



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
 WELL-BEING**
 & BELONGING

MISSION

We nurture a healthy spirit, mind, and body so all can thrive while honoring our faith-based heritage.

VISION

To be the catalyst to transform lives and communities.



**CONNECTION
 IN COMMUNITY**

2024 ANNUAL CAMPAIGN
EAST COUNTY FAMILY YMCAS
 CAMERON | JOHN A. DAVIS | MCGRATH

THE ANNUAL CAMPAIGN MOVES OUR MISSION FORWARD TO ENSURE ACCESS FOR ALL.

OUR IMPACT

As a leading nonprofit, our Y is making a difference in the lives of East County's youth, seniors and families.

37,939

community members annually

COMMUNITY NEED

\$260,000 to provide equitable access to
 YMCA memberships, programs, and services.



OPENING OUR DOORS TO:

HEALTH EQUITY

MENTAL HEALTH

YOUTH DEVELOPMENT

ENSURING ACCESS FOR ALL



CREATING HEALTH EQUITY

2,460

seniors in East County

build friendships while working on their physical and mental health. The Y is their home away from home

SUPPORTING MENTAL HEALTH

Through the **LiveStrong program,**

we are able to help cancer survivors reclaim their power through all aspects of their journey, including working through anxiety and depression towards improved well-being.

NURTURING YOUTH DEVELOPMENT

2,302

swimmers

learned the importance of safety around water to prevent drowning, the leading cause of death for children 1-4 years old

YOUR SUPPORT MATTERS > ymcasd.org/eastcountygive

TESTIMONIAL



I have been a part of the YMCA gymnastics program since the age of 5. When my dad lost his job, we lost the sole source of income for our family, we could no longer afford to pay for my gymnastics. However, the Y went above and beyond to find a way for me to continue pursuing the sport I love. Time in the gym for me also meant I was able to escape from the stress at home and be at the Y, my second family, surrounded by love and support. The Y has not only been a place to continue my gymnastics journey, but has also taught me the value of community. It is more than a gym to me, it is family, it is home.
 - Lale, 13

**GIVE.
 VOLUNTEER.
 SHARE.**



SCAN QR CODE

