

YWISE Words Newsletter Fall 2010





Join us and YWCAs across Canada and around the World in observing and working towards a Week Without Violence.

14th Annual YWCA Week Without Violence.....October 18-23

◆ Create your own event. ◆ Perform random acts of kindness. ◆ Celebrate peace!


Week Without Violence events in Lethbridge

 **Peace Tree** – celebrating acts of peace and kindness.....YWCA Lobby -all week

 **“Who I am Makes a Difference”** Ribbon exchange.....all week

RUN to STOP VIOLENCE **9:00am—11:00am**
..... **Saturday, October 23, 2010**

To register visit: www.ywcalethbridge.org or YWCA Lethbridge & District,
604 8th Street South, Lethbridge. For more information, call Amber @
403-329-0088. **Register by October 13/10**

 is a day long conference for young women grades 8-12.
.....**Wednesday, October 20**

The 2010 theme is "Empower A Girl, Change the World".

See your school counsellor to sign up or call 403-329-0088 and ask for Kristen.

Rape Aggression Defense Workshop (for women).....October 21 and 23

Call Jaymie at 403-329-0088 to register. See page 3 for more information.

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



YWCA welcomes four new Board Directors

At the Annual General Meeting on June 24, the membership of the YWCA Lethbridge and District voted in the Board of Directors for 2010/2011.

Board of Directors 2010/2011

Lyndsay Montana.....	President
Monica Cove.....	Internal Vice President
Janene Moch	Financial Vice President
Barbara Pittard.....	Past President
Madeline Balla	Amber Mack
*Tammie Belanger	*Maria Gemma Marcial
*Robin Foreman	Roberta Smallbones
Chris Lowings	*Desiree Van Leuken

You must be a Philosophical Member of the YWCA in order to vote. Memberships are \$15.00 for Active and \$100.00 for Sustaining. Your membership must be purchased at least 30 days prior to the Annual General Meeting, held annually in June.

(See the membership form on the last page of the newsletter.)

Going Green!

The YWCA Lethbridge and District started a new eco-responsibility program in June of 2010. With help from YWCA Canada for funding for the Eco-Advocate's position for 6 months, a great new program is already well under way.

- Bike sharing
- Composting
- Recycling
- Weekly information bulletins
- Screening of movies about environmental responsibility

Stephen
McGlenn,
YWCA's
Eco-Advocate



Contact Information

YWCA Lethbridge and District
604 – 8th Street South
Lethbridge, AB T1J 2K1

Phone: 403-329-0088

Fax: 403-327-9112

Email: inquiries@ywcalethbridge.org

Website: www.ywcalethbridge.org

Crisis line... 403-320-1881

Toll free.....1-800-296-0447

Hours of Operation

Monday-Thursday..6:30 am to 9:00 pm

Friday...6:30 am to 8:00 pm

Saturday & Sunday.9:00 am to 4:00 pm

Statutory Holidays..Closed

Upcoming Events and Programs - Fall 2010

Money Management for Women Wednesdays, September 8, 15, 22 and 29

Session 3: Wednesdays, November 3, 10, 17 and 24

Session 4: Wednesdays, January 5, 12, 19, and 24, 2011

Money Management for Women is a four-part education series on financial literacy. Money Management for Women provides information on assets, budgeting, banking, credit and wise spending. Starting with your own unique set of experiences, life situations and learning styles, this series encourages positive change and growth by building on your knowledge, and increasing your confidence in dealing with money.



- There is no charge for this program.
- All sessions are from 12 noon – 1 p.m.



R.A.D. (Rape/Aggression Defense) September 9 and 11 October 21 and 23

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. It provides the participants with real life options and self defense tactics.

Schedule early to save your place.

Fee: \$25. Lunch is included.
Limit of 10 people.

September 9(theory) and 11 (physical skills)
October 21(theory) and 23 (physical skills)

90% of Self Defense Education is:

- Risk Awareness
- Risk Reduction
- Risk Recognition
- Risk Avoidance



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



Senior Girls Mechanics (ages 13 -17).....September 11, 2:00-8:00 p.m.

Learn how! Did you ever wish you were good with tools? Do you want to learn to keep a car in good shape? Take Girls with Tools workshops: mechanics, carpentry, plumbing and sewing.

All classes require pre-registration. Call 403 329-0088.

There is no charge for Girls with Tools sessions.

Get the confidence and knowledge that you need to get it done yourself!



YWCA Health & Fitness Open HouseSeptember 13 – 19, 2010

This week is on us! One free week to check out our facilities and fitness programs at the YWCA Lethbridge and District.

Fall Demonstration classes:

- Early Morning Boot Camp
- Beginner Power Cycle
- Stroller Boot Camp
- Stroller Fit
- Total Body Boot Camp
- PAL – Featuring “Yoga for Everybody”



Men are welcome in our fitness centre.

Your Strength smoking cessation starts.....September 13 and 14, 2010

Sept. 13 – Oct. 25

(Mondays – 4 – 5 pm).....Your Strength for Youth

Sept. 14 – Oct. 19

(Tuesdays – 12 -1 p.m).Your Strength for Women



Your Strength - Smoking Cessation
focuses on:

- health
- education
- fitness
- smoking

Call 403-329-0088 to register.

This program is funded by



12th Annual Royal Gala Wednesday, November 10, 2010

Royal LePage Shelter Foundation presents the 12th Royal Gala

Lethbridge Lodge, 320 Scenic Drive South, Lethbridge, Alberta



Why? Because women and children are counting on you!

DID YOU KNOW THAT:

- ♥ Over 700 women and children found refuge at Harbour House last year ?
- ♥ 100% of money raised by this event goes to YWCA Harbour House ?

Please support the Royal Gala. Put Wednesday, November 10 on your calendar.

Gift Wrapping startsend of November, 2010

The annual gift wrapping fundraiser at Park Place Shopping Centre is a lot of fun. Consider volunteering for this – have fun and help the YWCA!

The YWCA's Life Enrichment Centre

In 2007, a nurse practitioner and a massage therapist volunteered their services to the women of the YWCA. In response to their offer, the YWCA renovated a room for the Life Enrichment Centre. We've had a nurse practitioner, hypnotherapist, massage therapist and aesthetician over the past 3 years. Currently, we offer: Body Talk, Emotional Freedom Technique, Hypnotherapy, and Doula (and postpartem Doula) services.

All of our wonderful volunteers have their own business, and volunteer to serve our clients here in the Life Enrichment Centre at the YWCA.

Thank you, Judi !



Judi Selkirk, Body Talk practitioner, says that her weekly afternoon here at the YWCA is "her favourite time in the whole week." She's been serving our clients here for 3 years and loves the energy and the safe feeling at the YWCA. She became interested in helping because she admires the Mission Statement of the YWCA. Judi finds it fascinating to keep up with the new information and techniques of Body Talk and to share that and 'to give what I have' to the women at the YWCA. It's very important for the clients to feel nurtured and Judi also feels nurtured by being here and sharing her skills.

Brand new – Doula services are offered to YWCA clients.

What is a Doula? A Doula is a trained professional woman who provides physical, emotional and informational support to a pregnant woman before and during and immediately after the birth of the baby. She may also give emotional and practical support during the weeks following birth.

A birth Doula understands the physiology of birth and the emotional needs of a woman in labour. She assists the mother in preparing and planning for the birth and stays with the woman throughout her labour. She also provides emotional support, physical comfort measures and an objective viewpoint. According to information from DONA International, a nonprofit organization of Doulas, studies show that when doulas attend births, the labour is shorter with fewer complications, the baby is healthier and breastfeeding is easier.

If you have a skill or service that you'd like to share (or know someone who does) to help the clients at the YWCA Lethbridge and District, call Diana Sim (Partnerships Manager) to find out how you would fit in at the YWCA. 403 329-0088.



Donation Form:

Name: _____

Address: _____

City/Town: _____ Postal Code: _____

Email: _____ Phone: _____

I'll support where most needed. Enclosed is my support of:

\$10 \$25 \$50 \$100 \$500 \$_____ other

I'll support the YWCA through my annual membership

Active \$15 Sustaining \$100

I'll support the following program. (Please check which program.)

Harbour House Health and Wellness Residence
 Youth Programming Children's Programming

I would like to support monthly through your pre-authorization plan.

Call me with details
 Charge my: VISA Mastercard Cheque enclosed

Card Number: _____ Expiry Date: _____

All donations can be mailed to:

YWCA of Lethbridge and District, 604 - 8 Street S., Lethbridge AB T1J 2K1

We wish to recognize our donors in our Annual Report and on our website. If you do not wish to have your name published, please indicate here.

I do not want my name published in YWCA publications, unless I give further notice.

All donations are cumulative towards recognition on the YWCA Partnership Tree.

Newsletter developed by YWCA Lethbridge and District staff.

604 - 8 Street South, Lethbridge, Alberta T1J 2K1

Phone: 403 329-0088 www.ywcalethbridge.org inquiries@ywcalethbridge.org

Revenue Canada charitable number: 10822 791 9 RR0001