





CREATING COMMUNITIES WE ALL WANT TO LIVE IN


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 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.

BELLEVUE FAMILY YMCA

COMMUNITIES SERVED:

Bellevue, Kirkland and Redmond





HEALTHY COMMUNITIES START AT THE BELLEVUE FAMILY YMCA



Our Y's Food Truck program began at the height of the pandemic when food access was at its highest, paired with a large decrease in the workforce. This program has supported both food access and the continuation of jobs through local food trucks. The need in the area is still growing and we are continuing to support these families with a hot meal once a week.

This program is one part of how the Y is tackling food insecurity across King County through innovative and unique programs that support the specific communities that they serve. Through the Food Truck and other initiatives, over 500,000 meals and snacks were served across King County last year. When you support the Bellevue Family YMCA Annual Fund Drive, you're helping meet these critical needs in our community.



Help us reach our goal of: \$120,000

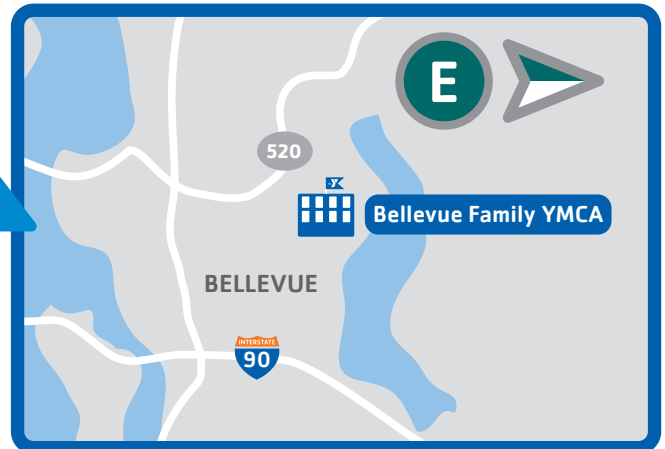


We need your help to make programs and services available to all.

- › \$250 provides healthy prepared meals to families in need at affordable housing communities in Bellevue.
- › \$600 provides one week of our Bellevue food truck operation serving 50 people.
- › \$1,000 provides 100 weekend backpacks for youth to ensure they have access to food over the weekend.



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



DONATE TODAY

to help create communities we all want to live in

