





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.

KENT YMCA

COMMUNITIES SERVED:

Kent, Covington, and South Renton





HEALTHY COMMUNITIES START AT THE KENT YMCA



Meet Moataz, a father of four who drives for a living. Those long, sedentary hours behind the wheel eventually caught up to him and took a toll on his health. Everyday tasks became painful. It got so bad that he needed his wife's help to put on socks. After three years of that, he was determined to make a change.

He knew getting in shape was the answer... but, like many, found it difficult to stay motivated. So, Moataz partnered with a Y personal trainer. They listened to his story and goals, and developed a plan to improve his strength and flexibility.

After two months Moataz was down 22 pounds, had reduced his muscle pain, and could put on socks without help! We're proud of Moataz, and every member who strives to be their best self.



Help us reach our goal of:
\$35,000



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

- › \$250 Provides a week at summer day camp for a child to learn about nature and build social and emotional skills.
- › \$500 Provides a teens drop-in access to Y programs provide mental health resources and build leadership skills and confidence.
- › \$1,000 helps provides life-changing healthy living programs that support people's physical and mental well-being.



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!