

Season's Greetings

YWCA Lethbridge and District

invites you to attend our annual

Christmas Open House

Thursday, December 10, 2009 from 3:00 p.m. – 5:30 p.m.

Partnership Recognition will start at 4:00 p.m.

Refreshments will be served.



Call for Nominations: Women of Distinction 2010

Nominations for Women of Distinction 2010 are now open and will close on January 27, 2010.



Nomination forms are available at www.ywcalethbridge.org and follow the links or by picking one up in person at the YWCA.

- ◆ Women of Distinction Awards are presented annually to women who have distinguished themselves through their achievement as individuals or as groups, as members of their community and as role models for other women.
- ◆ **The annual presentation of these awards reflects the YWCA Lethbridge and District's commitment to increase the public recognition of the significant contributions made to our community by women in all walks of life.**
- ◆ There are many special women in southern Alberta who deserve to be recognized for their accomplishments and their efforts to improve the lives of women. The women selected for YWCA Women of Distinction recognition embody the goals of the YWCA of Lethbridge and District.

All proceeds from this event are used to support the 3 Pillars of Services of the YWCA Lethbridge and District: to Reduce Poverty and Health Issues, to Reduce Homelessness and to Reduce Violence in the lives of many women and children every year.

Women of Distinction 2010 will be held on Friday, March 19, 2010 at the Lethbridge Lodge.

For more information, call Kristine Cassie, CEO, at 403-329-0088.

or Barb Pittard, President, at 403-320-2912.

Upcoming Events

Ongoing through Christmas Eve.....YWCA's Giftwrapping
 at Park Place Shopping Centre.
 (See page 4 for the details and volunteer opportunities.)



Thursday, December 10.....Christmas Open House
 3 p.m.—5:30 p.m. Partnership Recognition at 4 p.m.



Friday, December 25.....YWCA closed for Christmas Day

Saturday, December 26.....YWCA closed for Boxing Day

Thursday, December 31.....2009 Resolution Run
 6 p.m. on New Year's Eve (See page 4 for more information.)



Friday, January 1.....YWCA closed for New Year's Day

January 4—10.....**Health & Fitness Open House**
 Get fit and support the YWCA!



Saturday, February 20.....Hypothermic Half Marathon
 8:30 a.m. for the Walk and 9:00 a.m. for the Run (See page 4 for more information.)

Saturday, March 6.....International Women's Day
 IWD is a global day celebrating the economic, political and social achievements of women past, present and future.



Friday, March 19.....Women of Distinction 2010
 Nominations are open until January 27, 2010.
 Put the date on your calendar now!



Save a tree! Get your newsletter by email.

Sending files electronically whenever possible is part of our new eco-friendly policy here at the YWCA Lethbridge and District. Please send your email address to inquiries@ywcalethbridge.org. Your next YWCA newsletter will arrive via email.



Important Phone Numbers

- YWCA Harbour House Crisis Line (local)
403 320-1881
- YWCA Harbour House toll free Crisis Line
1-866-296-0447
- Bullying Help Line**1-888-456-2323
- Child Abuse Hotline**.....1-800-387-KIDS (5437)
- Child Disability Resource Link**.....1-866-346-4661
- Family Violence Info Line**...310-1818 (toll-free, 24/7)
- Kids Help Phone**.....1-800-668-6868

Join us for our January Health and Wellness Open House.

For this week only, you will have free access to:

- ◆ The expert advice of our qualified staff
- ◆ Our gym and exercise equipment
- ◆ New group exercise classes
- ◆ **Private women's health club**

Facilities for women and men.

The YWCA is open from:

6:30 a.m.— 9 p.m. Monday – Friday

9 a.m.— 4 p.m. Saturday and Sunday.

For more information:

call 403 329-0088

Or go online at

www.ywcalethbridge.org



Come, check us out January 4 -10, 2010.

The YWCA Lethbridge and District wishes to extend thanks to the Wildrose Foundation (now Culture and-Community Spirit) for their funding this last year. The funding was provided for a Fund Development Coordinator who successfully facilitated the creation of plans to build and sustain our YWCA.



The Royal Gala 2009 was a huge success - raising \$38,000 to support the YWCA Lethbridge and District. Special thanks to South Country Royal LePage Real Estate and the many agencies and individuals who donated and continue to support the Royal Gala every year.
You are making a difference in the lives of women and children.

Partners: YWCA Lethbridge and Park Place Shopping Centre

Everyday now, through December 24, our volunteers wrap gifts for shoppers and retailers at the Park Place Shopping Centre. Volunteers also help with the Santa Claus photos.



And now, another opportunity is open at Park Place. YWCA will be coordinating the new Rest and Relaxation Centre in the shopping centre which is opening on Thurs., Dec. 3. Volunteers will serve coffee and hot apple cider, provide coat check service and show DVDs so customers can take a break during their shopping trip.



If you would like to have some fun and help out, please call Diana Sim, our Partnerships Manager, at 329-0088 to sign up.

All donations from these programs support YWCA Lethbridge and District's three pillars of service.

You can help make Christmas bright for a local family this holiday season. Adopt a Family, give a Christmas hamper.

You will be matched with a family and given information about their needs. The hamper will need to be brought to the YWCA by December 17. Gifts to be unwrapped, but you could include wrapping paper for them.

Call Diana Sim at the YWCA (403 329-0088).

Join the YWCA and the



for two winter run and walk events.

The Resolution Run, Thursday, December 31, 2009

- ◆ 6 p.m. at the Running Room, 1407 Mayor Magrath Dr. S., Lethbridge.



The Hypothermic Half Marathon, Saturday, February 20, 2010

- ◆ 9 a.m. at Fort Whoop Up. 5 k. run/walk, post run refreshments.
- ◆ Contact Info: (403)394-2883 or lethbridge@runningroom.com.
- ◆ Sign up at www.runningroom.com for both events.
- ◆ Proceeds go to benefit the YWCA Lethbridge and District's Health & Wellness program.
- ◆ To volunteer, contact Diana at 403-329-0088 or dsim@ywcalethbridge.org





Rose Button Campaign.

The Rose Button commemorates 14 young women who were murdered in Montreal on December 6, 1989 and all women killed by violence. Over 50% of Canadian women will experience violence at some point in their lives, the majority before they turn 25. In most cases, women know their abuser.



What you can do:

- ◆ Speak up about violence in your community
- ◆ Encourage people who commit violence to get help
- ◆ Teach girls to protect and empower themselves
- ◆ Raise children who can resolve conflict without violence
- ◆ Make sure your home, workplace and community are safe for women and girls.
- ◆ Speak out against negative media images of women and girls
- ◆ **Promote women's economic and political equality**
- ◆ Support organizations that work to end violence against women
- ◆ Donate your time and support the cause
- ◆ Remember

YWCA Canada is proud to sponsor the Rose Campaign. As the country's largest women's multi-service organization, with Member Associations across the country, our programs address personal safety, economic security and well-being for women and girls.



Girls with Tools is a place where you can make new friends and find the confidence you need to get the job done yourself. **It's part of our** GirlSpace program.

Look for Girls with Tools events coming up in the new year. So far, we have offered:

- ◆ Mechanics
- ◆ Jr. Carpentry
- ◆ Sr. Carpentry
- ◆ Sewing



Call Kristen at the YWCA: 403-329-0088 for more information about upcoming Girls with Tools.

Many Thanks to our Sponsors!



