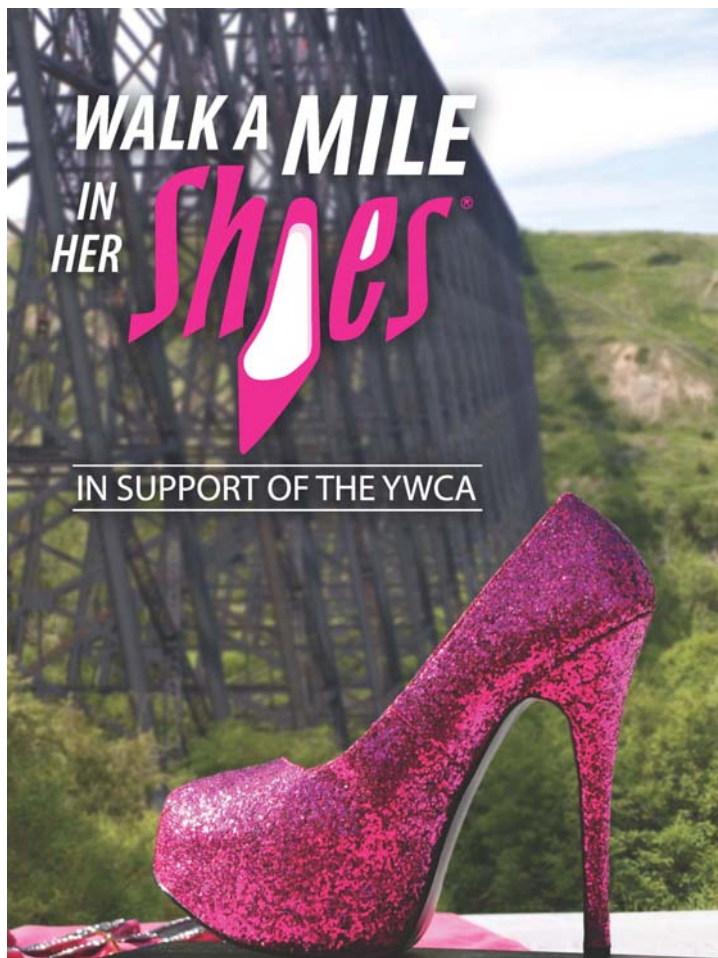


## We are delighted to announce our first Walk A Mile in Her Shoes event !

**Men.....this is your time to shine !**

Do join us: register, fund-raise and then on event day, strut your stuff in a pair of high heels! (Provided in your size by the YWCA). To register, call 403-329-0088 or email Diana at [dsim@ywcalethbridge.org](mailto:dsim@ywcalethbridge.org).



Help women and their children take steps to walk away from domestic violence.

**FRIDAY, SEPT. 23, 2011**  
**NOON | GALT GARDENS**

**YOU CAN HELP!**

Register to walk & start fundraising today.  
Donate & help the YWCA of Lethbridge fundraise over \$50,000.  
Nominate a participant and help them reach their goal.

[ywcalethbridge.org](http://ywcalethbridge.org) | 403.329.0088

### In this issue:

Upcoming Events.....	pg. 2
Board of Directors for 2011.....	pg. 2
New Health& Fitness Programs....	pg. 3
Health & Fitness Open House.....	pg. 4
15 Annual Week Without Violence	
.....	pg. 4
Youth Services.....	pg. 5
Safe Visitation.....	pg. 5
YWCA Week Without Violence	
.....	pg. 6
Installation of Solar Panel System	
.....	pg. 7
November: Prevention of Violence	
month	.....pg. 7
Donation form.....	pg. 8

# Upcoming Events - Fall 2011

## Health & Fitness Open House...Sept. 12-18

Our twice yearly open house.  
This week is on us!

## Southern Alberta Bikers Toy Run...Sat. Sept. 17

The toys and any proceeds go to YWCA's Harbour House.

## Walk a Mile in Her Shoes.....Fri., Sept. 23

Join us for our first Walk A Mile in Her Shoes !

## YWCA Canada Week Without Violence

October 16 — 22, 2011

## The Power of Being a Girl Conference

Wednesday, October 19

## As the Page Turns" Book Club....4th Thurs.

of each month at 7 p.m. (except December).

## 13th Annual Royal Gala .....Wed., Nov. 9,

Sponsored by Royal LePage South Country

## ★ Check this out! In honour of International Youth Day, YWCA

Lethbridge has produced a short video celebrating Youth. Look for



YWCA "My W" at Last Apple Productions, [www.youtube.com](http://www.youtube.com) or on the YWCA Lethbridge and District's Facebook page.

## ★ Did you know that we have a Facebook page ??

Check that out too! It has all the most recent and happening information. Become a fan !

## ★ Our new website is in the works and will launch in September.

**Board of Directors for 2011–2012.** The YWCA Lethbridge and District elected the current Board of Directors and Officers at its Annual General Meeting on June 22, 2011.

- ♥ We welcome three new Directors: Rachel Hopf, Sarah Koch and Susan McLean.
- ♥ Farewell and many thanks to: Barbara Pittard and Madeline Balla, you have been a gift of knowledge and dedication.

Lyndsay Montina, President

Janene Moch, Financial Vice President

Monica Cove, Internal Vice President

Tammie Belanger, Director

Robin Foreman, Director

Rachel Hopf, Director

Sarah Koch, Director

Chris Lowings, Director

Maria Gemma Marcial, Director

Susan McLean, Director

Roberta Smallbones, Director

Desiree Van Leuken, Director

Kristine Cassie - CEO

## **NEW in September 2011:**

### **Are you ready for a different kind of workout?**

TRX is great for beginners as well as experienced folks, according to Amber. This training uses your own body weight and gravity to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries.



The TRX system is very portable and can be used outdoors or in your home as well as at the YWCA.



**Starting on September 13**, we offer 6 week registration sessions on Tuesdays and Thursdays at 6:30 p.m. and drop-in session on Wednesdays at noon. There are only 9 spots available at each session, so register soon!

**Just call us at  
403-329-0088.**

Amber Kubos, Health & Fitness Manager & TRX instructor

## **Are you ready to party yourself into shape?**

That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health.



### **Zumba starts at the YWCA on Monday, September 12 at 6 p.m.**

It's a drop-in event with a maximum of 30, so be sure to get here with time to spare. Bridget, our instructor, says that Zumba makes it fun to get your cardio exercise. The music, which is based on Latin dance, just makes you want to move. It's not complicated, just three basic moves.



Bridget Dyck, Assistant Manager & Zumba instructor

**It's 'exercise in disguise' !**



# Health & Fitness **OPEN HOUSE** September 12 - 18

**this week is on us!**

**Come Try Out Our Spacious Facility for Free This Week. Enjoy Demos of our Registration Classes and Access to All Other Classes, the Gym and the Women's Health Club.**

**Women and Men Welcome!**

**Registration Classes to Try Include:**

- Break of Dawn Boot Camp
- Beginner Power Cycle
- Stroller Boot Camp
- Stroller Fit
- TRX
- Total Body Boot Camp
- P.A.L. (Program for Active Living)
- Monkey Business

**New to the YWCA  
this FALL!**



Phone: (403) 329-0088  
akubos@ywcalethbridge.org  
bdyck@ywcalethbridge.org  
604 8<sup>th</sup> St. S. Lethbridge, T1J 2K1



## Youth Services

### New Manager for the Youth Services Program.

The YWCA's Youth programs serve female and male youth from 8-25 years of age in addition to the infants/children of young mothers who are recipients of our services. Although our programs have different mandates and funding sources they share the same objective of providing youth with assets, resources and skills to empower them to achieve independence, healthy relationships, mental and physical well-being, a balance of mind, body & spirit, in addition to any personal goals that are meaningful to them.



Cheryl Patterson is our new manager for Youth Services, and has been employed at the YWCA for 5 plus years. She started as a practicum student, then as a Youth Support Counsellor in YWise Choice, moving up to the Supervisor of our LIFE program and now YWCA's Youth Services Manager.

Her certifications include:

- ◆ Peer Reviewer for the Canadian Accreditation Council
- ◆ Nonviolent Crisis Intervention Certified Instructor for CPI
- ◆ Kids and Drugs Program Facilitator
- ◆ 40 Development Assets Facilitator for Thrive Canada
- ◆ Chair of the Community Substance Abuse Response Team (CSART) and the Safe @ Party Campaign.
- ◆ Committee member for the YWCA Power of Being a Girl and coordinator for the YWCA Week Without Violence.

### The Power of Being a Girl 10th Annual Conference

is part of our Week Without Violence events. It was developed by YWCA Lethbridge and District staff 10 years ago and is recognized by YWCA Canada for its leadership in youth engagement strategies. It is now a national program offered at YWCAs throughout Canada.

The theme for 2011 is "U-niquely GIRL" with the focus on healthy

concepts of beauty and self image. Sessions include: "Chick Chat" - The freaky and fabulous truth about your body and Zumba: Party Yourself into Shape.

Power of Being a Girl is for girls grades 10-12 and registration is through the counsellor at each high school.

**There is no cost for this conference as it is fully sponsored by the City of Lethbridge FCSS. Food, registration, workshops, and souvenirs are all part of this package.**



THE POWER OF BEING a GIRL

## Safe Visitation

### What is Safe Visitation?

This program provides non-custodial parents with regular visits in a safe, secure environment in a neutral, non-judgmental manner.

There is no fee for Safe Visitation.

Bernice Lambert,  
Coordinator  
of the YWCA  
Safe Visitation  
program.



### Who is eligible?

The YWCA Safe Visitation program is part of an Alberta government initiative to support families impacted by domestic violence. As such, this program is for families with a prior history of violence or a continued threat of abuse between the parents.

### How are the visits conducted?

All visits are on-site at the YWCA. Parents have staggered arrival and departure times with staff facilitating the transfer of the child between parents. Two staff supervise and monitor the entire visit time to ensure a safe and positive experience for all participants.

### How are Safe Visitation services accessed?

Referrals can be made through the court system, children's services, community agencies or by self-referral. Call Bernice at 403-329-0088 for more information.

Since Safe Visitation's inception, over 50 children have seen their non-custodial parent for regular visits. These children benefit by having exclusive time with mom or dad in friendly space under safe supervised conditions.

It's a win-win situation.



## 15<sup>th</sup> Annual YWCA Week Without Violence.....October 16-22

Join YWCAs across Canada and YWCA Lethbridge and District for our Week Without Violence events.

### Oct. 16 – 22, 2011.....Chalk the Walk

People are invited to draw their images of peace life on the YWCA's sidewalk.

### Oct. 17: 7- 9 pm....Speak Out and Stand Up

The SVAC (Sexual Violence Action Committee) of Lethbridge hosts the movie, "Speak Out and Stand Up". 7 – 9 p.m. at the Lethbridge Library Community Meeting Room

### Oct. 18: 11:30 – 1:30.....Moving Beyond Kum Bay Ya

Everyone is invited to us for an anti- racism potluck and dialogue at the Lethbridge Library Theatre Gallery.

### Oct. 19, 9am – 4 pm .....The Power of Being a Girl Conference.

This is an annual conference to promote healthy life-styles for young women grades 9 to 12 in Southern Alberta.

To register for this conference, see your school counsellor.



### Oct. 20.....Day of Action

All day at the YWCA Lethbridge and District

### Oct. 21.....Girl Jam

Join us for this fun event of all female entertainers. Venue to be announced.

### Oct. 22.....Run to Stop Violence

at Nicolas Sheran Park. Join us for this 5 k. Run and Walk. Call 403 329-0088 to register.

### All week ..... "You make a difference in my life" Ribbon Campaign.

You can make a difference! Take a moment to honour someone who has made a difference to you in your life by presenting them with the blue ribbon.

### Rape Aggression Defense course:

**Session 1: Theory, Thursday, October 20.....6—9 p.m.**

**Session 2: Physical Skills, Saturday, October 22.....9 a.m.— 4 p.m.**



*R.A.D. is a basic self-defense program for women. R.A.D. is an excellent program for all women age 16 and over, providing the participants with real life options and self defense tactics.*

Take charge of your safety, call 403-329-0088 to register and for more information.

Imagine a week without violence  
... . . . now imagine a lifetime!

# SOLAR PANELS ARE INSTALLED!

We celebrated on July 6 as the media and interested members of the public joined us for the unveiling of our solar panel system. This project was made possible by a \$25,000 grant from The Home Depot Canada Foundation as part of the Foundation's Affordable Housing Grant Program. The installation was completed by Energy Smart of Lethbridge.



"This project would not have been possible without the funding generously provided by The Home Depot Canada Foundation," said Kristine Cassie, CEO of the YWCA Lethbridge and District.

Consistent with the YWCA Lethbridge and District's commitment to eco-responsibility, the solar panel system will take advantage of the abundant sunlight available in the Southern Alberta region and establish the YWCA as a model for other charitable not for profits in sustainable building technology. The design consists of a 3.5 kilowatt, grid-tie solar power installation that will feed directly into the building electrical grid. Becoming a registered micro-generation facility in the Province of Alberta allows the YWCA to demonstrate the benefits of solar technology and be an exemplary model of environmental responsibility.

## November is Prevention of Family Violence month.

Family Violence Prevention Month started in 1986 as a local initiative in the town of Hinton, Alberta, where concerned residents launched a family violence education and prevention campaign. This grassroots effort inspired the Alberta Legislature to support family violence prevention as an ongoing provincial initiative, resulting in the inception of Family Violence Prevention Month. Today, hundreds of Alberta communities and thousands of individuals are actively involved in preventing family violence through education and service provision.



Alberta Children and Youth Services has developed [Family Violence Prevention Month Tools](#) that individuals and communities can easily use to increase awareness of family violence. The kit includes many items including a mayoral proclamation, customizable poster, marketing tools and more.

**END the Silence. STOP the Violence.** That's the focus of the government's Family Violence Prevention Month campaign which encourages Albertans to call the Family Violence Info Line at **310-1818** and help those impacted by family violence. The 24-hour line is toll-free and available seven days a week.

### Important Phone Numbers

- 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
- YWCA Lethbridge Crisis Line.....403 320-1881
- and toll free Crisis Line.....1-866-296-0447

