

Message from... The CEO and President

The YWCA Lethbridge and District: A Turning Point for Women applauds the outstanding effort and dedication of our staff, Board and volunteers for making 2005-2006 a year of immense growth. Through challenges and determination the YWCA acquired a new youth program Learning Independence For Life (LIFE) - a six bed home with a focus on transitioning youth to adult life. The YWCA did not stop at this one new program. In addition we created two programs for adult women, the Chat Room - for single parenting women and YWise Women - a conference for maturing women. All of the new programs have been met with success with the Chat Room receiving YWCA Lethbridge and District's third award for innovative programming from YWCA Canada.

The Board of Directors has embarked on a redesign of their governance policies and completed a review of the monitoring systems of the Association. The Board further defined the YWCA's next steps for growth through the creation of the 2006 - 2009 Strategic Plan. Areas of focus include: expanding programs for women and youth, investment in our human resources and leaving a legacy.

As we celebrate the many accomplishments of the last year we are eager to forge ahead and create new opportunities that continue to meet the needs of the community by providing quality services for women, youth and children.

It is a privilege for us as the Chief Executive Officer and the Board of Directors to serve the YWCA Lethbridge and District. We look forward to the next year and in supporting our overall mission of empowering women, supporting equality and promoting wellness of mind, body and spirit.

Kindest Regards,

Kristine J. Cassie, BA, RSW
Chief Executive Officer

Jaci Zalesak
President



"The YWCA of Lethbridge and District is an organization committed to women and the enhancement of their lives by providing programs and services which empower them, support equality and promote wellness of mind, body and spirit."



604 - 8 Street South
Lethbridge, Alberta
329-0088

inquiries@ywcalethbridge.org

Did you know that this year...

- 1741 crisis calls
- 668 women and children resided in Harbour House Women's Emergency Shelter
- 1564 women and children met through Outreach services
- 51 children participated in Project Child Recovery
- 99 women and 6 children found safe affordable housing through the Women's Residence
- 668 children participated in the Neighbourhood Play Program
- 4097 visits were made to the Drop in Child Care
- 386 new Health and Wellness Participants
- 16 youth were helped through LIFE and YWise Choice SIL Programs
- 408 volunteers provided a total of 13, 238.75 hours of service
- 559 people took part in Week Without Violence Activities
- 175 young women participated in Young Girl Savvy Woman Conference
- 100 women took part in the YWise Woman Conference
- 39,726 people visited the website www.ywcalethbridge.org

Programs & Services: TURNING POINTS FOR WOMEN

Child Care

This drop-in day care is the only one of its kind in Lethbridge. Newborns to 12 year olds attend the day care. It is open weekdays.

Girl's Club/Jr. Girl's Club

Provides year round programming for young women aged 8 to 17 in a safe, female centered environment.

Harbour House Women's Shelter

Harbour House is a 24-bed crisis unit for women and children who are in abusive relationships. Families are provided accommodations for a maximum of 21 days, counselling and support 24 hours a day. The shelter also operates a 24-hour crisis line.

Harbour House School

In partnership with the Lethbridge School District 51, an in-house certified teacher meets the educational needs of children who reside in the shelter.

Outreach Program

The Outreach Counsellors do follow-up with families when they leave the shelter. More importantly though, outreach offers assistance to families before they are in crisis. The Outreach Counsellors will inform women and children about the services in the community, help with emergency plans and provide support when necessary.

Project Child Recovery

This program is made possible through a partnership with the Foresters. It is a support group for children who have witnessed abuse in or out of the home.

Health and Wellness

The YWCA offers a variety of fitness classes, as well as a women's health club, cardiovascular equipment and weight room. All fitness classes are led by YWCA/AFLCA trained and certified volunteer leaders. Personal training services are also available.

Neighbourhood Play Program

This is a free, drop-in, non-registration program for children aged 6 - 12 years. The program is offered at a variety of playgrounds and is sponsored by the City of Lethbridge and

the Town of Coalhurst. It is governed by the philosophy of Learning Through Play.

Volunteer Services

Volunteers are vital to the work we do. We offer a wide variety of volunteer opportunities to those who are interested.

YWisE Choice

YWisE Choice is a supported independent living program for youth. This program strives to develop abilities in informed decision-making, individual goal setting, and successful independence within the community. The main goal is to assist youth to be independent when they exit the Child Services system.

YWCA Real Story Competition - She Inspires Me

The YWCA Real Story Competition encourages youth to explore their dreams and goals for the future by writing about women who inspire them. The competition is open to middle and senior high school students throughout southwestern Alberta.

Young Girl/Savvy Woman Conference

This is an annual conference presented during the YWCA Week Without Violence Campaign. It promotes healthy lifestyles to young women grades 9 to 12 in Southern Alberta.

Women of Distinction

This annual Award Dinner recognizes the contributions and accomplishments of women in our area and raises funds for our annual Young Girl/Savvy Woman conference.

Women's Residence

Residential services are one of the corner stones of YWCA programming. The main purpose of the residence is to provide safe, affordable housing for women and children. The YWCA residence has 38 beds. Single and double rooms are available for women to rent on a nightly, weekly or monthly basis at reasonable rates. A residential services counsellor is on-site to assist residents' needs and to offer life skills counselling.

Week Without Violence

The Week Without Violence Campaign is a nationwide effort, organized by the YWCA, to unite all Canadians against the violence that exists in our communities. It is held annually the third week of October.

Learning Independence For Experience (LIFE) Program

This program has been operational since December 1, 2005. The LIFE program is staffed 24 hours a day and is housed on the north side of Lethbridge with 6 beds.

Raising Our Future

The impacts of family violence on children can have long term implications. Within these two workshops participants will have an opportunity to discover how children feel and think about their situations, how these experiences may impact their adult life, and how parents can help. Workshops are presented in partnership with Family Centre, Lethbridge Crown Prosecutors Office and the Southwest Child and Family Services Authority.

The Chat Room

A group for single parent females, funded through Lethbridge Life Long Learning, the group is designed to empower, engage and support. It focuses on: Personal Growth and Creating Connections to and for Women. This program was the recipient of the 2006 YWCA Canada award for innovative programming.

YWisE Women Conference

The one day conference provides aging women with information on financial planning, health and family issues. It looks at career changes, volunteerism opportunities and a host of other opportunities for women as they age. This conference is partially funded by Lethbridge Lifelong Learning.

Rape Aggression Defence Workshop (RAD)

A trained instructor provides workshops for women on self defense.

Project Respect

A workshop for young people on respect in relationships through education on sexual aggression.

Board of Directors

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Health and Wellness Manager
Human Service Programs Manager
Day Care Centre Coordinator
YWisE Choice Supervisor
Harbour House Supervisor
LIFE Supervisor

**YOUNG WOMEN'S CHRISTIAN ASSOCIATION OF
LETHBRIDGE AND DISTRICT
STATEMENT OF FINANCIAL POSITION
As at June 30, 2006**

	Operating Fund	Gaming Fund	Capital Fund	2006	2005
ASSETS					
Current assets					
Cash (note 3)	\$ 437,225	\$ 177,609	\$ 40,237	\$ 655,071	\$ 475,737
Accounts receivable	23,546	1,575	-	25,121	65,635
Inventory	1,379	-	-	1,379	867
Prepaid expenses	16,317	-	-	16,317	7,564
	<u>478,467</u>	<u>179,184</u>	<u>40,237</u>	<u>697,888</u>	<u>549,803</u>
Capital assets (note 4)	-	-	1,265,913	1,265,913	1,391,342
	<u>\$ 478,467</u>	<u>\$ 179,184</u>	<u>\$ 1,306,150</u>	<u>\$ 1,963,801</u>	<u>\$ 1,941,145</u>
LIABILITIES AND FUND BALANCES					
Current liabilities					
Accounts payable and accrued liabilities	\$ 103,410	\$ -	\$ -	\$ 103,410	\$ 114,654
Unearned revenue	21,433	-	-	21,433	13,025
Due to City of Lethbridge	-	-	-	-	116,438
Current portion of long-term debt	-	-	17,178	17,178	16,127
	<u>124,843</u>	<u>-</u>	<u>17,178</u>	<u>142,021</u>	<u>260,244</u>
Long-term debt (note 5)	-	-	209,423	209,423	226,701
Restricted deferred contributions (note 6)	238,476	-	-	238,476	122,094
Unamortized deferred capital contributions (note 7)	-	-	980,667	980,667	1,072,810
	<u>363,319</u>	<u>-</u>	<u>1,207,268</u>	<u>1,570,587</u>	<u>1,681,849</u>
Fund balances					
Internally restricted net assets					
Capital investment reserve	-	-	8,494	8,494	8,494
Estate funds (note 8)	-	-	18,339	18,339	18,339
Externally restricted net assets					
Gaming reserve	-	179,184	-	179,184	155,735
Capital replacement reserve (note 9)	-	-	13,404	13,404	12,404
Investment in capital assets	-	-	58,645	58,645	75,704
Unrestricted net assets	115,148	-	-	115,148	(11,380)
	<u>115,148</u>	<u>179,184</u>	<u>98,882</u>	<u>393,214</u>	<u>259,296</u>
	<u>\$ 478,467</u>	<u>\$ 179,184</u>	<u>\$ 1,306,150</u>	<u>\$ 1,963,801</u>	<u>\$ 1,941,145</u>

Approved on behalf of the Board:

Director _____

Director _____

Financials

All donations of any size are welcome and very much appreciated. The following represent a listing of only those cash donations over \$100.

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Other Grants

- Southwest Child and Family Services Authority
- Government of Alberta Children Services Ministry
Catholic Charities
City of Lethbridge
City of Lethbridge FCSS
Social Housing In Action
Lethbridge Lifelong Learning
Town of Coahurst

Royal LePage Shelter Foundation - Royal LePage South Country Real Estate

www.ywcalethbridge.org