



Spring News From the YWCA

As we welcome the arrival of spring, we are also reminded of the continued need for emergent and long-term shelter in our community. We are seeing high demand for our services, and we are grateful to our donors who make it possible for us to continue providing a safe haven for those in need.

In addition to our shelter programs, we are also excited to announce new programming, events, and initiatives this spring that will help us better serve our clients and the community. From employment programs to mental health and wellness services, we are committed to empowering women and children in all areas of their lives.

We want to take this opportunity to thank our clients for their courage and resilience, as well as our donors for their unwavering support. Without you, our work would not be possible. As we celebrate the Easter holiday, we wish you all peace, hope, and happiness. Thank you for being part of the YWCA Saskatoon community, and we look forward to continuing to work together to create a brighter future for all.

A Message from the CEO



Dear YWCA Saskatoon community,

As spring blooms, we'd like to express our gratitude to our generous donors for their unwavering support in helping us empower women and children. Your contributions help us provide vital services that make a real difference in people's lives each day.

We are thrilled to announce exciting new initiatives on the horizon that will allow us to expand our reach and impact even more.

Thank you for your continued partnership as we work towards creating a brighter

future for women and their families in our community.

Warmly,

A handwritten signature in black ink, appearing to read "Cara Bahr".

Cara Bahr, CEO
YWCA Saskatoon



The YWCA Crisis Shelter & Residence

Spring has sprung in the shelter!

Lots of exciting things have been taking place in the shelter at the YWCA.

In collaboration with Family Services Saskatoon and other community based organizations, we have been involved in conversations about Gender-Based Violence, learning where the gaps in our systems remain, and how we can work together to create opportunities to end Gender Based Violence. This conversation is being guided by the National Action Plan to end GBV.

We have recently been honoured to have Elders, Judy Pelly, Linda Sanderson, and Wallace Awasis facilitating Sharing Circles and Medicine Wheel teachings for the residents in all of our programs. Both residents and staff have been engaging in opportunities to learn more about Indigenous customs and cultural practices.



Shelter Client Spotlight

A shelter client and mother of 7 children frequented our CS&R various times over a few years. She had previous gang involvement, addictions, and experienced domestic violence at home.

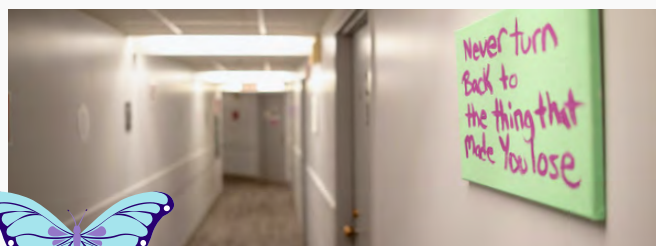
Recently, she was reunited with all of her children who were previously in care. She moved out of the CS&R last month to a 5 bedroom home with a back yard.

The NESS fund (National Emergency Survivor's Support Fund) helped her pay rental arrears so she could apply for housing for herself and her family.

A group of practicum students from the Mental Health and Addictions Counselling Program at Saskatchewan Polytechnic will be joining us at the CS&R for the month of May.

We are excited to announce that in partnership with Saskatchewan Health Authority, we are enhancing our Wellness Recovery Support Living Program by an additional 4 beds. This takes our total number of beds to 8.

We look forward to being able to help more women on their wellness and recovery journeys.





Fitness on 25th News

Spring brings exciting new changes to the YWCA Fitness Centre!



We are thrilled to introduce Fitness on 25th's newest Fitness Manager, Calyssa Brown! Calyssa comes to the YWCA with a long career in Athletic Therapy and brings her unique skillset and passion for wellness to our fitness department.

We are excited to welcome her to the team! If you see her in the gym or at the front desk, be sure to say hello!



Calyssa

The YWCA Lobby Café is making a comeback!

The café at the entrance of the YWCA has been closed throughout the COVID-19 pandemic.

Recently, progress has been made to clear out the space and get it ready for a soft opening this spring. Make sure to check out our social media accounts to see when they café will be re-opening!

Upcoming Classes & Events



Spring 2023

www.ywcaskatoon.com



'Just Tri It' Triathlon Training

A group of 120 people will be training this April in the 'Just Tri It' program Fitness on 25th is hosting.

First Aid Training

Keep an eye out on our social media and website for First Aid courses beginning at the end of May.

Post-Partum Training

An exciting new program will be kickstarting later in May for post-partum mothers looking to get back into running and exercising.

Drop-in Dance Classes

Throughout the spring, Fitness on 25th will be offering a variety of drop-in dance classes for members of the community to take part in! The dates and times of these classes are TBD. Check back on our social media to see when these classes will start up.

Employment & Learning Centre



Training Programs

The last Cohort of the Trade Journey Program was an especially touching celebration, as our fearless Trade Journey Coordinator, Albert, announced his retirement after 5 years of service to the YWCA and the Trade Journey Program. We thank Albert for his commitment and passion to the program. We will miss you!

Our next Trade Journey Cohort starts May 1! Applications for this Cohort are currently closed.

We are also thrilled that two participants from the Women Shifting Gears Program were employed by their work placement provider after their practicum placements. Way to go ladies!

Employment Programs

Our Job Search Program currently helps over 200 participants with their unique job search needs and continues to grow.

We offer in-person weekly job search workshops including resume development, job search strategies, and interview preparation as well as a weekly online job finding club that focus on a variety of topics to hit the ground running.

Our Career Moves (55-64) Program is hosting our newest Cohort on May 8, 2023! Interested in learning more? Register for an information session by contacting our Employment Services Department at (306)986-2873 or emailing employmentservices@ywcaskatoon.com

YWCA | Employment & Learning Centre
SASKATOON

>>> FAST TRACK YOUR JOB SEARCH

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- JOB SEARCH STRATEGIES
- PERSONAL BRANDING
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- COMPUTER TRAINING
- JOB SPECIFIC SUPPORTS
- GROUP COACHING

CONTACT US
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Saskatchewan

Upstander Education Program

The Upstander Education Program offers engaging workshops, presentations, and education with the intended outcome of eliminating gender-based violence.

This program continues to bloom! A growing list of schools in the Saskatoon Public School Division are involved in this program as well as several community colleges. Thank you for your continued support!



The Child Development Centre



Update in the CDC

The Government of Saskatchewan and Canada announced that regulated childcare fees have been reduced to \$10/day starting April 1, 2023.

The YWCA Saskatoon Child Development Centre is excited that more parents will be able to benefit from this major achievement for Saskatchewan families! We are committed as always to providing trusted and rewarding childcare for your children.



Cindy's Garden Eager to get Growing!

The children at the YWCA have the unique opportunity to get their hands in the dirt and grow their own vegetables in Cindy's Garden! Spring is on the horizon, which means planting will come in the next couple of months.

Cindy's Garden was named after a former YWCA staff member, Cindy Copeland who was passionate about gardening and sharing it with the children. Kids learn to plant seeds, maintain the garden, and harvest their produce to make soups and delicious recipes that fit into our nutritional guidelines.



Kids Music Program

The music program is underway in the Child Development Centre and will continue until the end of April! Monetary donations for our child programs are graciously appreciated

and help ensure kiddos in our facility have access to amazing learning opportunities!

For donation inquiries, contact Carla Delgado, VP of Development & Engagement at (306) 986-2870

Upcoming Events at the YWCA



Graham's Women of Distinction Awards

May 25, 2023 | www.ywcaskatoon.com/about/women-of-distinction

Nominations for the Graham Women of Distinction Awards are now closed. Women nominated across 11 categories will be moving onto the Gala on May 25, 2023 for a night filled with empowerment, gratitude, and support.

This year marks the 41st year of the Women of Distinction Awards in Saskatoon. We are thrilled to be welcoming back nominees, sponsors, and community members to the event as we collectively celebrate the wonderful achievements of deserving women in our city.



There are many exciting things to look forward to at the Graham Women of Distinction Awards!

This year's event is shaping up to be another amazing opportunity to uplift women in our community and support the YWCA Saskatoon.

Our silent auction will be back and better than ever with amazing prizes to be won throughout the evening.

Our dedicated sponsors continue to support the event and the YWCA Saskatoon. We thank our donors, sponsors and community supporters who come together to help make the event possible.

Interested in getting involved in the 2023 Graham Women of Distinction Awards?

There are many ways to get involved! If your business or organization is interested in sponsoring this event, or donating an item or experience to our silent auction this year, please contact our VP of Development & Engagement, Carla Delgado.

P: 306 986-2870

cdelgado@ywcasaskatoon.com

Tickets for the event will go on sale soon. Be sure to keep an eye on our social media accounts for the sale release date!

f **@** /saskatoonwomenofdistinction





Hockey Helps the Homeless Saskatoon

Thank you for supporting the YWCA Saskatoon!

On March 24, 2023, Hockey Helps the Homeless Saskatoon raised over \$165,000 for local Saskatoon charities through their hockey tournament fundraising event. The YWCA Saskatoon was one of the lucky organizations who will benefit from partial dollars raised at this event!

Hockey Helps the Homeless raised over \$165,000 for three Saskatoon charities.

We would like to thank the organizers and supporters of HHTH Saskatoon for all their hard work and support of the YWCA Saskatoon. Your efforts will greatly impact the lives of women, youth and children in Saskatoon who are getting back on their feet.



Stay Connected with the YWCA Saskatoon

Stay up to date on all the latest news, events and projects happening at the YWCA Saskatoon!

Follow us on social media and at our website www.ywcasaskatoon.com

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