



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.

SNOQUALMIE VALLEY YMCA

COMMUNITIES SERVED:
Snoqualmie, Fall City, North Bend, and Preston





HEALTHY COMMUNITIES START AT THE SNOQUALMIE VALLEY YMCA



Wellness isn't one-dimensional. It's spirit, mind, and body. For everyone.

And it's what guides Snoqualmie Y.

It's after school enrichment programs and day camps that provide social-emotional learning and confidence for kids. It's drop-in programs that build structure and safety to keep teens engaged. It's older adults finding classes, community, and companionship.

It's so much more than fitness. Critical services, like providing over 2,000 showers a year, are what vulnerable members of our community turn to us for.

And we're turning to you to keep it up.

Will you donate to our Annual Fund Drive to sustain this momentum?



Help us reach our goal of: **\$45,000**

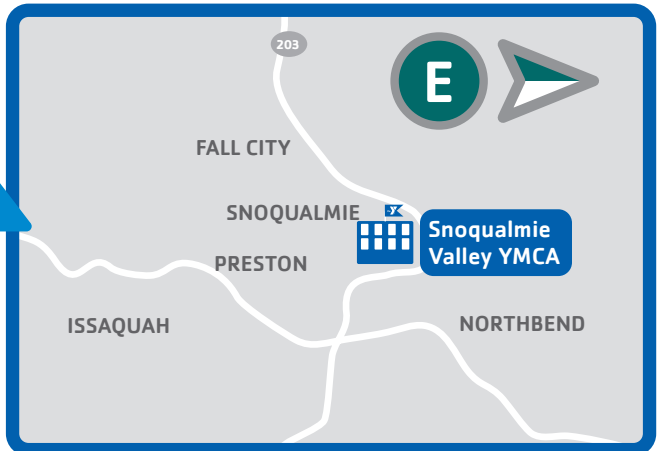


We need your help to make programs and services available to all.

- › \$250 provides a week at summer day camp for a child to learn about nature and build social and emotional skills.
- › \$500 provides a teen drop-in access to Y programs that provide mental health resources and build leadership skills and confidence.
- › \$1,000 ensures a shower participant has weekly access to a hot shower and hygiene essentials.



Ask a Y staff member how you can help by volunteering and advocating for Y programs!



DONATE TODAY

to help create communities we all want to live in

