

Safe Passage for Every Journey

Midway up the trunk of the tree, we have safety planning, an important and vital component of our work. For every woman that comes to us for support, we perform a danger assessment which highlights the urgency of the situation she is currently facing. We then develop a unique, individualized safety plan, providing our staff and the client with guidelines to follow in order to ensure her safety while she navigates her journey.



Safety Planning



Supportive Counselling



Financial & Housing Assistance



Thrive Hive Well-Being Program



Court Support



Centennial Crescent Housing

Branching Out Into New Life

The upper branches on the tree show all of the programs, services, resources, and support systems that make up the rest of the Journey of Care. We believe that a safe space is simply not enough to support a woman's recovery from abuse. These programs are designed to help the woman build her independence and confidence so that she can move forward in her life.



Education & Training



Personal Growth Rediscovery of Self



Rebuild A Home & A Life



Living Wage & Financial Freedom

The Journey of Care visual model allows us to see the connections between the YWCA's locations, programs, and resources, and to gain a deeper understanding of our services.

Much like any road we travel, a woman's journey through healing will have ups and downs, stops and starts, and changes in direction. The YWCA aims to support women in choosing their own future - especially important for those who have had choice taken away in the past.