



YWCA
EDMONTON

A TURNING POINT
FOR WOMEN

A Story of Strength — Rachel Foster

Gwen Flipsen

“One’s philosophy is not best expressed in words; it is expressed in the choices one makes.” Eleanor Roosevelt

Rachel came to Canada from the UK in 1987 with her husband, three daughters (a young baby and a 4 and 7 year old) for a Life with more choices.... So along with a letter that said “we can probably give you a job as a casual nurse”, her husband was considered 'baggage' (a term he is not fond of!) and the kids in tow, she began her journey.

During the first few years she worked two jobs, took a full time course load and for the majority of the time raised the kids as a single parent, they cleaned carpets, washed windows as a business while her husband drove truck or taught high school science. With the end goal in mind of a brighter future, better job prospects often took them to different parts of the province. Meanwhile along the way she had a few encounters with depression, finally with her husband seriously ill she said “we can't go on like this; what would you do if you had a second chance?” The rest is history! It took strength and commitment to weather that journey.

She believes we are all where we are because of the choices we have made, she could have thrown the towel in and walked away on several occasions, but she didn't. As she says, “people make assumptions about us however they have no idea what it took to get where we are today”.

Rachel is a wife, mother, friend, and mentor and owns her own business. She continues to take classes to further her education. Having worked for many years in the health, private and public sectors, she has always shown her passion and authenticity for supporting and inspiring people to be the best they can be. And along this journey she has always been her best and keeps inspiring women knowing that they have choices.

Rachel has made many choices in her Life and continues to pursue all doors open to her.

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