

ADVOCATE

DONOR & VOLUNTEER NEWSLETTER

INTERVENE | EMPOWER | LEAD

Discovering Independence and Opportunity

Imagine you are a woman fleeing domestic abuse, you have recently moved to Calgary and have no supports in the city. You were financially dependent on your abusive partner, you have a disability and limited access to resources you require. For most, this would be inconceivable, but for Tory* this was her life.

Tory moved to Calgary with her former partner, leaving behind her network of friends and family and with them her independence. Due to

her disability, Tory requires daily assistance and moving to Calgary meant her partner became her primary caregiver. Quickly the once loving care became abusive.

“Once I came here I lost all of my powers and supports and his behaviour changed,” says Tory. “It started with little things, like playful pinching that wasn’t very playful and then it turned into control and isolation. Before long, I knew that I was in a very dangerous situation.”

the outreach team through the YWCA Sheriff King Home emergency shelter. They saw beyond her disability and helped Tory to feel safe and hopeful that she could regain the independence she had lost.

Now safe from abuse, Tory has the support and tools she needs to thrive.

*Name changed

In 2015 the YWCA supported women who were:

On average 38 years of age.

65% were single, widowed, separated, or divorced.

75% had an income less than \$25,000 annually, before tax.

Those who stayed at YWCA Sheriff King Home were there, on average, for 27 days.



Tory began contacting agencies, looking for resources to help her leave the abuse but found her disability brought further challenges. Fortunately, she found the YWCA and connected with

You Make it all Possible

Thank you! Last year you enabled the YWCA to support more than 6,700 unique individuals. Because of you, we were able to support women and their families with shelter, housing, counselling services, child development and education & employment programs.

Caring individuals, like you, ensure we can offer women and their families' services that grow and evolve to meet their changing needs. As a result of your trust in us, the YWCA has evolved and re-envisioned itself during the past 105



years and we are excited to keep you engaged in our next transformation.

I am thrilled to share with you what your ongoing support has enabled; the YWCA recently secured the option to purchase

a new property in Inglewood which will be our main facility. You will see and hear more in the months to come about building plans, community engagement opportunities, a new and refreshed YWCA brand and new ideas to support even more women to thrive in our community. Thank you! You make this all possible!

Sue Tomney
Chief Executive Officer
YWCA of Calgary

Advocacy Helps Women Thrive

For the YWCA to achieve its vision of women thriving in a safe and equitable community, we need go beyond service provision. We need to speak out; we need to advocate for, and with women.

In June, the YWCA supported the Government of Alberta's announcement on the implementation to increase minimum wage.

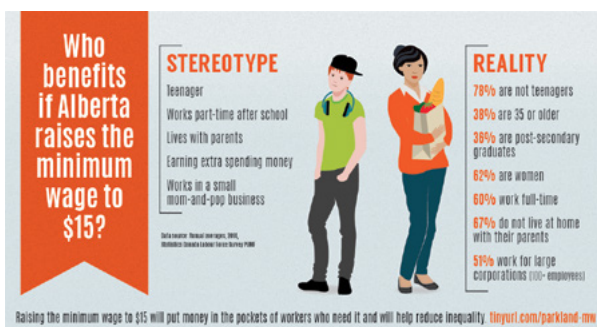
These changes, which would see an incremental rise to reach \$15/hour by 2018 are

important to ensure those working full time can meet their basic needs. The majority of minimum wage earners are women and most over age 25. We were particularly

disproportionately impacts women.

Recently, our team participated in discussions with Alberta Seniors and Housing on a provincial strategy for affordable housing. The shortage of affordable and accessible housing in our community impacts many women and families at the YWCA.

Fears about finding a decent, affordable place to live top the list of reasons women say they are unable to leave an abusive partner.



gratified with the planned abolishment of the lower tiered wage for liquor servers, which

Neighbours Walk the Talk

Living in the oldest neighbourhood in Calgary, Inglewood community members know a thing or two about being a good neighbour and supporting their community. Lou's Auto Body walks the talk! Lou's is a family run business that knows community support starts with being a good neighbour. For more than 40 years Lou's has been a staple in the community, priding itself on offering first class service for every customer.

What distinguishes Lou's is their reputation as engaged community partners committed to supporting organizations, like the YWCA of Calgary; something they've been doing for decades.

"My father donated every year, it's always been something he wanted to do, especially when

he drove by the YWCA Sheriff King Home in Inglewood every day", said Steven Dupont, Lou's son and current owner of Lou's Auto Body.

"He wanted to help ensure organizations like the YWCA are always around to help people, and I am proud to continue this tradition."

Lou's Auto Body began its relationship with the YWCA more than 30 years ago when founder, Lou Dupont started donating to the YWCA Sheriff

King Home emergency shelter located across the street.

To Lou's, giving back is not only about the financial commitment; it means helping

out whenever possible, doing something to bring a smile to someone's face and showing staff what it means to be a good neighbour.

"Our staff know that we are continually trying to involve ourselves with the YWCA," says Steven. "Whether it's in the form of a donation, helping out or doing something nice like sending doughnuts over, they're happy knowing we give back to our community when we can and as often as we can."

Businesses like Lou's Auto Body enhance neighbourhoods by caring for their community and supporting organizations that 'do good'. We are proud to be a long-standing part of the community of Inglewood and thrilled to have so many amazing neighbours.



Caring Creates Legacy of Giving

Since 1922, women and children fleeing domestic violence have had a safe place to go thanks to Peter Willoughby King. He was one of Calgary's first advocates for women and children and thanks to his kindness and foresight, those fleeing domestic violence can find refuge.

Born in Perth Scotland, King moved to Calgary in 1886. In 1887, King was appointed as the first sheriff of Alberta by Sir John A. Macdonald and served the province in that capacity

entire estate for the specific purpose of constructing a safe shelter for women and their children. It was Sheriff King's hope that a home where women were safe and free from abuse would help them and their families become self-supporting. In October 1922, Sheriff King's vision was realized through the construction of the Ex-Sheriff King Home. The home, located in Rosedale provided safety and support for women until its demolition in 1965.

A report from 1980, revealed that more than 2,000 women

and children were turned away from shelters in Calgary: it was apparent that more options were desperately needed for women fleeing domestic violence. The Ex-Sheriff King Trust, created through the legacy of Sheriff



King approached the YWCA to operate an emergency (or women's) shelter in the city with funds donated from the Ex-Sheriff King Estate.

Opening in September 1983, the YWCA Sheriff King Home became the first purpose-built emergency shelter for women and children in Calgary.

Today, YWCA Sheriff King Home emergency shelter provides basic needs, onsite case managers who coordinate counselling for clients and connect them to resources for housing programs, legal services and education supports. Sheriff King's hope was realized with the first building – now it continues with the YWCA emergency shelter ensuring women and their children have a safe place to stay, rest and recover.



until his retirement in 1905. An effect of King's work in law enforcement was his growing awareness that some women and children experienced abuse and violence in their home life. Sheriff King was so impacted by this awareness that he left his

You Create Opportunities for Success

Every year, people like you help women and children break free from poverty and homelessness. These are their voices. They are not the voices of the defeated. They are hopeful, determined, resilient and wise. They are the voices of women, each on their own journey.

“The YWCA helped me in ways I never thought possible. Issues that overwhelmed me, they were able to address. I first ran away when I was 13. I’m 53 now and last year I finally got the help I needed to face the abuse that drove me to the street in my teens. There are many predators out there – but where do you turn when they’re in your own home?”

“When you have a job and can support yourself you worry about all the bills - but you don’t think: If I don’t pay this bill I will be homeless. That doesn’t cross your mind, just like it never crossed mine.”



“Domestic violence is passed on. Let’s make sure kids have someone to talk to. Give them a voice. I feared for my kids so I left. This time, I’m not going back – I’m ready to take back my life and build a better future. The YWCA has given me the strength to move on. They helped me find a place of my own and I’m ready to give my room to another mom who needs help.”

“I am grateful because I survived the abuse. I learned that I am stronger, more resourceful and more patient than I thought. One day I hope to buy my own condo. It will be a dream come true to walk through a door of my own and feel safe.”



Thanks to you, they are discovering that they have the power to rebuild their lives.

Thank you, for opening your generous hearts to these and many more courageous women. You give them the power to take control of their lives, break the cycle of violence for themselves and their children and build a future filled with hope.



Find us in the Community

YWCA Neighbour Day

We were thrilled to host a Neighbour Day celebration in Inglewood at the YWCA Sheriff King Home to celebrate more than 30 years in the community. Neighbours, business partners and many elected officials including Mayor Nenshi joined us for some Spolumbos' sausages, Café Rosso coffee, kid-friendly activities and facility tours.



Inglewood Sunfest

It was all about having fun in the sun at Inglewood's Sunfest and we were excited to participate! Thank you to everyone who stopped by the YWCA booth. We love hearing from you and sharing what's happening in our world too. We also want to thank our fantastic volunteers - we couldn't have done it without you, thank you.



Birdies for Kids

Change kids lives: donate today and see your gift grow! Support the more than 1,800 children at the YWCA. For every dollar donated through Birdies for Kids your gift is matched with \$0.50. You can also win tickets to the Shaw Charity Classic. Donate today and enter to win at ywcaofcalgary.com/birdies4kids

YWCA WALK A MILE IN HER SHOES®

You can help women and children walk away from family violence today! Gentlemen, register and literally WALK A MILE IN HER SHOES on September 20. You're not alone, more than 100 men have already stepped up. Or you can donate to stop the cycle of abuse. Register or donate at: walkamile.ca

Family Violence Prevention Month

The Calgary Domestic Violence Collective (CDVC) brings over 60 member organizations and community members together on November 1 each year for the kick-off to Family Violence Prevention Month. As members, we proudly take part and advocate for healthy families and safe communities. This year the event is part of the Bridging Communities Conference on domestic violence held at the Coast Plaza Hotel. For more information visit cdvc.ca

YWCA WHYWHISPER Fundraising Gala

Purchase your ticket(s) today for this historically sold out event. Join us November 22 to welcome keynote speaker, social activist and writer, Monica Lewinsky. Ms. Lewinsky will speak up and speak out for those who have no voice; making her a bold and compassionate choice for this year's gala: ywcaofcalgary.com/whywhisper

Creating Brighter Futures

We believe that one day women and children will no longer face violence and abuse at home, and that poverty and homelessness will be a thing of the past.

We're working hard to make that dream a reality and thanks to you, we get a little bit closer every day as we help build brighter futures for local families who struggle with issues of poverty and abuse.

However, today women and children who experience abuse

remain greatly at risk and we look for your help to make sure they get the security, caring support and tools they'll need to heal from trauma, recover and build healthy relationships.

The YWCA will be here when and where they need us most, like we have been for more than 105 years.

Will you be there with us? Please, help women and their families by leaving a charitable bequest to the YWCA of Calgary



in your will. Even a small percentage can have a big impact.

If you have questions, please call. We'll help ensure the wishes you make today will create better days tomorrow.

The YWCA is the largest and longest serving women's organization in Calgary. Through its more than 105 year history, the organization has touched tens of thousands of lives and evolved its programs to meet the changing needs of women in the community. The YWCA offers a variety of programs that create a continuum of service for women, and their families, who are struggling with poverty, homelessness, domestic abuse and isolation.

With the focus on empowering women to move from a place of vulnerability to one of resilience, the YWCA continues to be there when and where she needs us most.

YES! I want to help vulnerable women in Calgary.

Name _____

Address _____

City _____ Prov _____ PC _____

Phone _____

ENCLOSED IS MY SINGLE GIFT OF:

☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 ☐ Other \$ _____

I WANT TO SUPPORT YWCA OF CALGARY WITH A MONTHLY DONATION:

Pre-authorized withdrawal of \$ _____ every month.
(Please include credit card information at right or attach a void cheque.
You may cancel or change your monthly gift at any time.)

Date _____ Signature _____

I AM MAKING MY DONATION BY: (CHECK ONE)

☐ Cheque (Payable to: YWCA of Calgary) ☐ VISA ☐ MC ☐ AmEx

Cardholder Name _____

Card Number _____

Expiry Date _____ Security Code _____

Complete this form and mail to:

YWCA of Calgary 320 5th Ave SE, Calgary, AB T2G 0E5

Donations of \$20 or more will receive a tax receipt.
YWCA of Calgary respects the privacy of our donors.

www.YWCAofCalgary.com/donate or call 403-294-7343

Charitable Registration #108227927RR0001