



Y's Words

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January 2014

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Betty House construction underway

Single women and women with children will have a new place to live this summer – Betty House. And not a moment too soon. Betty House will be full when it opens, based on the waiting list of 50 for the YWCA's Rockhill family housing program. Betty House will meet the need for women's housing not provided anywhere else in the NWT.

The apartments will provide housing for women with children who want to escape abusive situations. Security features will help women feel secure at Betty House.

Depending on availability, women living in overcrowded conditions or moving on from an emergency shelter may also be welcomed. Experienced staff will help women rebuild their lives by offering new skills and learning opportunities.

The three-storey building includes six bed-sitting rooms with a communal kitchen, eight two-bedroom apartments and two three-bedroom apartments, along with program and office space.

Construction of the 18-unit building on 54



Street began is well underway, with Clark Builders as the general contractor. The City of Yellowknife is managing construction of the \$4 million project. YWCA Yellowknife will become the owner and operator of Betty House when it is complete.

The City is coordinating fundraising for the building and is able to issue receipts for charitable donations. To check out sponsorship opportunities or to make a donation, visit <http://supportbettyhouse.com/>



Board members Kayla Cooper, Brianna Timpson, executive director Lyda Fuller, vice-president Janet Toner, Rob from Imara Framing and board member Rassi Nashalik share some Christmas cheer on a frigid day for working outside.

Living at Rockhill: "It made a big difference being here"

"My boyfriend and I were living at the Ptarmigan apartments with our son. He's now two-and-a-half. Rent was \$1675 a month and we started getting behind. Only one of us was working because we couldn't afford day care at \$800 per month plus rent.

I had heard about THP and called. They gave us the opportunity of living in an emergency unit for three months so we could catch up on bills. That did the trick and then we moved into a one-bedroom transitional unit. That was lucky because they don't always have openings and you have to go somewhere else.

It's made a big difference being here. It allowed me to have the programs offered here. It's given us time to save up money because we're going to move south in a few months. Anything you need, anything you want to talk about the staff is always there for us.

I learned how to cook, how to be a better parent, how to have more patience, how to take responsibility for money. I make a pretty mean meat loaf.

The staff work with you, how to budget, how to save money, show you crafts, cooking and computers. They'll

help with resumes and looking for jobs.

We're starting over in Red Deer at the end of May. My boyfriend has some family. We're going to find jobs and stay with a friend there for a couple of days.

I am way less stressed now. I used to be pretty stressed out all the time about money and bills, making sure everything paid and making sure there was food on the table. It's hard if you are a young family."

-Deanna Desrochers

Get ready for
March break!

GirlSpace

Registration is now open for the GirlSpace March Break Day Program (March 17-28). Girls ages 8 to 13 are invited to sign up for two weeks of fun and friendship. Activities will take place both indoors at Rockhill (location of the YWCA program space) and outdoors from noon until 4:30 p.m. each weekday afternoon. Registration is \$50 per week and there is assistance available to cover the cost. Call GirlSpace co-ordinator Ashley MacDonald at 920-2777 x 311 or email

Ashley@ywcawt.ca

Don't wait – registration is limited to 10 girls.



Children 5-10

YWCA Yellowknife is offering a full day March break program for children from March 17-28 at the Mildred Hall mini gym. The kids will go swimming, bowling, sledding, play games, make crafts and visit the museum. The cost is \$340 per child for the two weeks. Registration begins February 3. Call Janette at 920-2777 x 404 or email

Janette@ywcawt.ca

Registration is limited by space and allocated on a first come, first served basis.

Thank you for spreading seasonal cheer to our clients



Left: The generous staff at Summit Air again collected toys for the children who live in the family housing program at Rockhill. Matthew McElligott presents the haul of 60 gifts to Rockhill maintenance man Jim Walton.

Below: The staff at BMO—Bank of Montreal came through for the children at the Alison McAteer House family violence shelter with gifts for Christmas and extras for birthdays.

The family housing program also had help throughout the year from: Salvation Army, Food Rescue, Brad Dahr, Santa's Little Helpers, YHSSA (Tanya Gillard), NWT Literacy



Council, Status of Women NWT, Hampton, ON ladies knitting group, DC Moving, Super 8, Days Inn, Coast Fraser Tower, Capitol Suites, Dragon Toner, Martha McClellan, Leslie Wakelyn, our tenants and everyone else who helps make the program a new start for families.

YWCA Yellowknife
Executive Director
Lyda Fuller



"I hope 25 years from now a young person will remember her stay at the Betty House as a turning point in her life."

-Lyda speaking at the November sod turning



RBC
Children's Mental
Health Project

RBC staff (left to right) Jeff Fowler, Rachele Saulnier and Yanik D'Aigle make a special presentation to the YWCA's Lyda Fuller.

A message from the executive director:

January is a time of new beginnings, as we change our calendars and watch the sun turn again towards the northern hemisphere. A new year, and longer days... what will 2014 hold for us in our efforts to reduce violence, poverty and homelessness? Here are my hopes for the new year ahead:

That we learn from Alberta's efforts to end homelessness with the improvements we need to make in our efforts to assess needs and end homelessness for families

Our new (yet to be written) community plan to address homelessness will excite broad engagement from government departments and non-profit housing and sheltering agencies

Fundraising for BETTY House steadily continues so that it can open with everything needed to have a welcoming atmosphere for the women and children who will live there

Waiting lists of housing (emergency, transitional, public, or affordable) are shorter and everyone has more timely access to suitable housing

That the housing subsidy program

through the GNWT is maintained and perhaps even expanded

Developers find ways to increase stock of mixed use housing in the downtown core, and some units are affordable by CMHC standards

That addictions treatment will include trauma recovery and be widely available throughout the NWT

Women with mental health issues have the same level of access to services as exists for men with mental health issues

No deaths occur in the NWT due to intimate partner violence in 2014

The treatment program for men who use abuse is successful and replicated in other regions of the NWT

That no one goes without meals or stays home from school because they cannot afford food

And that we continue to be kind and helpful to each other as we live out the days of 2014

-Lyda Fuller

RBC supports Project Child Recovery



The RBC Children's Mental Health Project is again anchoring the Project Child Recovery (PCR) program with a gift of \$28,500. PCR helps children process their experiences of violence, create a safety plan, manage anger constructively and learn about healthy relationships. More than 300 children took part in the program last year. Thank you RBC!

GirlSpace in the Community

The GirlSpace girls take the community service portion of their program to heart by doing their own fundraising to support projects they are passionate about.

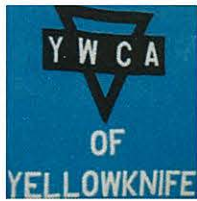
During the holidays, they hosted a big bake sale and with the proceeds they have sponsored Osvalda Figurao of Mozambique through Plan Canada.

Osvaldo is four years old and she lives with her father, a farmer, in a house made of cane with a metal roof and cement floor. Osvaldo speaks Portuguese but that won't stop the GirlSpace girls from showering her with pictures and messages of support.

They are committed to making a difference in the life of a girl by helping to provide her with clean water, accessible health care and an opportunity to go to school when the time comes. They believe that girls can change the world. And we do too.



Courtney Larocque helps at the NWT SPCA, girls hold a bake sale to sponsor a girl overseas and together they Take Back the Night.



Save the expense and the environmental cost—get your newsletter via e-mail. Send your e-mail address to info@ywcanwt.ca

YWCA Yellowknife

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Yes! I will support the YWCA and strengthen our community.

Name: _____

Address: _____

City/Territory or Province: _____

Postal Code: _____ Phone: _____

E-mail address: _____

I would like my gift to support:

Family Violence Prevention services for girls

Transitional housing the area of greatest need

Enclosed is my single gift or monthly donation of (circle one)

\$25 \$40 \$75 \$150 \$1000 Other \$ _____

Method of payment (check one):

cash

cheque (Payable to YWCA Yellowknife)

credit card

Card type: _____ Card number: _____

Expiry date: _____ Signature: _____