



Canada	Toronto Email: national@ywcacanada.ca
Programmes for women and young girls	<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>
USA	Washington DC Email: info@ywca.org
Hallmark programmes	<p>Elimination of racism and economic empowerment of women and girls are the hallmark programmes of the YWCA USA. The individual programmes found at various local associations take different approaches to these two issues according to the specific situation of the communities they serve, however the goals remain the same. Although these hallmark programmes are the major focus of the YWCA USA, associations that see the need in their communities also address other issues such as women's health and prevention of violence.</p>
USA	Washington DC Email: info@ywca.org
TechGYRLS	<p>The YWCA USA launched YWCA TechGYRLS (TM) in 1997 to create opportunities for underserved girls to explore the latest technologies in a nurturing, girls-only environment. The programme encourages 9 to 13 year old girls to delve into computer, animation and robotics technologies under the guidance of professional women mentors at YWCA TechGYRLS Clubs around the USA.</p>