





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.

UNIVERSITY YMCA

COMMUNITIES SERVED:
North Seattle

GOAL:
\$75,000



HEALTHY COMMUNITIES START AT THE UNIVERSITY FAMILY YMCA



A lack of connection to the community and no sense of belonging. That is why 34% of our young people experiencing homelessness aren't accessing housing and social services here in the U-District. And they aren't alone in feeling alone. Our senior community's quality of life and our schoolchildren's ability to attain social-emotional learning also suffer as a result of social isolation.

That's why University Family Y is committed to being an anchor for each and every community member, by drawing them in through accessible programming for all. That means providing on-site support for those experiencing homelessness and mental health crises, food programs, engaging after school enrichment, childcare assistance, and specialized senior programming.

Will you help build belonging by contributing to our Annual Fund Drive?



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



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

- \$250 provides 5 hours a week of Senior programming.
- \$400 provides 40 sack lunches and hygiene kits (one week) for our Sunday Meal Program.
- \$600 provides one month of before and after school enrichment for a child.
- \$1,000 provides one month of localized resources for youth & adults experiencing homelessness and mental health crises.



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!