



Transitional Living Program for Women



Admission Criteria

- Self Referral
- Female aged 16 or over
- Stabilized at the time of entry into program
- Self administer medications
- Have the necessary community supports in place
- Provide Release of Information for the purposes of assistance with the referral
- Provide community character references

Living Criteria/Agreement

- Accommodations based on ability to pay
- Not a threat to self and others
- Not to engage in inappropriate behaviour
- Not to engage in alcohol and/or drug consumption on the property
- Not to invite male guests onto the residence floor
- Demonstrate respect to all
- Demonstrate respect to YWCA property
- Take advantage of and participate in programs offered
- Respect all other outlined guidelines and commitments
- Willing to work through personal goals and action plan

YWCA Hamilton provides a diverse program offering - directly responding to the needs of our community. Pick up the latest Program Guide or give us a call to find out more about:

Women's Services

- Residence for Women
- Support Services and Counselling
- Employment Services
- BizSmartz
- Friends for Success
- Volunteer Opportunities
- Membership Assistance
- Pool Side Cafe

Children & Youth Programs

- Aquatics/Swimming
- Summer and Year Round Day Camps
- Preschool & Toddler Programs
- Children, Youth & Teen Programs
- Leadership Programs
- Specialized Training
- Gymnastics & Dance
- Breakfast with Santa & I Spy Easter Eggs
- Supervised Access Program

Integration Opportunities for Children with Disabilities Adult Health, Fitness and Recreation Programs

- Aquatics/Swimming
- Full Service Fitness Centres
- Yoga, Pilates, Spinning
- Conveniently Scheduled Fitness Classes
- Active Living Programs for Adults 55+
- Emergency & CPR Training
- Special Interest Programs
- Fitness Leadership Training

Community Services and Special Events

- Services for Developmentally Disabled Adults
- Pottery Creations, C.A.S.S. and Y'Art
- YWCA Hamilton Jill Rumble Memorial Golf Tournament
- YWCA Hamilton Women of Distinction Awards
- YWCA Week Without Violence



75 MacNab St. South
52 Ottawa St. North
905-522-YWCA
www.ywcahamilton.org

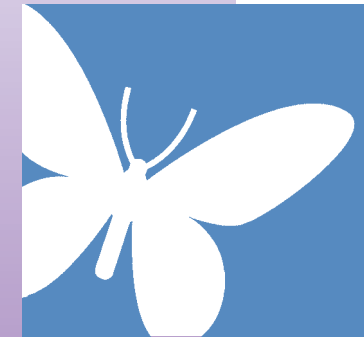
Empowering Women, Building Community, Changing Lives.



YWCA
HAMILTON

A TURNING POINT
FOR WOMEN

Transitional Living Program for Women



*Empowering Women,
Building Community,
Changing Lives.*



Charitable Registration # BN 11923 6792 RR0001



Our Mission

YWCA Hamilton is a women-led service organization supporting individuals through health and wellness programs for women, families, seniors and people with special needs. We advocate for the improved status of women locally and through our affiliation with **YWCA** Canada and the World **YWCA**.

Transitional Living Program for Women

YWCA Hamilton provides a safe supportive transitional living program for women. The objective of the program is to assist single women who are in transition and who are prepared to make positive changes in their lives by means of setting and achieving short and long-term goals, including establishing themselves in more independent living in the community.

Length of Stay:

1 month to a maximum of 1 year

Support Through:

Case Management toward rebuilding your life
Life-skills
Group facilitation
Connection to outside community support/
network
Goal Setting
Budgeting
Community Kitchen
Advocacy

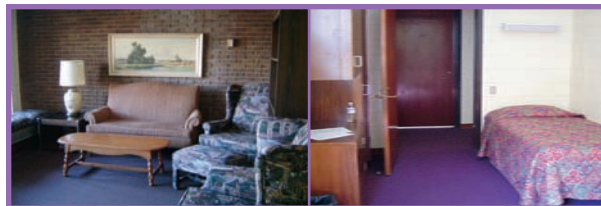
Additional Services on Site:

The Women's Centre of Hamilton
Sexual Assault Centre of Hamilton
Hamilton Community Child Abuse Council
Hamilton Literacy Council
YWCA Hamilton Women's Only Fitness Centre
Employment Services
Poolside Café offering nutritious meals at affordable prices



YWCA Hamilton is a multifaceted public facility welcoming all users. The Transitional Living Program is designed to promote emotional and physical well-being.

- All exit doors alarmed with control panel monitor at front desk
- Video Security
- Secure elevator access
- After hours security on duty
- Anonymity status offered to women at risk
- Wheelchair Accessible



Accommodation

- The residence consists of two floors with 32 units on each floor. Coin-operated washer/dryer on each floor
- The units are single, bachelorette units which include a single bed, dresser/closet, chair, lamp and mirror.
- The newly renovated shower/washroom area is communal and is shared by all women on the floor.
- There is a common kitchenette area where women may access a microwave, toaster, toaster-oven, kettle and fridge.
- Cooking is not permitted in the private units.
- There is a common lounge area with TV.
- The floors are equipped with a house phone as well as a pay-phone.
- Women who wish to, may have their own cable and/or phone installed in their unit.
- women may decorate their units with personal belongings.
- Poolside Café with resident menu and discounts

