



<b>Canada</b>	<b>Toronto ON M5A 2P9      Email: <a href="mailto:national@ywcacanada.ca">national@ywcacanada.ca</a></b>
<b>Programmes for women and young girls</b>	<p>The Canadian YWCAs provide a range of counselling and support groups for women to help them recover from and/or adjust to major challenges in their lives. The YWCA Canada is also provides shelters and transition housing for women and their children seeking refuge from abuse.</p> <p>YWCAs and YMCA-YWCAs across Canada offer various programmes and services that respond to local community needs. These include child care and employment training. The YWCA Canada is one of the largest non-profit providers of childcare in Canada. The various child care programmes including Infant and nursery school, and after school clubs are offered by many of the local YWCAs provides a service to over 30, 000 children annually. The employment programmes include courses on employment training, life skills, entrepreneurship, career skills development, job search etc.</p> <p>The all round health and well being of women and girls is another focus of many of the YWCA Canada programmes. These include pre and post natal care, nutrition, parenting, and reproductive health, and much more. Self esteem, confidence and leadership skills are developed through up-to-date fitness training.</p> <p>Adolescence and early adulthood can be a challenging time for girls and young women. Recognising this, YWCAs offer a range of programmes and activities that help develop all aspects of their life. Through mentorship and peer support the YWCA helps young women and girls gain independence and develop leadership skills.</p>
<b>USA</b>	<b>Washington DC 20036      Email: <a href="mailto:info@ywca.org">info@ywca.org</a></b>
<b>National Student YWCA</b>	<p>The National Student YWCA empowers young women to work for and promote social change. It consists of Student Associations and Registered Student Groups nationwide. The National Student YWCA continues to be a unique training ground for young women leaders, with members creating and implementing programmes to empower women and eliminate racism on their own campuses. There is a National Student Assembly every 18 months.</p>