of her!"*

*"Women ask me to help them find suitable housing, and that means something different to each person, as they are unique in their needs. Some of the women want to find a place so they can start their lives and live. As an outreach worker, it's important to me that these clients know that they are not alone after they leave the shelter, they still get support."*

# Crisis Shelter & Residence

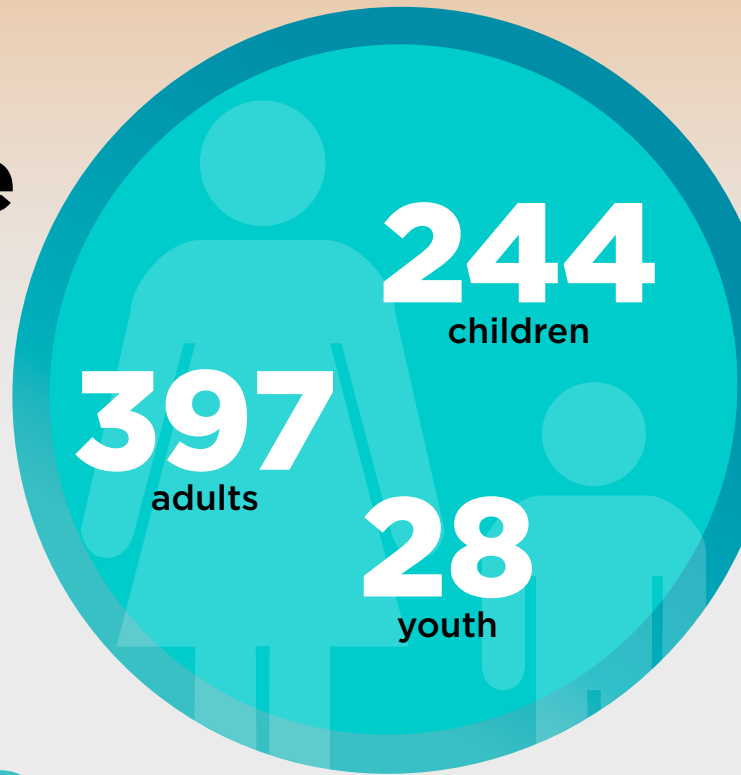
**669**  
individuals housed



**16** days  
Average length of stay in the Crisis Shelter



**116**  
families housed



Turning Points  
Supportive Living

**35**  
women  
housed

**15**  
women  
transitioned to  
independent  
living

## Crisis Shelter & Residence services:

- Individual crisis counselling
- Individual case planning using a client directed approach
- Margaret's Place youth program
- Turning Points supportive living
- Family Outreach program
- Assistance with conflict resolution
- Connections to legal resources and educational supports
- Referrals for mental health and addictions programs
- Advocacy on behalf of the woman and/or child
- Nutrition programs and community dinners
- Parenting programs
- Cultural programs
- Writing group program
- Life skills programs
- Access to Community Service Village agencies
- Access to the YWCA Fitness on 25th facility
- Access to the YWCA computer lab
- Basic food and personal items

The reasons for seeking shelter include many types of violence, addictions, mental illness, medical issues, family breakdown, poverty, rent increase or eviction, unsafe housing, and relocating to the city.



# UNWAVERING belief

Diana came to the YWCA Employment and Learning Centre knowing it was time to pursue her own dreams: becoming an administrative assistant, owning her own home, and taking vacations.

Working in a physically demanding job had become difficult for her after a recent surgery. Over the years, she had worked driving a school bus, doing pool technician work, and cleaning, to help pay the bills. She had raised five sons and now had five grandchildren.

Diana worked diligently to complete her GED, getting extra help in math, and went on to take an administrative assistant training program. However, she faced anxiety on tests for required keyboard speed.

**Working together with YWCA employment counsellor Wendy Coleman, Diana found inspiration, positivity, and unwavering belief.**

She developed her resume to catch the attention of employers, and discovered her abilities were much

stronger than she realized.

“I saw my ability was higher than I thought. After being out of school for a bit, while working, I still did well on the exam. I had a supervisory position which also helps on my resume.”

Together Wendy and Diana strategized about how to transfer her successful keyboarding speed in practice sessions, overcome the test anxiety to pass the exam, and get the certification required by employers.

“I have now accomplished getting my typing done by asking if they can take an average of our scores while typing exams, since a number of us get exam anxiety, and I am one of them,” said Diana. “Where there is a will, there is a way.”

Not only did she succeed in getting the program evaluators to accommodate her own challenges, she received her diploma and completed her first interview for an administrative position.



# Employment & Learning

Job Search Program

**246** individuals found employment

**48** individuals went to further education or training

Trade Journey

**26** women completed Phase I training

**19** women were employed at the end of the training program

**6** women pursued Level I apprentice



**141**

Computer Skills participants



**76**

Job Finding Club participants



**21**

Essential Skills participants



**54**

Employer partnerships

## Employment & Learning services:

- Intake and assessment
- Individual employment counselling
- Quick access workshop series
- Self-administered tests
- Job Finding Club
- Business services
- Same day resume writing
- Short-term training
- Employer engagement
- Ongoing post-employment support
- Work placement, job shadowing and mentoring



# WATER AND well-being

The YWCA Aquafit program has built a reputation for high-energy, social classes. The 8:00am class led by instructor Carol Keeseey is a great example. From Latin to country music—all in the warm YWCA water—Carol leads the group with solid coaching and fun fitness. The class attracts a large, loyal following, especially among middle-aged and older fitness members. The members are a welcoming, social group with diverse backgrounds and varied health and wellness goals, and they take care of each other.

### **Who are your Aquafit participants?**

The 8:00am class is a community. The majority are age 50 to 90, including 9 men and the rest women. Classes are quite full, and a core group of 20-25 members attends every weekday. Many come initially due to health, or they come try it with a spouse or friend. They are all warm and welcoming and social, supporting each other or even correcting each other.

### **What kind of movements do you do?**

We warm up from top to bottom, then do hard cardio, then focus on different muscle groups each day using equipment. We do sprints, stretching and breathing exercises.

### **What are the health benefits?**

Class participants get in better physical shape, and it benefits their heart and lungs. Many have seen improvements in their blood pressure. We have participants who are waiting for knee surgery, and they attribute their recovery to this class, strengthening the muscles around the knee before and after surgery. We work with seniors to improve flexibility and range of motion. Bone density exercises give major benefits. The water enables you do weight bearing exercise, practice good posture, and maintain muscle mass. Water up to mid-torso takes away 35% of your body weight so there is less harm for joints.

### **What is the secret of the special bond among Aquafit class members?**

We remember everyone's name. If someone's not there, we check on them. We have done team building exercises over the years such as fitness challenges, and we always go for coffee at the café as a group. One of our traditions as a group is the wolf howl salute. (Come to class and check it out for yourself).

# YWCA IN THE news

At a **YWCA pre-election forum** last October, voters heard federal candidates speak about their commitments to women's issues. Moderated by StarPhoenix editor Heather Persson, the forum included candidates from three out of the four federal parties, Cynthia Block (Liberal Party), Claire Card (NDP), and Val Harvey (Green Party). The event was held in conjunction with a YWCA Regina forum and YWCA Canada national forum called Up for Debate.

The **YWCA Adopt a Room** challenge was supported by 98COOL Christmas 365 and by many corporate and individual donors, including: Affinity Insurance, Arctic Spas, Ernst & Young, Federated Cooperatives Ltd., Kinsmen Club of Saskatoon, KPMG, Neil Wonko, Nordic Fencing, SIGA, Traxx Footwear, and the United Steelworkers. Funds raised provided support for services all through the year.

The local chapter of **100 Men Who Give a Damn** selected YWCA Saskatoon as their charity of choice at the first local pitch party in February, with gifts designated to the family outreach program. YWCA Saskatoon promotes and encourages charitable giving through events and peer-to-peer groups through the YWCA Social Good program.

The longstanding **Just Tri It** program ran March through May at the YWCA again this year, providing participants with a friendly, supportive and safe atmosphere to train and then complete a first marathon.

Last March, YWCA Saskatoon participated in the local **International Women's Day** come and go event at Station 20 West with a discussion about the living with disability, building resiliency, and creating inclusive communities.

YWCA Saskatoon **said farewell to retiring Executive Director Barb Macpherson** with a March event for members of the community, supporters, current and former board members, and guests from other YWCAs.

The YWCA participated in **YXE Connects** in May, a one-stop shop for vulnerable members of our community to connect with multiple service providers.



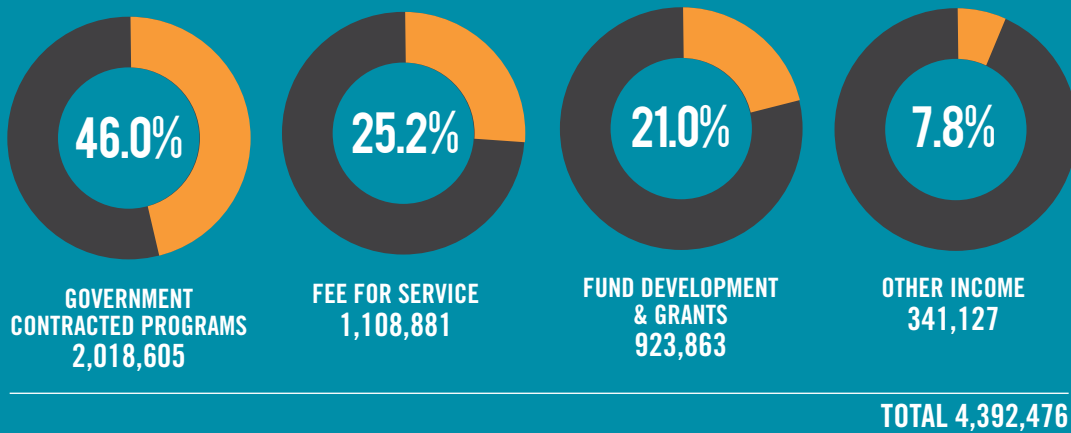
In June, YWCA Saskatoon was selected as a beneficiary of the second annual **Royal LePage Golf Tournament for Shelter**.

YWCA Trade Journey welcomed a visit from **Prime Minister Justin Trudeau** on April 27, 2016. For the program participants, it was an opportunity to interact with a young incoming Prime Minister; for YWCA board and staff, this federal interest validated our work to build innovative programs for women. YWCA Trade Journey is funded by the Saskatchewan Ministry of the Economy – Labour Market Services, Status of Women Canada, United Way of Saskatoon, and private donations, and is delivered with partners at Saskatchewan Polytechnic. The program assists women to begin their careers and successfully advance in the construction trades.

# SUMMARIZED FINANCIAL RESULTS

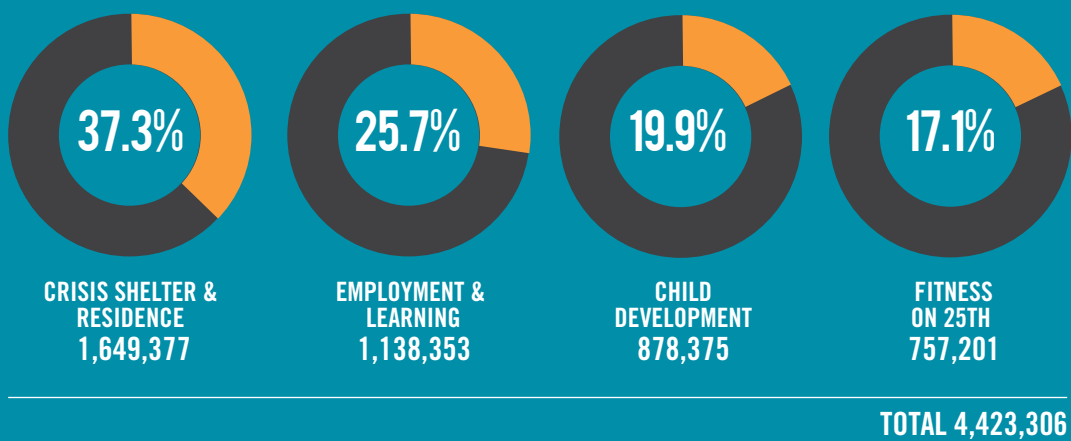
YWCA Saskatoon is committed to offering its clients the greatest possible variety and quality of programs and services. This is achieved through efficient operations, conservative administration costs and effective use of core funding and donor support.

## REVENUE



TOTAL 4,392,476

## EXPENDITURES



TOTAL 4,423,306

Administration costs as a percentage of total expenses were 13%. Development costs were 4%.

# WOMEN OF DISTINCTION AWARDS



## AWARD RECIPIENTS

**Arts, Culture & Heritage Award**  
Jeanette Lynes

**Athletics Award**  
Muriel Gieni

**Community Building Award**  
Maria Jane Linklater

**Education Award**

Daphne Taras

**Entrepreneurship Award**  
Chantal Hounjet

**Health & Wellness Award**  
Leah Ferguson

**Leadership & Professions Award**

Peta Bonham-Smith

**Research & Technology Award**

Lalita Bharadwaj

**Under 29 Award**  
Devon Fiddler

**Lifetime Achievement Award**  
Maureen Reed

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Dabble Diva Artwork

Delta Bessborough

Donalda Gauthier, Artist

Fabutan Marketing

Fandango Lighthouse

Fitness on 25th

Fortitude Integrated Training  
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Funktional Space Interior

Decorating

FYI Doctors

George and Margaret Tosh

HBI Office Plus Inc.

Heather Fritz Photography

Heinrichs Jewelers

Helen Oro Designs

Home Hardware, Central Ave

Hugo Alvarato Art Studio

ICR Commercial Real Estate

Impact Marketing Services

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Justine Brooks Jewelry Design

LB Distillers

Manitou Springs Resort and

Mineral Spa

Midtown Plaza

Moon Lake Golf and Country

Club

Ness Creek Festival

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Paderno Kitchen Store

Pizza Hut

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Red Lotus Centre Inc.

Rempel Engineering

Safeway

The Garden Grille & Bar

Saskatoon Firefighters

Saskatoon Inn & Conference

Centre

Saskatoon Co-op Liquor

Saskatoon Symphony

Orchestra

SaskFit

SaskFoodFind

Sasktel Saskatchewan Jazz

Festival

SEACRET, Candace Kimpton

Shakespeare on the

Saskatchewan

Sharon Ceslak, Photography

Shear Excellence

Sherwin Williams Paints

Slim's Cabins

Studio D Photography

Suncatchers by Dena &

Rayna Kasner

SWIFTKICK Life

Terri Eger, Pottery

The Awl Shop

The Garden Grille & Bar

Thirty-One Gifts,

Rebeca Wiebe

TwoFiftyTwo Boutique

U of S Huskie Athletics

Value Tire Ltd

Visions Salon & Spa

Wellington Wines

Xtratime Sports Soccer Locker

Yard & Flagon Pub



The Women of Distinction Awards Dinner continues to be the flagship event for the YWCA movement in Saskatoon and in other cities right across Canada.

We are grateful to the support of all of our sponsors from the business community, and to the people at PotashCorp who have chosen to invest in our organization through title sponsorship.

In May 2016, we successfully raised over \$160,000 through support from our community, including ticket sales, silent auction and raffle purchases, and sponsorship.

These funds raised are critical to carry out YWCA community programs, enabling us to serve women and families who depend on us 24-7. Equally important, this event shines a spotlight on numerous remarkable female leaders who are accomplishing great things.

We congratulate all of the award recipients and nominees for their achievements and contributions.

# thank you.

We are grateful to every one of our donors for supporting and believing in our programs. The following is a partial list of YWCA Saskatoon donors, who gave over \$100 cumulatively between July 1, 2015 and June 30, 2016. We regret any errors or omissions.

Essien-Anwan Akomolafe  
Nancy C. Allan  
Ryan Allen  
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John Hyshka  
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Jeff Jackson  
Scott Jackson  
D'Lee Johnson  
Wade Johnson  
Irene Joyes  
Spencer King  
Brenda Korchinski  
Naida Kornuta  
James Kramer  
Frances Lapointe  
Terri Lemke  
Ryan Leslie  
Dawn Linnick  
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 YWCA Canada, National Office  
 YWCA Opportunity Shop

## GOVERNMENT CONTRACTS

Saskatchewan Housing Corporation  
 Saskatchewan Ministry of the Economy  
 Saskatchewan Ministry of Education  
 Saskatchewan Ministry of Justice  
 Saskatchewan Ministry of Social Services

## GRANTS

City of Saskatoon  
 Community Initiatives Fund  
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 READ Saskatoon  
 Saskatchewan Liquor and Gaming  
 Authority  
 Saskatchewan Ministry of Health  
 Saskatchewan Ministry of Justice  
 Saskatchewan Ministry of Social Services  
 Saskatoon Community Foundation  
 Soroptimist International of Saskatoon  
 Status of Women Canada  
 United Way of Saskatoon & Area  
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*Grants listed above have been recognized as income in the current fiscal year.*



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