





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 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.

COAL CREEK FAMILY YMCA

COMMUNITIES SERVED:

Newcastle, Renton, Mercer Island, Issaquah, and South Bellevue

GOAL:
\$160,000



HEALTHY COMMUNITIES START AT THE COAL CREEK FAMILY YMCA



Hunger doesn't end just because the week does. So, this happens every Friday - volunteers, board members, and staff gather in the lobby of the Coal Creek Family YMCA to fill nearly 200 backpacks with food for distribution to local students experiencing food insecurity. Having them to take home for the weekend, when school lunches aren't available, makes a world of difference. And it's a need that was far bigger than we anticipated.

"There was a need in the community; schools reached out to us. We started out providing food for 25 or 30 students a week and it ramped up from there," - Forrest Jammer, Coal Creek Board Chair.

Ensuring basic needs like hunger are met is vital if young people are to reach their fullest potential in spirit, mind, and body. Your support will also help fund summer day camp and financial scholarships for all our programs.



Help us reach our goal of: \$160,000



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

- › \$250 provides 25 students with a meal pack to support their nutrition over the weekend when school meals are not available.
- › \$500 provides access for 10 young people to learn drowning prevention while building self-esteem and confidence in our swim lesson program.
- › \$1,000 provides an entire summer of day camp for a child to build social and emotional skills while experiencing the outdoors.



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!