



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIVE. GROW. INSPIRE.

PARTNERS WITH YOUTH

A YMCA Initiative

WHY INVEST IN THE Y?

At the Y, we believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. With your support and generosity, we can continue to address these and other pressing issues — and expand our work to reach more people.

Last year the Coal Creek Family Y provided more than \$278,000 in free and subsidized services in our local community — because at the Y, strengthening community is our cause. Each day throughout the Eastside, our dedicated volunteers and staff are working side-by-side with neighbors in our communities to ensure that everyone, regardless of age, income or background, has the opportunity to achieve their potential.

When you donate to your local Y, you join a powerful association of men, women and children united by a shared commitment to nurture the potential of kids, promote healthy living and foster a sense of social responsibility and giving back.

SUPPORTING Y PROGRAMS

An investment in the Y is a shared investment in bettering our community. The Y focuses on three areas: Youth Development, Healthy Living and Social Responsibility. Here are a few ways in which the annual campaign supports the work of the Y.

THEIR POTENTIAL

Our commitment to **Youth Development** is visible through the preschool and school age child care and enrichment programs that the Y provides which now include middle school outreach in the Renton community. These programs provide youth and teens with caring mentors and a safe and secure place to learn new skills and grow.

THEIR HEALTH

Throughout our Y, **Healthy Living** is visible and highly valued. But the Y does more than provide a gym; it listens to the needs of its community. For example, with one-third of kids and adults in King County struggling with obesity, the Y is responding with programs that teach healthy eating and help families incorporate more physical activity into their routines.

THEIR FUTURE

Perhaps the area that is least known about the Y is **Social Responsibility**. Yet, for youth involved in teen leadership programs like Y Earth Service Corps, it is very well known. The Y is not just a building — it goes beyond its walls to address community issues like environmental stewardship and creating an ethic of service in today's youth.



“Help the Y help others in our community by making an investment of time or resources. It will take all of us looking out for our neighbors to grow a healthy community for our children and our future.”

Nadine Stewart, Y Volunteer & Campaign Chair

YMCA OF GREATER SEATTLE
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INVEST IN HEALTHY YOUTH & TEENS AFTER SCHOOL PROGRAMS

How our communities' youth spend their time after school can be as important as the time they spend in school. Youth and teens alone often spend time eating junk food, watching television and not participating in any physical activity or academic work during these hours. A lack of healthy eating and physical activity is contributing to childhood obesity epidemic.

Source: Afterschool Alliance Survey, 2009

INVEST IN YOUTH DEVELOPMENT SUMMER CAMP & ENRICHMENT

While summer time is often cherished as a time of relaxation, summer vacation is a time of huge academic setbacks for many children with fewer resources. While other children are attending camps, visiting museums, and participating in enriching activities with both peers and adults, many children from low-income families are falling further behind academically, socially, and even nutritionally. By the fifth grade, low-income kids are two to three grades behind middle-income kids and half this gap is explained by unequal access to summer learning opportunities and lack of supervision.

Sources: National Summer Learning Association and Horizons National video

JOIN THE Y'S CHARITABLE CAUSE

To be successful in addressing these issues and supporting local families, we need your help! Consider giving a gift to the Y and change lives – together we can make our community a better place.

HELP THE Y HELP OTHERS IN OUR COMMUNITY

This year's Coal Creek campaign will raise over \$275,000 to provide program support and much needed dollars for financial assistance. Financial scholarships provide a life-line to families and youth who could not otherwise participate.

We steward your contribution so that 95 cents of every dollar raised goes directly into our programs and services. This is why; the YMCA of Greater Seattle is ranked among the top tier of charities nationally.



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BUILDING OUR FUTURE

There are many ways your gift helps children and teens. Gifts can be paid in full or monthly payments.

\$100/MONTH (\$1,000)

Teens become future leaders of tomorrow through meaningful experiences gained in YMCA Earth Service Corps and other leadership programs at the Y.

\$150/MONTH (\$1,500)

Children and teens learn responsibility, core values and the love of the outdoors at our Camp Terry summer program in Preston.

\$200/MONTH (\$2,000)

Youth connect to positive role models, learn new skills and achieve better health through our "After the Bell" middle school program.

\$250/MONTH (\$2,500)

School age children have safe, engaging and fun opportunities after school where they can thrive through Kids University and Child Care programs located throughout south Bellevue and Renton.

\$500/MONTH (\$5,000)

Family bonds are strengthened and memories made through Adventure Guides, Family Nights and other activities that connect busy families.

\$1,000/MONTH (\$10,000)

Working parents have a safe and caring environment for their toddlers and preschoolers in our Lake Heights Center.

COAL CREEK FAMILY YMCA

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Everyone is welcome. Financial assistance is available.

The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.