



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
MISSION VALLEY YMCA

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 nearly 10% of San Diego County's population.

12,810
 community
 members annually

COMMUNITY NEED

\$400K 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

Our LIVESTRONG program has helped

96
 cancer survivors

find normalcy, support, and wellness.

SUPPORTING MENTAL HEALTH

2,316

senior active-agers

are engaging in physical and mental fitness programs that promote well-being.

NURTURING YOUTH DEVELOPMENT

2,861

youth enrollments engaged

through our day camp and before-and-after-school programs, fostering lasting friendships.

YOUR SUPPORT MATTERS > ymcasd.org/missionvalleygive

TESTIMONIAL



As a coach and sports professional, it was always in my nature to be physically active – Stage 4 cancer took that away from me. My physical and mental well-being declined, and I found myself unmotivated. My participation in the LIVESTRONG at the Y program has helped me regain strength and build friendships. One thing I've always told my players and coaches: 'They don't care how much you know, until they know how much you care.'
And the YMCA cares. – Coach Gerry

**GIVE.
 VOLUNTEER.
 SHARE.**



**SCAN
 QR CODE**

