



# 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.

## WEST SEATTLE & FAUNTLEROY FAMILY YMCA

COMMUNITIES SERVED:

West Seattle, Downtown Seattle, Burien, White Center, SeaTac, and Tukwila





# HEALTHY COMMUNITIES START AT THE WEST SEATTLE FAMILY YMCA



That first week was tough, Crystal recalls.

Can you imagine your son crying when you drop him off at a preschool you're struggling to pay for your three kids to attend? That was her reality. But it soon changed. By taking the time to get to know her family, our West Seattle staff quickly gained JJ's trust. He stopped crying, and he and his two brothers have since grown in every way as part of our community.

"... the way he talks about his emotions, the way he interacts with others kids... I've noticed his desire now to play with other children."

And a scholarship made possible by our generous donors means this care costs Crystal half what she would pay elsewhere.

"I knew the Y was a good place to go."

Will you contribute to our Annual Fund Drive to help more families like Crystal's?



Photo by Janice Chow

## Help us reach our goal of: \$125,000



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

- › \$175 provides a youth scholarship for a young person to learn life skills through programs like swim lessons and youth sports.
- › \$325 provides access for a young person to attend summer day camp where they experience the outdoors, make new friends, and build self-esteem.
- › \$500 allows a senior to participate in life-changing programs and services.



## 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!