

EMPOWERING DEOPLE 2018-2019 ANNUAL REPORT

MESSAGE FROM THE PRESIDENT & CEO

It is difficult to imagine that another year has passed since last year's Annual General Meeting. Along with the YWCA's Board of Directors, the Leadership Team has been busy undertaking significant work in three separate, but related, focus areas. These areas are strategic planning, assessment and redesign of the Fundraising and Communications Department, and the YWCA's Brand and Marketing Strategy. With the resignation of the Director of Communications in December of 2018, this allowed us to reallocate resources to contract with DCG Philanthropic to restructure our Fund Development programs. We will then recruit for this department with new programs and an overall plan developed, including a legacy program, planned giving, annual giving, and major events. This will also position YWCA to undertake a Capital Campaign, should we decide to embark on the expansion project for which we are currently doing a feasibility study (with funds received through CMHC).

We are also very excited to be working with William Joseph Communications to develop a new brand and marketing strategy. We are able to incur the expense for the marketing strategy largely due to the generosity of William Joseph in agreeing to sponsor Women of Distinction for three years. They have given a large portion of the marketing services in kind, which is a significant value to YWCA.

Lastly, the Strategic Planning process that is currently occurring will weave these areas of focus into a welldesigned plan to move forward in an economically sustainable way. It is imperative that YWCA finds alternate streams of revenue in order to sustain and potentially grow the existing programs to meet the needs of the community in which we live.

I must give a heartfelt and sincere thank you to the staff team family at YWCA that continues to remain committed and dedicated to the work done here and to empowering people to live their best lives. You are a group of passionate and talented change-makers and the YWCA would not be the place it is without you.



2018-2019 YWCA SASKATOON BOARD OF DIRECTORS

Tammy Richmond President Brittany Walter Treasurer

BOARD MEMBERS

Sandra Blevins Breanne Chaben Monique Harmon-Atkinson Renata Huyghebaert Christine McDougall Dana Kripki Raegan Pollard Jodi Manatyrski Alison Murawsky Kellie Wuttunee

YWCA SASKATOON LEADERSHIP TEAM

Shannon Friesen Chief Executive Officer

Riley Daku Director of Operations

Joy-Ann Allin Director of Development & Communications July - December 2018 Vacant January - June 2019

Kim Fisher Director of Residential Programs, on leave, returned January 2019 Susan Saville Director of Residential Programs, *interim, served until January 2019*

Dawn Linnick Director of Employment & Learning

Shumi Zaman Director of Early Learning

Fred Dyck Director of Fitness & Facilities FAMILY OUTREACH PROGRAM

The Family Outreach program is a voluntary program within the YWCA Saskatoon Crisis Shelter & Residence that works with mothers and their children when they arrive at the shelter. The purpose of the program is to provide support to families who are homeless and assist them in securing housing as quickly as possible; many homeless families are without adequate supports and benefit greatly from the additional help through the barriers of homelessness.

Financial advising and housing searches are the major ways in which assistance from the Family Outreach worker is utilized. Once housing is secured, the outreach worker meets with clients in the home and develops a case plan as directed by the client – areas of focus are finances, employment, childcare, school, and counselling/support services. Monthly visits and weekly contact are conducted over a year and over time, as the family stabilizes, visits decrease. Once families identify that they have reached a place of selfsufficiency and independence, they exit the Family Outreach program.

Over the last year, the program worked with 27 families, including 65 children. 18 of those families secured housing. The Family Outreach worker conducted 374 visits, and 689 phone contacts were made. Reasons for why the other nine families did not secure housing include: relocation beyond our service area; choosing not to stay in shelter; and going to hospital or treatment.

THE FAMILY OUTREACH PROGRAM

WORKED WITH

27 FAMILIES OVER THE LAST YEAR



OF THOSE FAMILIES,



OUTREACH INFO & PRIMARY CARE

The primary care clinic, hosted at the YWCA Saskatoon on Tuesday mornings and Thursday afternoons, is put on by a partnership between YWCA Saskatoon, Saskatoon Crisis Intervention Services, and the Saskatoon Health Authority.

In this program, we host a team of three nurse practitioners, who hold clinics for residents to access. The nurse practitioners provide services such as immunizations, blood work requisitions, prenatal care, prescriptions, anti-psychotic injections, and mental health assessments to clients who are exclusively from the YWCA and SCIS. These dedicated practitioners fill the gaps in addressing medical, mental health, and addiction needs.

It is not only exciting for us to be able to provide this kind of on-site support for our clients, but it is important to our mandate as well. This type of specialized access eliminates barriers, welcoming those who are struggling in their mental health and wellbeing to be part of the YWCA family. On a partnership front, it invites SHA into our services and gives us familiarity with each other while serving a need; meanwhile, our partnership with SCIS continues to grow and flourish as we work together to identify and address gaps to those experiencing homelessness, and work toward improving people's lives.

THE FAMILY OUTREACH WORKER CONDUCTED

3774 VISITS

PHONE CONTACTS WHERE MADE

&



IN OUR Shelter

In keeping with our goal to provide a holistic approach to supports and services, we offer many programs to meet a variety of needs, serving women and children with different requirements, ethnicities, and social backgrounds. Some of this programming includes:

- Nutrition and life skills coaching
- Indigenous programming and artistry, as well as cultural cooking classes
- Spiritual care and healing groups
- Yoga, health programming, motivational groups, and other beneficial topics
- Workshops on living well, managing chronic illnesses and addiction, self-esteem building, parenting support, housing support, pet therapy, and mental health
- Child-care services

We offer a range of supports and services to all of our clients in order to assist their transition to mental wellness. These include safe, supportive, and affordable housing (both short- and longterm), meeting of basic needs and personal essentials, 24-hour crisis support, and assistance and housing for at-risk youth. In our outreach, we also offer ongoing support, advocacy, referrals, planning, risk assessment, financial coaching, and other counselling and educational services in order to continually help families once they are established in the community.

MENTAL HEALTH AND ADDICTIONS PROGRAMMING

Our longstanding partnership with Mental Health and Addictions services allows us to offer several monthly presentations, which gives residents education and individual support in a non-judgmental setting. These include monthly information sessions facilitated by the Schizophrenia Society, nursing student presentations around mental health, and group sessions on coping mechanisms and stabilization strategies.

TRAUMA INFORMED CARE

Trauma-informed care is a more engaging and respectful approach to client care than has previously been used, especially with people who may already feel broken, unwanted, or unlovable. Over the last year we began our transition to a trauma informed agency, starting with a two day training with instructor Duane Bowers. Provided as professional development for all YWCA staff, registration was also extended for other service providers in the community to participate, including health care professionals, educators, emergency responders, support workers, and caregivers. Our ultimate goal is to create a safe space for all clients within a trauma-informed framework, replacing one that may have unintentionally caused harm through insensitive practices, policies, and activities.

We would like to thank our generous donors of the Anne Campbell Fund who made this training possible.

SHELTER PARTNERS AND VOLUNTEERS

BUNDLE OF BLESSINGS

Have been providing toiletries and essentials to give to both walk-ins and residents of the shelter.

CHILDCARE VOLUNTEERS: we want to recognize our longstanding and new volunteers, who commit their time and efforts to provide childcare, life skills, leadership, education, and other services.

GOVERNMENT CONTRACTS

SASKATCHEWAN HOUSING CORPORATION

SASKATCHEWAN MINISTRY OF EDUCATION

SASKATCHEWAN MINISTRY OF HEALTH

SASKATCHEWAN MINISTRY OF IMMIGRATION AND CAREER TRAINING

SASKATCHEWAN MINISTRY OF JUSTICE

SASKATCHEWAN MINISTRY OF SOCIAL SERVICES

GRANTS

CITY OF SASKATOON

COMMUNITY INITIATIVES FUND

SASKATCHEWAN LIQUOR AND GAMING **AUTHORITY**

SASKATOON COMMUNITY FOUNDATION

SASKATOON HEALTH REGION

SASKATOON HOUSING INITIATIVES PARTNERSHIP

SGI

UNITED WAY OF SASKATOON & AREA

YWCA TORONTO

CANADIAN WESTERN BANK

SASK CULTURE INC.

MACRO PROPERTIES PRAIRIE PARTNERSHIP

SHELTER STATS

11,413 DAYS

of housing were provided for women, girls and children







ADULT WOMEN AND SENIORS



GIRLS AND YOUNG WOMEN

WERE HOUSED

Women, youth, children, youth at risk, Seniors - referrals we were unable to fill.

REASONS FOR ACCESSING SHELTER INCLUDED:

Housing issues, addictions, violence, family breakdown, medical or mental health issues, and justice.

During the stay in a private, safe room, a client receives basic personal necessities and access to 24-hour crisis support, mental health supports, employment services, yoga, fitness and aquatics programs, workshops on addictions, nutrition, diabetes, renters' rights, financial literacy, spiritual care, multicultural programs, and more.

TURNING POINTS

The Turning Points Program (TPP) is a long-term, supportive transitional housing program with the capacity to house 14 women. TPP is a voluntary program and strives to meet women where they are at in their healing journey and provide them with the necessary hands-on daily supports. Women who access the program are faced with many barriers and challenges, ranging from mental health struggles and addictions to domestic and family violence, justice issues, and chronic homelessness. While living in our facility, women receive intensive one-to-one crisis and after-hours support from a full-time case worker. Additionally, participants have access to a variety of in-house programming to assist them with strengthening their basic health and life skills - they can use the fitness facilities and employment, learning, and counselling services offered within the building.

TPP becomes more than just a program for women; it is a place they call home, and for some, it is a home that they have not had for quite some time. We have had many women come through our doors over the years with diverse needs, many of whom have suffered from severe mental health troubles and addictions. TPP is unique in that it recognizes every woman's need to work through their healing journey at their own pace – we are here to help them through the ups and downs, and to bring stability as many times as it takes. Some women need to stay for a few months; others, for two years or longer; the program is designed to accommodate this.

Over the years, we have had many success stories of women who have realized their dreams through their own determination and the support that they received. For example, one participant moved into her own place after securing full-time employment and being in the program for over two years. Another, who entered the program while expecting a child, was supported by the program at first to maintain sobriety, and then continued after the baby was born. She secured housing and transitioned to independent living. We continue to offer her outreach support through the Family Outreach Program and a TPP case worker.



EMPLOYMENT AND LEARNING Anna's Story

Anna's work history includes extensive experience in customer service – most recently as a Front Desk Medical Receptionist. Unfortunately, the business closed and she found herself looking for work.

Anna had not had to conduct a job search in a long time, and expressed feeling underconfident and unsure she had what an employer would be looking for. She said her **"self-esteem was very low heading into this next phase of her working life,"** and she felt she lacked knowledge about how to search for that next opportunity, how to identify employers she wanted to work for, and how to speak with employers about herself and her skills.

Anna initially connected with the Government of Saskatchewan's Labour Market Services and was referred to the Job Search Program (JSP) in November. Anna said, **"It was a really tough time; I felt uncertain and worried about the future."** Anna worked with a JSP Employment Counsellor to identify her job goal, design a new resume and reference page, and learn how to write a powerful cover letter. There were also opportunities to learn about effective job search strategies, time to practice how to approach and talk with employers, and plenty of conversation about possibilities.

In addition, Anna identified the need to update her computer skills and, through the government funding provided for JSP, she enrolled in a computer class and enhanced her skills.

Anna successfully navigated the job search journey, and was offered a part-time position with a local clinic. At first, she was hesitant to accept the part-time position, but after a conversation with her JSP Employment Counsellor she saw the value in beginning in that role and proving her abilities. Now, just a few months later, she has been offered full time work in the clinic.

Anna was very excited and so grateful for the advice and ongoing support. Being part of the JSP offered Anna the opportunity to learn the skills and receive the assistance she needed for success!





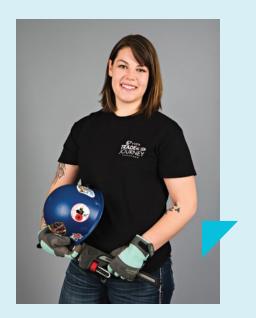
BEAT THE ODDS

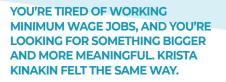
Forge your own destiny, follow your dreams, and start earning what you're worth. Take the Trade Journey.



YOU'VE BEEN THINKING ABOUT GETTING INTO THE TRADES, BUT YOU'RE NOT SURE WHERE TO START. KAYLA CAINE WAS ON A SIMILAR PATH.

Kayla worked at a photography studio and in the service industry, feeling a lack of guidance, until she heard about the YWCA Trade Journey. Although nervous, she was one of the women selected for entry to the program. After graduation, Kayla found a job as a tile setter and has been working her way up the ladder. She has always been an artistic person and says trades bring these qualities through. "You will look back and get a sense of happiness because you helped build something that will be around for years to come. I am much happier doing what I'm doing."





Born in Saskatoon, Krista was inspired by her mother, who is a Red Seal plumber/pipefitter. Looking to get out of the minimum wage lifestyle, Krista applied for the YWCA Trade Journey and after the extensive interview process, she was selected for the program. After her three-week work placement, she was offered a full-time job as a plumber's helper. "As woman, I believe we should stick together and always support one another, especially going into a maledominated field. It's not always going to be easy, but if you're determined and work hard you will be successful."



YOU WANT TO MOVE INTO THE TRADES, BUT YOU'RE WORRIED ABOUT WHAT PEOPLE MIGHT THINK. THAT DIDN'T STOP JACLYN BRASS.

Raised on the Cote First Nation, Jaclyn dropped out of high school when she was 15 years old, and a few years later she was a single mother. In 2016, she took advantage of the YWCA Trade Journey and learned about plumbing, carpentry and electric work. Going from depression and a destructive lifestyle to graduating as valedictorian from the Trade Journey program, Jaclyn is now a new part-owner of a contracting business. "I was a person who was at the bottom and rose up. We can't give up - I never give up. I keep going."



The 2019 Nutrien Women of Distinction Awards this year were celebrating "Women Shine," to celebrate women's contributions and achievements. A new award, Loretta's Award, was created to honour a long-term employee of YWCA Saskatoon, Loretta Andronowich, and recognizes a woman who has experienced hardship or adversity, yet achieved great personal goals. We also introduced the Saskatchewan Spirit Award this year, recognizing a woman who has inspired many, breaking new ground or old barriers, and contributed outside of Saskatoon to the life of our province. This year we had 62 nominees – all of whom have accomplished amazing things in their professional life, but have also given so much back to their communities.



AWARD RECIPIENTS:

Lifetime Achievement Award Senator Lillian Dyck

Arts, Culture & Heritage Award Melissa Squire

Athletics Award Evelyn Nesdole

Community Building Award Sue Delanoy

Education Award Janet Uchacz-Hart

Entrepreneurship Award Jeanny Baun Health & Wellness Award Della Magnusson

Leadership in the Professions Award Frances Lynne Walley

Leadership in the Trades Award Alisa Thompson

Research and Technology Award Dr. Kalowatie Deonandan

29 & Under Award Jordyn Burnouf

Title Sponsor:



Award Sponsors:

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Nomination Sponsors:

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Friends:

Andrew Peller Ltd., Quinn and Kim's Grower Direct, Danielle Stasiuk Photography, Masala Model and Talent, North Star Trophies, Saskatchewan Lotteries, TCU Place, Shaw Media.

Event Sponsors:

KPMG, PWC.

Planning committee:

Sandra Blevins, Reagan Pollard, Riley Daku, Rebecca Gotto, Cheryl Howie, Twila Joyes, Namarta Kochar, Terri Sewell, Audrey Armstrong, Joy Crawford, Shannon Friesen and Breanne Chaben.

Silent auction and raffle donors:

Abigail Zita Seshie, Alchemy Clothing and Salon, Beverly Dirk, Birmingham Vodka, Brian Bentley, Canada Learning Code, Centennial Kitchen and Bath, Chelsey King Inc., Coldwell Banker Signature, Cravings, Crossfit BRIO South, Crossmount Cider, Edge Family Law, Edward Jones, Edwards School of Business, Ernie Scoles Fine Art & Framing & Audrey Armstrong, GARDENS Four Seasons, George and Margaret Tosh, Green Tree Beauty, Hilltops Football, Impact Marketing, Inspired Travels, J & D Tax Services, KelseyRae Makeup Artistry, Kick YXE, Landmark Cinemas, Lavish DIsstrict, Leopold's Tavern, Living Skies Limousine, Lucky Bastard Distillers, Lucy Schindler original artwork, Marsh Canada, McNally Robinson, Mr.Mikes SteakhouseCasual, Murray Bryck- Sheer Excellence, Nutrien, Oliv Tasting Room, Opportunity Shop, Orange Theory Fitness, Persephone Theatre, Prairie Sun Brewery, Remai Modern & Shift Restaurant, Revive Clinic, Ryde YXE, Sask Polytech Summer School, Saskatchewan Roughriders, Saskatoon Jazz Festival, Saskatoon Love Pilates, Security Building supplies, Sew Funky, Sgt Salzl with The Cultural Unit SPS, Smash and Tess, Soterra Financial Group, SPARK Creations & Bookings, TCU Place, The Better Good, The Village at Stonebridge, Tourism Saskatoon, Truth All Naturals, Visions Salon and Spa, Wanuskewin Gift Shop, WestJet, Willows Golf & Country Club, YWCA Employment & Learning, dear little wild, Al Andersons Source for Sports, Rustic Signs Paint, Midtown Plaza, Moon Lake Golf and Country Club, Baeker Kraeker, Marie Robertson Fit Studio and Holly Decker Make-up Artistry, YWCA Trade Journey Participants.

Selection for awards is based on nomination criteria, and is not done by the planning committee.

IN THE NEWS

At the Oct. 23, 2018 Annual General Meeting, the YWCA welcomed Leah Parsons to speak about sexualized violence and consent. Leah is an award-winning changemaker and powerful keynote presenter, who speaks from the heart about the rape and subsequent bullying and suicide of her daughter. Sarah Burningham, an assistant professor at the College of Law, University of Saskatchewan, and Megan Sawyer, a social worker and senior counselor at the Saskatoon Sexual Assault and Information Centre, were also invited to speak on a panel following Leah's talk.



Thanks to 98 Cool Christmas 365, our Shine a Light for the Holidays campaign kicked off with breakfast, donations, and special guests on Nov. 14 in the YWCA Saskatoon lobby. Nearly \$5,000 was raised in the first day of our 2018-2019 campaign.

This year, our good friends at Shopper's Drug Marts raised \$44,754 through their Spring and Fall Campaign. The 13 local stores focus on women's health in body, mind and spirit through customer donations and their Beauty Gala. We are extremely happy to have Shopper's support our Crisis Shelter and the programming we offer. Our inaugural Women of Distinction Alumni Breakfast was held on March 6, 2019. The event was held at the Sheraton with 80 women attending, who were past nominees and recipients of Women of Distinction.

The guest speaker for the event was former Board President and Lifetime Achievement recipient, Kathryn Ford.

On March 8, 2019, we were honored to host a Canadian citizenship ceremony in our gymnasium. There were 50 individuals who received their Canadian citizenship.

Our second annual Shine a Light Run was a success once again, with 180 runners participating this year. After

the run everyone gathered for a social in the gym, with Michelle Dubois entertaining and Jamaican Food Basket serving their delicious food.

Hillberg and Berk announced in March

that they were going to be supporting YWCA Saskatoon Shelter through their Venus Pin campaign. All funds raised will go towards the purchase of feminine hygiene products.





In October, we invited our donors to a tea in order to express the gratitude of ourselves and our clients. We had over 80 friends at the YWCA, enjoying a lunch and tea. Three of our clients from Turning Points spoke to the donors, thanking them for helping make a change in their lives.

Career Moves is a job search program for men and women over 55 years of age. This new pilot project for



Employment and Learning involves eight weeks of classes – 5 days a week, for 5 hours a day. The program supports job seekers in successfully finding employment within

the hidden job market; in a group setting, participants learn effective job search strategies, gain confidence, and stay motivated in their job search.

Another successful United Way Day of Caring is in the books. We are immensely grateful to our incredible and hardworking team of volunteers from KPMG who spent the day with us and helped with the renovation of our shelter playroom – demolishing cabinets and walls, removing carpet, and painting bedrooms in Margaret's Place. We are thankful for their hard work and the heart that they have put into this project, and for the donation of toys they gave as well.



THE Child Development Centre

Our Child Development Centre is a fully licensed childcare facility that provides a safe and healthy environment for children to learn social, emotional, physical, and cognitive skills, in programs that are designed to complement their home experiences. Here is what one grandmother had to say about her grandchildren's experience at the centre.

Our family has had the honour of being part of the YWCA Child Development family for the past five years. Both my grandchildren, William and Zaylee (ages 5 and 6), have attended since they were toddlers. My daughter Haley – their mother – has been a single mom from a very young age, and she had to work hard to finish her Grade 12, put herself through hair school and is now employed full-time. We are very proud of all she has accomplished – but with that being said, she could not have done it alone.

Being part of the YWCA family has opened many doors for Haley and her children. The director, Shumi, is patient and takes the time to explain everything – the policies, the subsidy, the payments. This is such an important thing for young people to understand.

The room staff are well-educated, kind, and caring, and they treat all the children like family. They provide an environment that fosters learning through play. As the grandchildren are moving on into school, they are well on their way to success – writing their name, using scissors, and learning so many social skills like sharing, turn-taking, and problem solving. These are just a few things that the staff do every day. The YWCA not only has amazing staff, but also has access to many outside support programs, as well as speech language pathologists and behavioral specialists. My grandson has used all of these resources, and we have to thank the staff at the YWCA for setting up meetings and organizing specialists to come in and observe him. The YWCA has also helped with counselling for my daughter and grandson in order to help her be a stronger parent to a challenging child. Between the staff and the services provided for my grandson, he will be ready for kindergarten – William has made leaps and bounds since he started as a Panda, with no language or social skills.

We step into the door and are greeted by Jackie at the front desk, handing out stickers and high fives. The morning staff greets each child, there are nutritious snacks and meals, there are field trips, the outdoor area is great, and the communication at the end of the day is so welcome. We couldn't be any more pleased with our experience with the YWCA Child Development Centre.

Thank you, Lisa Gibb

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 GOVERNMENT 52% \$2,421,676 CONTRACTED PROGRAMS \$1,220,341 26% FEE FOR SERVICE FUND \$641,045 14% DEVELOPMENT & GRANTS \$360,208 8% **OTHER INCOME** ^{\$}4,643,269 100% TOTAL

EXPENDITURES

TOTAL	100%	\$4,688,200	OF TOTAL EXPENSES
FITNESS ON 25TH	18%	\$834,888	costs
CHILD DEVELOPMENT	20%	\$949,462	DEVELOPMENT
EMPLOYMENT & LEARNING	25%	\$1,157,009	OF TOTAL EXPENSES
CRISIS SHELTER & RESIDENCE	37%	\$1,746,841	

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, 2018 and June 30, 2019. We regret any errors or omissions.

Nancy C. Allan ESSIEN-ANWAN ARTHURS Donna Bailey Phyllis Baker Gary Bews Shawneen Bird Patricia Blakley Sandra Blevins Ronald Boden Gordon Borycki Greg Boschman Kevin Braaten James Bridgeman Amanda Brindley Kirsten Brom Marion L. Brown Donna L. Bruce Pat Buglass Meridith Burles Betsy S. Bury Wendy Busa Kari Calder Colleen Cameron Stacey Cameron Anne Campbell Brenda Campeau Canadian Western Bank Canadian Women's Foundation Ted and Sharon Cardwell Randy and Doreen Chapman Linda Charlton

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Lina Eidem Barbara Ens Mina Epp Thu Epp Renita Falkenstern Pam Fichtner Elliot Field Brian Flaherty Susan Fowler Sharon Francis Clara Friesen Kim Gaspar Nikki S Gerrard Sarina Gersher Susan and Bruce Gossen Walter and Florence Graham Grosvenor Park United Church Scott Hack Allison Hackinen Janice L. Hagblom Betty Halderman Olive Hargreaves Andrea Harris Lorraine Harvie Susan Hayton Peggy Heincke Karen Heise Shirley Henderson Diane Higgins Diana Holaday Leone How

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