



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.

MEREDITH MATHEWS EAST MADISON YMCA

COMMUNITIES SERVED:

Southeast Seattle, Madison Valley, Madison Park, Madrona, Capitol Hill, First Hill, Judkins Park, Central District, Rainier Valley, Columbia City, Beacon Hill, Hillman City, Rainier Beach and Skyway Neighborhoods





HEALTHY COMMUNITIES START AT THE MEREDITH MATHEWS EAST MADISON YMCA



Just like you, we recognize how the past few years have taken a toll on both the physical and mental health of many children. Meeting those increased needs means increasing access to youth programs. Physical activity and enrichment programs are part of that, but they also serve to advance longstanding needs for equity and justice in our community.

Perhaps the best example is our Safety Around Water initiative. By providing access to swim lessons and water safety classes, regardless of ability to pay, it addresses the national disparity of Black children being three times more likely to drown than their white peers (CDC). We need your help spreading the word and we need your support in order for us to make sure all children get the opportunity to learn water safety in our community.



Help us reach our goal of:
\$135,000



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

- › \$175 provides a youth sports scholarship for a young person to learn life skills, get exercise, and learn how to be a team player.
- › \$250 provides Safety Around Water classes to teach kids and families life savings skills around water.
- › \$750 provides youth programming scholarships for a full year, giving a young person the opportunity to grow in spirit, mind, and body.



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!