



Stand with her.

2025 - 2026 IMPACT REPORT





IMPACT

10,600

individuals supported
in 2025, a 9% increase
over 2024.



For more than 115 years, YWCA Calgary has stood with women and their families, supporting them to find safety, build stability and develop healthy relationships. We believe every woman deserves real choices, dignity and a secure future.

This work is made possible by our dedicated employees and the generosity of donors, partners and volunteers. Together, alongside the **global YWCA movement**, we are creating lasting change for women and families today and for generations to come.

YWCA Calgary provides prevention, crisis response and long-term empowerment programs that help women build resilience and confidence, strengthening their mental and emotional well-being so they feel safe, connected and supported. In 2025, after completing their programs **94%** of participants felt more hopeful; **92%** built safe and healthy relationships; and **86%** found stable housing.

Our work is intentional, data-driven and has an impact that extends beyond those who participate in YWCA programs. We estimate that for every person we support directly, at least two others benefit. **In 2025, that meant YWCA Calgary reached approximately 32,000 people.**





A YEAR OF GROWTH AND EVOLUTION

This past year also marked the launch and activation of our new Strategic Plan. Guided by four core principles – **social innovation, partnership, prevention and credibility** – we are evolving, optimizing and expanding our work to remain responsive and relevant to the changing needs of our community.

You will read more in the [CEO](#) and [Board Chair](#) messages about this exciting year, one defined by YWCA Calgary's ability to adapt, respond and continue meeting the needs of our participants. We hope you take a moment to read both letters to learn more about our leadership and the direction of YWCA Calgary.

[Read our
CEO Message](#)

[Read our
Board Chair Letter](#)

LOOKING AHEAD

As we move into our 116th year, we are proud to introduce a refreshed brand that honours our legacy and global connections while advancing our North Star - Stand With Her.

We invite you to learn more about YWCA's 2025-2026 year and explore the inspiring stories through this report.

MENTAL HEALTH

We stand with her as she builds confidence in herself and a clear path forward.

“

*“I was overwhelmed by grief when I reached out to YWCA. My counsellor helped me explore and create new meaning and **develop a renewed sense of identity based on my values.** Counselling helped me remember my worth. I know I am worthy of being appreciated and loved, I’m able to better cope with grief and pain and feel hopeful about my future again.”*

-MARGO





IMPACT

+4,000

individuals built self-awareness and gained tools to enhance emotional resilience.



Women and their families come to YWCA with diverse experiences, often navigating stress, grief and uncertainty.

Through our programs, participants deepened self-awareness, enhanced resilience and connected to the resources they need to heal and move forward. From crisis support to prevention, YWCA provides opportunities to **build the skills and the confidence** needed to manage life's challenges and strengthen emotional well-being.

COUNSELLING

YWCA Calgary's counselling programs support participants with compassionate, trauma-informed, client-centred and evidenced-based care in times of distress.

Through individual and group counselling, adults and children develop skills to better understand their experiences, strengthen their sense of hope and rebuild confidence and self-worth. After participating in counselling programs at YWCA in 2025, **over 95%** said they were more hopeful about their future and **85% of adults** said their relationships were stable.



150

families created stronger relationships.



COMMUNITY PARENT AND SCHOOL SUPPORT (COMPASS)

Serving families with children under the age of 12, who are navigating complex parenting challenges, anxiety, emotional regulation issues, or school related stress. Children and their families work with a Family Support Worker to explore strategies for healthier family functioning, strengthen parenting skills, develop social connections and build practical problem-solving skills that support healthy and independent futures.

In 2025, after accessing YWCA's COMPASS program **99%** of participants resolved family challenges more effectively; **97%** of parents improved their knowledge of positive parenting strategies; and **93%** improved their relationship with their child.

"Our family is finally a family. When we started COMPASS, we were just surviving, and I felt no joy in being a parent. Week by week, COMPASS changed my mindset and parenting. Now there's less stress, we enjoy being together, and the progress my son and I have made feels incredible."

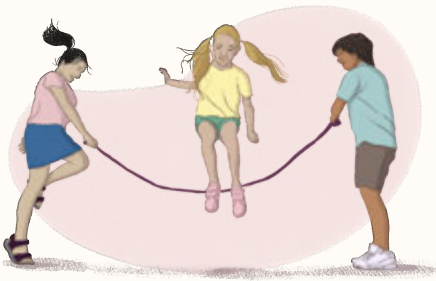
- TOM



IMPACT

140

children reduced stress
and built connections.



MINDFUL MOMENTS

Children participating in Mindful Moments discover simple, practical ways to reduce stress, build connection and strengthen their emotional well-being.

Through this program, children develop skills to better understand and regulate their emotions, respond to challenges and grow confidence as they engage with others. After completing their program **79%** said they could better handle problems in their life; **72%** said they were able to better manage their emotions; and **88%** said they got less upset with their friends.



“

“I saw my child go from quiet and unsure to smiling and confident. She made a new friend and came home excited to talk about her playdough creations. I could tell she felt comfortable and found a place where she was able to relax and connect.”

- ANNA

HEALTHY RELATIONSHIPS

We stand alongside her and help her move forward on her terms.

“

*“When we first arrived, everything felt overwhelming and uncertain. I didn’t know what would come next for my family. **Having a safe place and people who truly cared made all the difference.** Slowly, I started to figure things out, found a house and got us settled. This is the first time we’ve had a place of our own.”*

-NINA





IMPACT

6,500

individuals found safety and healthier relationships in 2025.



YWCA provides urgent and longer-term support to help individuals find pathways to safety, wellness and healthy relationships. Our programs increase understanding about healthy connections and how to develop relationships that reflect their own values and enhance their well-being.

We are particularly proud that **over 4,600** participants in 2025 accessed supports that helped **prevent crisis and reduce the risk of future trauma**, demonstrating the power of early intervention and prevention. After their time with YWCA, **92%** of participants accessing support across our healthy relationships and domestic violence program areas report feeling safer in their relationships.



200

mothers and 340 children found safety in 2025.

CRISIS SHELTER

YWCA's Crisis Shelter is a safe, welcoming, pet-friendly space where women and children fleeing domestic violence can find stability and support as they begin again. Along with food, personal items and other basic needs, families receive care, safety and connections to resources that help them heal and build a safer, more secure future.

Following their stay in shelter **94%** said they knew more about how to keep their children safe; **83%** felt safe in their relationships; and **81%** said they had found stable housing.

Standing with Her also means standing with those around her. Understanding how important pets are to a family, and knowing they can be at risk when violence is present at home, YWCA Calgary designed its new shelter so a woman can bring her pet and her children with her when she seeks safety.

**18 families brought pets with them.
13 dogs and 10 cats found safety
with their families.**





*“While I was in the shelter, the staff helped me every day to look for a place I could afford that was big enough for all my kids. When YWCA was able to offer me a three-bedroom apartment at Taylor Family Home I was so happy I cried. **We finally have a place that feels like home and I don’t have to worry anymore.** I was able to get a job and now I can build a better life for me and my kids.”*

- MORGAN



IMPACT

25

families with over 75 children found long-term stability.

TAYLOR FAMILY HOME

YWCA Taylor Family Home provides women and their children who have experienced domestic violence with access to safe, below-market rental units. In addition to having a home of their own, families can access YWCA programs and supports that help them heal from trauma, build economic stability and maintain long-term housing.

In 2025, the average length of stay for families was two years, demonstrating the length of time truly needed for a family to recover from domestic violence and establish a safe and healthy path forward.



+1,300

students supported.

HEALTHY RELATIONSHIPS FOR YOUTH (HERE for Youth)

Developing relationship skills early helps prevent future crises and equips youth with tools that build confidence, support informed choices and foster healthier connections throughout their lives.

HERE for Youth is an in-school program for students in grades 7–12 that provides safe spaces to learn and grow. Through interactive workshops and activities, youth build skills in emotional well-being, healthy relationships, boundaries and respectful communication.

In 2025, **95%** of participants reported a better understanding of healthy relationships and were more likely to support respect and safety in their own relationships.



*“They made it super fun and I had a really good time. **Now I understand more about what a healthy relationship should look like and what I want for myself.** I was able to talk to my girlfriend about it too. I think all middle and high schools in Calgary should have this because it was such a great experience”*

- ANDREW

ECONOMIC PROSPERITY

We stand with her as she reaches her potential, building community, confidence and valuable skills.



“

“The program reminded me to appreciate how far I’ve come and to give myself credit for the small wins along the way. Having mentors and a community that genuinely walks alongside you makes a powerful difference. I am thankful for the support, the guidance and the space YWCA creates.”

-MANDY

**IMPACT****+3,300**

participants accessed opportunities across many YWCA programs.

**+600**

women explored entrepreneur paths in 2025.



Economic prosperity is about more than income—it's about women having the knowledge, confidence and opportunities to shape their futures. Through financial, career and entrepreneurial support, women build skills, pursue meaningful work and create new opportunities.

ENTREPRENEURSHIP

Programs that help women bring their ideas and passions to life. Through mentorship, training and practical skills, participants gain confidence and knowledge to create opportunities for themselves and achieve greater financial independence.

Whether it's starting a new business venture, expanding an existing one, exploring a career in consulting or taking a hobby and turning it into a money-making venture these programs empower women to expand their choices and build a more secure future. In 2025, after completing their program **98%** said they learned more about entrepreneurship; and **94%** felt more confident to start or run their business.

CAREER ACCELERATION

Supports women early in their careers, new to Canada or navigating a career transition to build skills and discover opportunities to thrive. YWCA's Career Acceleration equips women to guide their careers with clarity and confidence while expanding their professional community.

Programs like Career Compass, launched in September 2025, are designed for women to lead their own development with purpose. A space to envision the professional they want to become and build a meaningful path forward.

After completing their program, **99%** of participants said they learned how to develop and lead their own career plan.

Over 650 women expanded their professional opportunities.



IMPACT

+275

women were equipped to make informed financial decisions.



"I signed up for this program with a bare minimum understanding of my finances; I had my standard account and knew how to pay my credit card bill on time. I enjoyed trying out new budgeting and expense tracking tools and I look forward to continuing this learning process."

- JORDAN



350

adults improved their English skills.



ECONOMIC EMPOWERMENT

When women are economically empowered, they have choices, opportunities and the ability to create a stronger future. YWCA's financial programs help women gain knowledge and build confidence in financial decision making.

From personalized budgets to setting financial goals and expanding how they think about money, women come away with the confidence and ability to take full control of their financial futures.

Following the program, **98%** said they knew more about how to manage their personal finances; and **97%** said they would change how they managed their finances because of something they learned.

LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)

Newcomers to Calgary often face barriers such as limited English language skills or uncertainty about how to connect within their new community. Through free classes, the LINC program helps newcomers learn everyday English and build confidence to live, work and connect in Canada.

Opportunities to practice through volunteering and real-world experiences offer further support to build their ability to participate and feel a sense of belonging in their new environments. In 2025, **92%** of learners demonstrated improved English after completing their program; **88%** demonstrated improved comfort using technology and **87%** showed greater confidence having a conversation in English.

EMPOWERING IMPACT

**When we stand with her,
she stands stronger.**

Behind all these programs are 285 caring professionals, from those who provide direct program delivery to the support teams who keep our operations running smoothly across three locations and nearly 30 programs, services, and community resources.

YWCA Calgary's team members embody our values, advance our mission and advocate every day for health, wellness, safety and equity.

This work is strengthened by our community. We are deeply grateful for the continued commitment of our volunteers and the generosity they show by sharing their time with YWCA.

**More than 250
dedicated volunteers
supported us in 2025.**





IMPACT

+7000

volunteer hours in 2025,
across 85% of our
programs and services.



VOLUNTEERS

Volunteers are at the heart of YWCA Calgary's work. They bring passion, generosity and a deep commitment to community. We continue to evolve how we interact with and support volunteers to meet both program needs and the needs of those gifting their time and talent to YWCA.

In 2025, **more than 250 individuals** brought their unique experience to extend care and connection by amplifying our workforce and engagement in community. Whether supporting events, mentoring participants or contributing professional expertise, each person plays an important role.

Our community continues to lift this work. We are deeply appreciative of those who choose to spend their valuable time supporting YWCA Calgary.

“As a Welcome Team volunteer, I answer questions, ferry mail and deliveries and offer a kind word of encouragement. I want to help and volunteering is my way of doing that.”

- MARLENE





STANDING TOGETHER

A powerful example of this year's evolution is the **launch of a bold, forward-thinking donor initiative: Stand With Her**. This visionary commitment is rooted in trust-based philanthropy and reflects a deep belief in the organization's leadership, expertise and unwavering dedication to women and their families.

Designed to meet women and families where their needs are greatest, Stand With Her provides the flexibility to respond to urgent challenges while also supporting long-term stability. This approach allows us to act swiftly and strategically, ensuring that every dollar strengthens safety, opportunity and lasting impact for those we serve.

We are profoundly grateful to Kathy and Richard Sendall and their family, the inaugural contributors to Stand With Her. Their confidence in our mission and their commitment to building a safe, equitable community shines through in this remarkable act of generosity. Their leadership inspires others to stand with her and invest in meaningful change.

YWCA STAND WITH HER AWARDS

Standing With Her comes in many forms and we are immensely grateful to the many supporters, volunteers, partners and community advocates who make this work possible. As this has been a year of many firsts, it seemed appropriate to create a new recognition award series that reflects the depth of support YWCA receives from our community.

For 2026, we are proud to recognize and celebrate Stand With Her Award recipients:

- **Kathy and Richard Sendall and family** – Community Advocates and Stand With Her Fund inaugural donors
- **Hubert Hwang** – Community Member, Finance and Audit Committee
- **Sal Howell** – Founder and Proprietor, River Café and Deane House

Thank you for your ongoing commitment to standing with women, supporting their families and helping them build a stronger, more connected community.



OUR DONORS

The generosity of our donors empowers us to Stand With Her every day as we work together to light the way forward for her and her family.

Thank you for believing in her, trusting us and supporting our shared commitment to empowering and supporting women and children in Calgary. You make long-term change possible.

Please visit ywcalgary.ca/donate for more information on how you and your family can start or deepen your support.



View our Donor List

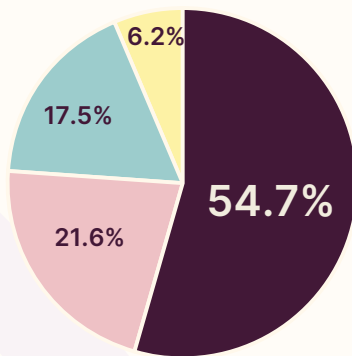
Make a Donation





FINANCIALS

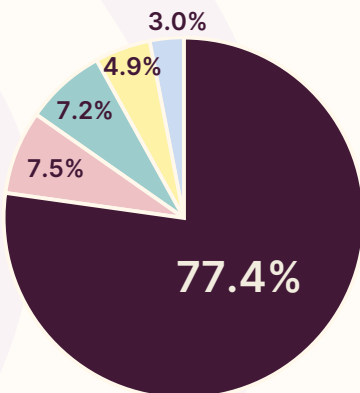
The summary financial statements comprise our financial position until our year end on March 31, 2026. [View our full audited financials here.](#)



REVENUE

- 54.7%** GOVERNMENT CONTRACTS
- 21.6%** COMMUNITY SUPPORT
- 17.5%** PROGRAMS AND SOCIAL ENTERPRISE
- 6.2%** INVESTMENT AND OTHER INCOME

TOTAL: \$21,596,113



EXPENSES

- 77.4%** SALARIES, WAGES AND BENEFITS
- 7.5%** FACILITIES AND UTILITIES
- 7.2%** OTHER EXPENSES
- 4.9%** PROFESSIONAL FEES AND CONTRACTED SERVICES
- 3.0%** MATERIALS, SUPPLIES AND EQUIPMENT

TOTAL: \$21,799,647

2025 - 2026 IMPACT REPORT

Stand with her.

We are gathered in Mohkinstsis, on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Iyârhe Nakoda Nations and the Otipemisiwak Métis Government of the Métis Nation within Alberta, Districts 5 and 6. We, at YWCA Calgary, are committed to using our platform to build respectful relationships with Indigenous communities. Please join us as we amplify Indigenous voices, celebrate the vibrance of Indigenous culture and support all women and their families to thrive in a safe and equitable community.



Charitable Registration No. 108227927 RR0001
1715 17 Avenue SE T2G 5J1
Main Line: 403.263.1550

[ywcalgary.ca](https://www.ywcalgary.ca)

