



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.

SAMMAMISH COMMUNITY YMCA

COMMUNITIES SERVED:

Sammamish, Issaquah, Preston, Redmond, and Fall City





HEALTHY COMMUNITIES START AT THE SAMMAMISH COMMUNITY YMCA



Joshua may never learn to swim.

But Y swimming lessons are still incredibly beneficial to him.

After aging out of the special ed program at his public school, and after some of the precious few adult programs in the area closed due to covid, Joshua's mother wasn't sure where to turn. As a developmentally delayed person with cerebral palsy and autism, he needs therapeutic social interaction and PT. While we don't specifically offer those things, playing games in the pool helps meet those needs by engaging his body and providing positive social interaction.

"The swim staff, especially Jordan, have all been fantastic! Joshua is so excited to go for his swim lessons."

Jordan has been able to block out time to see Joshua twice a week. It's this kind of commitment to community that drives us. Will you help support it by contributing to our Annual Fund Drive?

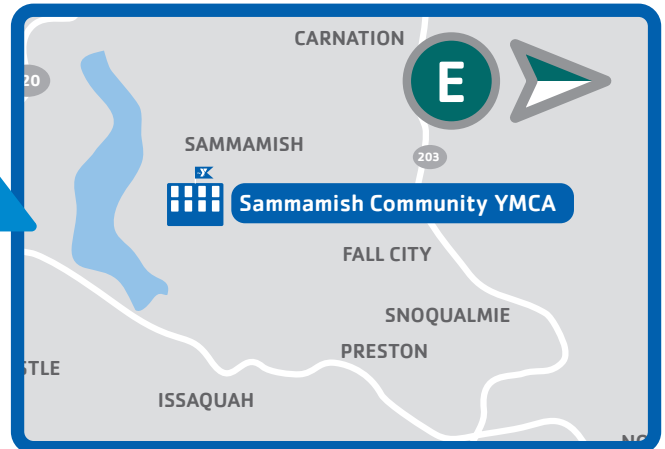


Help us reach our goal of: \$100,000



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

- \$360 provides three kids with access to a session of life saving swim lessons.
- \$500 provides a partial scholarship for a child to build social and emotional skills at summer day camp.
- \$1,000 helps support community mental health programs.



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!