



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.

MATT GRIFFIN YMCA

COMMUNITIES SERVED:
SeaTac, Des Moines, Tukwila, Burien, Normandy Park, and Federal Way





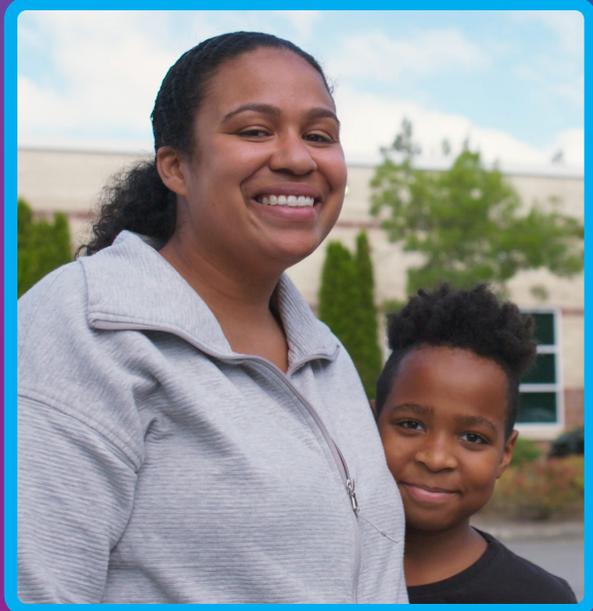
HEALTHY COMMUNITIES START AT THE MATT GRIFFIN YMCA



Hockey and swimming. That's all Jayden thought Y Summer Sports Camp would mean. But it turns out that getting more comfortable in his body also meant he got more comfortable in himself.

"Our family loves the YMCA" shared his mom, "the Y has been so empowering for him, and so encouraging for him."

These activities, and the role models kids encounter along the way, serve as the groundwork for deep social-emotional learning and community building to take place. They mean kids become the best versions of themselves, and come away with confidence they never knew they had. When you support our Annual Fund Drive you're investing in youth like Jayden and making sure all kids have opportunities to grow in spirit, mind, and body.



Help us reach our goal of: **\$75,000**



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

- › \$250 provides access to swim lessons and drowning prevention for 3 children.
- › \$500 Provides a teens drop-in access to Y programs, provide mental health resources and build leadership skills and confidence.
- › \$5,000 provides teens a free and safe space after-school by providing access to the Charlie LaBenz Youth Development Center, where teens connect with other teens, and have the opportunity to participate in activities that a fun and enriching.



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!