



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2020



SHADY GROVE FAMILY YMCA

ANNUAL CAMPAIGN

CASE FOR SUPPORT

YOUTH DEVELOPMENT

YMCA youth development initiatives provide participants with opportunities that help them grow, develop leadership skills and maintain their academic progress. The Y's programs include educational mentoring, emotional support and enrichment experiences that can help youth learn, grow and achieve.

HEALTHY LIVING

Chronic disease threatens the well-being of children, adults and families. The YMCA is a community leader in delivering programs that decrease the risk for lifestyle-related diseases and advocate for healthy living. The YMCA engages with the community to promote healthy attitudes and behaviors to overcome this crisis.

SOCIAL RESPONSIBILITY

Everyone is welcome at the Y regardless of race, religion, gender, sexual orientation and identity, nation of origin, income and diverse abilities and needs. The Y provides financial assistance to those whose resources might be a barrier to participation and works with members to tackle challenges, develop solutions and ensure that our facilities and programs are open to all.

YOUTH DEVELOPMENT

Teens

Leaders' Club increases resiliency and the social-emotional capacities of teens to equip them to be the leaders of tomorrow. Through community service, career and college exploration, team building and more, teens in this program develop leadership skills for life.

Teen Nights at the Y offer middle and high school youth a fun and safe space to gather and socialize. Y Teen Directors offer activities that promote healthy, supportive peer relationships.

Families and teens are given the opportunity to talk with experts and one another about the social and health issues facing youth through our **Community Conversations** series.



Out-of-School Time

Children at 10 Elementary and 4 Middle School **After-School Care** sites and at Shady Grove Y **Summer Day Camp** receive learning opportunities and experiences to help children improve their academic and social skills and discover their potential.

HEALTHY LIVING

Active Adults

The Y works with older adults to improve their health and wellness through fitness and social activities. The Y also reaches vulnerable adult populations through year-round programming offered at Woodman West, a low-income apartment community in Glen Allen.

Community Health

The **YMCA Community Health** initiatives provide children, adults and families the skills needed to reach their full wellness potential to enjoy what is important and not let a person's zip code determine their health. The Y's programs meet people where they are through support to protect against health conditions, provide relief from physical pain and foster healthy eating and weight management.



SOCIAL RESPONSIBILITY

Open to All

The Shady Grove Y provides \$330,000 in financial assistance with more than 3,400 families and individuals. By offering subsidized memberships and programs, we remove financial barriers that may prevent members of our community from achieving their wellness goals, engaging their children in enriching programs and activities and building social networks and friendships through the Y.



CAMPAIGN GOAL
\$185,000