We change our future for the better when everyone has the opportunity to grow in spirit, mind, and body. When you support the Y, you’re investing in young people, particularly those who are farthest from opportunity, which is key to advancing equity and justice and building whole person health for all. As a community-based organization, the Y has a long history of helping support young people and families in living their healthiest lives and reaching their full potential. With the pandemic and social unrest over the past two years, the current impacts and reality for youth is very concerning.

Together, we can support the healing and recovery process from the trauma of the past two years, and beyond, and mitigating both the immediate effects and long-term disruptions to whole person health, well-being, and quality of life for all people.

**WHOLE PERSON HEALTH FOCUS AREAS:**

- **YOUTH DEVELOPMENT:** When all young people have opportunities to learn, play, and grow, we change our future for the better. Through before and after school programs and camp and outdoor leadership opportunities, we work to foster social and emotional learning, encourage active play, and give kids the opportunity to discover what they love.

- **CRITICAL NEEDS:** When young people have access to food, housing and mental health, we change our future for the better. The Y provides critical wraparound services including food, shelter, counseling, employment training, educational support, and more to young people through the Y Social Impact Center, branches and community locations.

- **ACCESS FOR ALL:** When families have opportunities despite financial barriers, we change our future for the better. To ensure equitable access for all, income-based financial assistance is available for Y branches and programs, so no one is denied access to Y services due to financial barriers.

- **WHOLE PERSON HEALTH:** When communities have access to equitable health and wellness opportunities, we change our future for the better. From personalized wellness plans and disease prevention classes to counseling and health services for under-resourced communities, the Y provides support for building Whole Person Health.

**AUBURN VALLEY YMCA**

**COMMUNITIES SERVED:**
Auburn, Algona, Pacific, and Federal Way

**GOAL:**
$55,000
At the Auburn Valley YMCA, we’re committed to helping all people – especially the young – reach their full potential. And that means looking at the long-term picture. It means investing in youth development for young people through programs like youth sports, swim lessons, after school enrichment activities. It means continuing to be a critical resource for those experiencing homelessness and food insecurity. We provided 60,000 meals in the Auburn area last year. We’re going to keep doing it. And it means acknowledging how so many in our community lost access to recreation and social connection over the past couple years. We’re going to keep providing access to scholarships for all programs (including family and senior activities, swim lessons, and youth sports) to ensure everyone can get active and engaged in community. Will you contribute to our Annual Fund Drive to help this recovery?

Help us reach our goal of: $55,000

We need your help to make programs and services available to all.

🌈 $100 Provides a session of swim lessons for a child to learn life-saving skills and build confidence to last a lifetime.
🌈 $500 Provides a full session of youth sports for kids to get active, learn sports skills and build their social-emotional learning as part of a team.
🌈 $1,000 Provide seniors the opportunity to participate in the life-changing programs that support their physical and mental well-being at the Y.

DONATE TODAY to help create communities we all want to live in

Ask a Y staff member how you can help by volunteering and advocating for Y programs!

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