



YWCA
R E G I N A

A TURNING POINT
FOR WOMEN

UN POINT TOURNANT
POUR LES FEMMES

Each Day Brings a Different Story

Annual Report 2010



MISSION STATEMENT

The YWCA Regina exists to support and empower women, children and youth in addressing their diverse needs in the realization of their full potential, which benefits all. And further, it exists so that:

Women, children and youth are safe, secure and free from abuse,

Women and children are empowered and supported in making healthy choices,

Women and youth are respected and are valued members of their community, and

Women are empowered to take control of their own lives and work towards a better world for themselves and other women.

Our most important stories

are the ones that happen behind the scenes—quiet but life-changing turning points in the lives of women, girls and families. That's the primary focus of our work, and of this Annual Report.

But some stories are very much on a public stage. Front and centre in 2010 was our 100th Anniversary celebration—including a fabulous Street Fair in June, and a Time Capsule Ceremony in September. These events brought opportunity to establish new relationships in the community, and to reconnect with many “old friends”. Program initiatives included the launch of Village Networks for Single Mothers in January. And in March, we opened the 90-space Century Crescent Child Care Centre—bringing our total child care spaces to 220.



Of course, none of this would happen without the support of the community—from our major government and corporate funders, to the faithful volunteers who devote their time and passion to our work. As we move into our second century, a special thanks to them—and to our amazing staff for sticking with us through a time of rapid change and growth.

Anne Parker, President

Deanna Elias-Henry, Executive Director

123 Children participating

30: Weeks of Ys Kids sessions

9: Preschoolers who used play to express their feelings

11: Attending mothers' group (average)

256: Hours volunteered in Ys Kids



THURSDAY NIGHT • YWCA, MCINTYRE STREET

It's the first night of a session of Ys Kids and downstairs is crammed with kids, moms, and leaders. Danielle* notices a new teen girl just inside the door. She looks unsure of herself, a bit lost. Danielle knows how she feels.

Danielle attended for weeks before she started speaking out in group. The first time was when the leader asked how they felt about the violence they'd seen at home. "Sometimes I felt like it was my fault," she said.

"Do you still feel that way?" the leader asked, and she shook her head.

Danielle smiles at the new girl, and starts across the room to say hi.

*While names and details have been changed, what happens every day at the YWCA hasn't.

Ys Kids

a group for kids who witness violence in their homes

403 Class sessions

300+: Health centre participants

38: Median age of participants

80/20: Ratio of female/male participants

12,000: Dollars spent on upgrades



FRIDAY NIGHT • YWCA HEALTH CENTRE, MCINTYRE STREET

Kelsi and Mike take a water break after the ab part of their workout. “Sounds like the place is full of kids,” Mike says.

“They call it Big Bunch,” Kelsi replies. “Sometimes I help out.”

Kelsi feels good knowing she’s finally lost the extra weight she’s always wanted to lose—but volunteering with the kids feels even better.

Health Centre

a downtown health facility for women and men

88 Children housed

119: Women housed

at Isabel Johnson Shelter

13: Average length of stay, in days

196: Additional women supported
by phone or in other ways

365: Women (plus children) turned away
due to lack of space



SATURDAY NIGHT • YWCA, MCINTYRE STREET

Sherry, a staff member at Isabel Johnson Shelter, pours coffee for Wanda, a young woman who arrived from out of town two days earlier. Tonight, Wanda's ready to talk. A familiar story begins—a boyfriend who went from control and verbal abuse to intimidation and violence.

"So what's kept you in this relationship this long?" Sherry's question is gentle, but firm.

"I feel trapped, I can't support myself. I didn't even finish school."

"We can help," Sherry says, "whatever decision you make. You don't have to feel trapped any longer."

Isabel Johnson Shelter
a safe place for women experiencing violence

220 Child care spaces

3: Child care centres

284: Families served in 2010

344: Children cared for in 2010

300: Children on the waitlist (average)

6-12: Months average wait time



MONDAY MORNING • CHILD CARE CENTRE

As sunlight floods through the windows, Jennifer helps her three-year-old with his jacket. But he's too excited to stay still. He spots his child care worker coming towards them.

"Hi!" he calls out. "Can we do chores today?"

"They love to wash the toys," the worker says to Jennifer. "We put them in the water table, and they play with the bubbles."

Back in the car, Jennifer thinks about the day ahead. She loves building a career, making a contribution. My own chores, she thinks, and smiles with satisfaction.

Child Care

programs to nurture the whole child

Supervised Access Program

11 Families served monthly (on average)

166: Visits of children with non-custodial parent in 2010

330: Exchanges of children between parents

Village Networks for Single Mothers

30+ Village Network members

80+: Percentage of lone-parent families led by women

27: Percentage of Regina's children in lone-parent families

119: Events, for education and recreation

8: Participant-identified goals, including friendship, parenting skills, and accessing resources

Power of Being a Girl Conference

54 Girls attending

5: Schools participating in one-day conference

8: Volunteer facilitators

Anything Goes Retail Store

62 Cents for a good piece of used clothing

25: Price of a used hardcover book, in cents

940: Donations of goods

28,828: Dollars in retail revenue

2,496: Hours in volunteer time invested

Financials

Summary of financial information for the year ended December 31, 2010

REVENUE	2010 Total Operating Revenue, \$5,549,572 2009 Total Operating Revenue, \$3,425,851
EXPENSES	2010 Total Operating Expenses, \$5,334,131 2009 Total Operating Expenses, \$3,360,227
NET REVENUE	2010, \$215,441 2009, \$65,624

Financial Statements were audited by Deloitte & Touche LLP. A full copy may be obtained from YWCA Regina. YWCA Regina operates under Imagine Canada's Ethical Fundraising and Financial Accountability Code Charitable Registration # 10822 7950 RR0001

Go Girls!

13 Volunteer leaders

11: School groups, supported by champions

420: Volunteer hours invested

88: Girls who learned about empowerment, body image, relationships, and more

48 Big-Little matches

31: Little Sisters waiting to be matched

51: Big Bunch group activities

1452: Participants in group activities

91: Volunteers

10476: Volunteer hours invested



MONDAY AFTERNOON • DOWNTOWN

Crystal boards a city bus. Her stomach hurts as she tries to forget the ugly text messages she got from a classmate. She wishes grade seven was over, that the bus ride would last forever.

Her phone buzzes another text. This time it's from her Big Sister, Laryssa. "Want to hang out tonight?"

Crystal feels her stomach relax. "Yes," she texts. "I need to talk."

Big Sisters
one-to-one mentoring for girls

28

Senior volunteers

6: Matches in Between Generations program

22: Children creating Magic Memories
with seniors

1140: Volunteer hours invested in Magic
Memories program



TUESDAY MORNING • A REGINA SENIORS' COMPLEX

Joyce takes the handmade card from her fridge door—a green sun, yellow grass and purple flowers. It's signed "Carly".

After a year in Between Generations, Joyce is still amazed. She's made a new friend— at her age!—and her friend is only six years old. Carly loves to hear Joyce's stories and see her photos from the past.

But to Joyce, Carly's the future. And it's good to know that a small part of the future is in her hands.

Intergenerational Programs
seniors mentoring children

136 Residents in 2010

23: Average stay of first-time residents, in days

44: Residents, 0-36 months of age

32: Residents, 36-48 months of age

60: Residents, 48 months-12 years of age



TUESDAY EVENING • KIDS IN TRANSITION SHELTER

Six-year-old Annie ignores the toys that surround her. A child protection worker has just brought her to the shelter and Annie doesn't know where she is. She cries silently. She misses her house and her mom. An adult rests a hand on her shoulder, but she pulls away.

A girl sets a doll close to Annie. "Don't cry," she says. "This is a good house. Kids are safe here."

Annie notices a playhouse across the room. She reaches for the doll, and pulls it close. "Want to go home?" she whispers.

Kids in Transition Shelter
an emergency receiving home for children

7,786 Days of accommodation

393: Residents in 2010

117: Children residents

21: Residents each night on average

97: Percent occupancy rate

717: People turned away



WEDNESDAY EVENING • MY AUNT'S PLACE

Aromas of bannock, pasta, and Caesar salad fill the room, but Cindy's thoughts are elsewhere. It's so long since she's had a home—but she feels the most hope she's felt in a long time.

"Let's work on finding housing first," the staff said that morning. "Then, if you want, we can help you get into treatment."

This time feels different. Maybe, just maybe, if they had a place of their own, she and her kids could start a new life.

My Aunt's Place
short-term housing for homeless women

17,000 Days of accommodation

869: Days of supportive housing for women serving federal and provincial sentences

1032: Days of supportive housing for teen girls

93: Percent occupancy rate

2: Women turned away each day



WEDNESDAY EVENING • KIKINAW RESIDENCE

Margaret has been working hard in the kitchen all day. That morning, two big farm chickens arrived from the Food Bank, and together they made stuffing, peeled potatoes, sliced cucumbers for a salad, and stirred gravy. They talked too—honest and real. That’s what makes it our Healing Kitchen, Margaret thinks.

Other residents drift into the room. Everyone says how good it smells. “Everything from scratch,” Margaret says. “A real home-cooked meal!”

Kikinaw Residence
a supportive community for women

53 Nominations in 2010

455: Women nominated for a Women of Distinction Award since 1981

650: Guests at 2010 Gala

12: Awards given annually



THURSDAY EVENING • ARTS CENTRE BANQUET HALL

The banquet hall is full, and everyone's "dressed to the nines" as Becca's kookum would say. With the other young volunteers, Becca watches as women go forward to receive their awards.

At intermission, Becca pauses at the bathroom mirror. She likes the way she looks tonight. She remembers the workshop about body image, the pressures girls face from the media.

The door opens, and she recognizes the woman—one of the award recipients. Their eyes meet in the mirror. "Congratulations," Becca says.

The woman grins at her. "Someday it might be you."

Yes, Becca thinks. Someday it might.

Women of Distinction
recognition of outstanding contributions

With deep appreciation...

We pay tribute to the many individuals and organizations that participated in the life and work of YWCA Regina in 2010.

2010 DONORS Susan Amrud; Phil Anderson; Shirley Andrew; Anonymous; Nick Antonishyn; Sharlene Arklie; Kara Bailey; Jeff Beesley; Claire Belanger-Parker; Katherine Bergman and Douglas Farenick; Winnifred Berkes; Angelina Beveridge; Tania Bird; BMO; Mae Boa; Adele Boyce; Bev Bradshaw; Dr. Michael L. Brough Dental P.C. Inc.; Lisa Brownstone; Kelley Jo Burke; Elizabeth Cain; Dave and Liz Cameron; Eunice Campbell; Canada Life Assurance Co.; Canadian Women's Foundation; Olive Carole; Centre for Teaching and Learning, University of Regina; Christ Lutheran Church; CIBC; Susan Cipywynk; Concentra Financial; Audrey Cooper; Karen Cottenie; Joanne Crofford; Arlene Cross; Crown Investments Corp.; Dancin' Regina Inc.; Jordan Daniels; Pat Dell; Julie Dennis; Greg Deren; DirectWest; Walter Donovan; Cara Driscoll; Rosalie Dunitz; Earl Grey Mizpah; Duane & Donna Ehrmantraut; Allison Elder; Deanna Elias-Henry; Elizabeth Ell; Judith Erickson; Terry Ermel; Rainie Evans; Evraz Inc.; Alynn Ferstl; Margaret Forgay; Sandra Fowler; Fraternal Order of Eagles Ladies Auxilliary #4126; Edie Friesen; Darlene Gall; Trudy Geiger; Geiger's Fence Erectors Ltd.; George Weston Ltd.; Carol Gibson; Girl Guides Rangers #1; Go Giraffe Go; Melinda Grass; Eric Greenway; Greystone Managed Investments; Brenda Gritzfeld; Raye Hendrickson; Maria Hendrika; Heritage UCW; George Hildebrandt; Donald & Tammy Hillstead; Gayl Hipperson; Laurie Hitchings; Paule Hjertaas; Shelley Hoffman; Doug Hohmann; Sharon Hohmann; Hope's Home; Hotel Saskatchewan Radisson Plaza; Brad Howard; Karen Howard; Pat Howard; Lynn Howse; Indian Head & District Donors Choice; Cathy Inglis; Ellen Inglis; Joyce Inglis; Lloyd and Joanne Inglis; Nancy Inglis; Denise Ingram; Cindy Jenkins; Sonja Johansen; Lorelei Johns; Jane Johnston; Kellyn Johnston; Bente Jones; Georgia Joorisity; Kanuka Thuringer LLP; Audrey Kaczmar; Judy Kempf; Brian Kilback; Andrea Klippenstine; Connie Klippenstine; Ramone Kolody; Lauren Kos; KPMG LLP; Paul Kramer; Penny Kramer; Tracy Kuhtz; Lakeview United Church Women; Donna Lang; Leader Post Christmas Cheer Fund; Margaret A. MacKenzie; MacPherson, Leslie, Tyerman LLP; Rose Mah; Jaimee Marks; Peggy Mathieson; Maureen Matthew; Maunders McNeil Foundation Inc.; Joan McCusker; Bob McFadden; Rose McFadden; Alicia McGregor; Theresa McFadden; Mary McNutt; Terry Melnychuk; Heather Menzies; Valarie Mitschke; Ann Molson; Myst Salon & Spa; Darlene Nelson; Kirsten Newman; Linda Newman; Natalie Newman; Robbi Newman; Adrienne Nolan; Ann Norgan; Kim Obrigewitsch; Larry & Sandra Ocrane; Olive, Waller, Zinkhan & Waller LLP; Mavis Palmer; Anne Parker; Sylvia Pasman; Shelley Pavlovsky; Roger Pettigrew; Claire Polster; Scott Rattray; Steven Ratuszniak; RBC Royal Bank; RCMP Chapel Fund; RCMP Training; RCMP Academy, Depot Division; Regina Public Schools; Regina Symphony Orchestra; Amanda Reich; Bonnie Reid; Annette Revet; Joan Rink; Road Builders Employee's Association; Rocanville & District Donor's Choice; Royal Canadian Legion; Royal LePage Shelter Foundation; Laura Saal; Linda Sangster; Saskatchewan Union of Nurses; SaskEnergy; SaskTel Pioneers; Sears Canada Inc.; Andrea Seale; Jacqui Shumiatcher; Gerri Ann Siwek; Margaret Skeel; Carmen Sokochoff; Loni Soli; Sylvia Sorenson; Soul's Harbour Mission; Kelly Speiler; Maria Spinarski; St. Mary's Anglican Church; Status of Women; Jim Steeves; Diane Stein; Tamara Stocker; Sun Life Financial; Superior Vending; Surplus Freight Furniture; Glenys Sylvestre; Eldon Szeles; TD Bank; TD Commercial Banking; The Co-operators; The Cumis Group Ltd.; The Keg Spirit Connection; The Keg Spirit Foundation; The Running Room; The Teacher's Trunk; Gladys Thompson; Jacque Tisher; Wayne and Peggy Trenouth; U of R Employees Donations Plan; United Way; University of Regina; Lois Vanderelden; Hilda Vanneste; Catherine Verrall; Mary Vetter; Viterra; Wallace Construction Specialties Ltd.; Warner Industries Ltd.; Shirley Wasyliw; Erin Webb; Lynn Wells; West Words Communication; Beverley Williamson; Andrea Wingert; Michelle Yaskowich; Vince Yaskowich; Yoga Mala; Zellers Inc., Victoria Square Mall; Gerald Zimmer

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