





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.

DOWNTOWN YMCA

COMMUNITIES SERVED:

Downtown Seattle, Lake Union, SODO, Capitol Hill, Elliott Bay, and Bainbridge Island

GOAL:
\$30,000



HEALTHY COMMUNITIES START AT THE DOWNTOWN YMCA



Downtown Seattle is being rebuilt. It's a time of growth and transition. And our commitment to anchoring the surrounding community at the Downtown Y remains unwavering. Through continued partnerships with likeminded organizations, we're providing programming and safe spaces that serve people of all ages, and from all walks of life.

In addition to helping everyone stay active and healthy, our 20-unit transitional housing program provides so much more than a roof for vulnerable young adults. It restocks pantries, provides essentials like sheets and blankets, and includes extras to demonstrate how they are all truly wanted and cared for.

When you support our Annual Fund Drive, you're helping ensure these pivotal efforts are maintained.

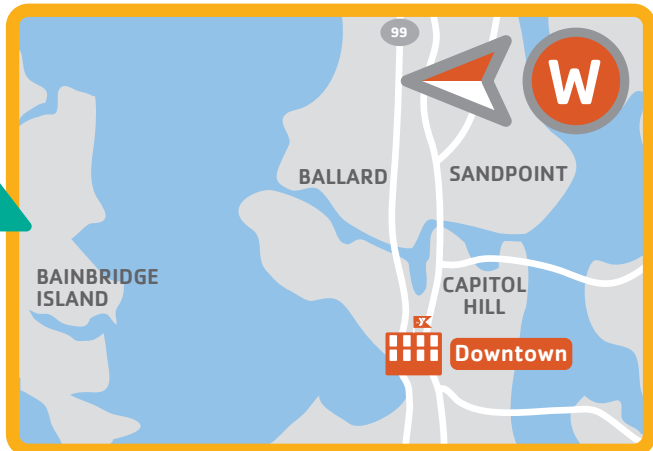


Help us reach our goal of: \$30,000



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

- › \$250 provides two young people swim lessons to learn life-saving water skills at the Y.
- › \$500 provide a one month of groceries for 20 transitional housing residents.
- › \$1,200 provides access to individuals seeking to improve their Whole Person Health through programs offered at the Y like YMCA Diabetes Prevention, Lose To Win, and Community Support Groups.



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!