



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

OPEN HEARTS.  
OPEN DOORS.



## 2022 Annual Campaign • MISSION VALLEY YMCA

### WHO WE ARE:



**We Have a Mission:** The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

**We Made a Commitment:** Last year, the Mission Valley YMCA raised \$351,000 to provide scholarships and subsidies to fulfill our mission to serve all people regardless of their ability to pay. The need is urgent and growing...and it can't be met without you!

**We Can Make a Difference:** Our campaign focuses on supporting our highest need communities throughout San Diego County, while applying a racial equity lens to serve all. When you invest in the Y, your dollars directly benefit kids and families in underserved communities.

### WHAT WE DO: ENSURE ACCESS FOR ALL



#### CULTIVATE EQUITY & OPPORTUNITY

Our YMCA is committed to strengthening communities throughout San Diego County by ensuring every individual has the opportunity to thrive by accessing Y services and programs.

**Your dollars will...**

- Secure the financial stability of YMCA operations to better serve our most vulnerable and marginalized communities.
- Provide financial assistance to fund scholarships for YMCA memberships and critical programs that support people from all walks of life.
- Address economic disparities within communities by providing crucial services and support to those in greatest need.



#### SUPPORT YOUTH DEVELOPMENT

Our YMCA is committed to nurturing the potential of every youth by offering holistic programming that enhances, protects and nurtures the unique development journey of every child and teen.

**Your dollars will...**

- Serve working parents and families in early education and child care programs to provide academic support, recreational activities and social-emotional growth.
- Provide programs and experiences that encourage social, emotional, cognitive and physical development for children ages 3 to 17.
- Prepare young adults to enter the workforce, obtain and maintain employment, increase income and pursue higher education.



#### STRENGTHEN MENTAL AND PHYSICAL HEALTH

Our YMCA is committed to providing services and programs that encourage social, emotional, cognitive and physical development through holistic programming, authentic experiences and our YMCA Community Support Services.

**Your dollars will...**

- Provide mental and behavioral health care such as support groups, psycho-education, therapeutic support and programs that focus on spirit, mind and body.
- Improve our community's health by providing programs and activities that promote overall well-being and improve quality of life, from health and wellness programs to social services.
- Continue to ensure that our YMCA is a safe place for children to play, teens to connect and adults to thrive.

## WE NEED YOU: \$365,000 GOAL

GIVE.



VOLUNTEER.



SHARE.





# INVESTING IN OUR COMMUNITY

## MISSION VALLEY YMCA

Through generous donations to our Annual Campaign, we are able to give every individual the Y experience, regardless of their ability to pay.

When you give to the Y, you are making an investment in our community and giving those in need the opportunity to thrive.

### YOUTH DEVELOPMENT

# 213

weeks of camp  
were provided to  
**children of essential workers  
during summer.**

### HEALTHY LIVING

# 5,726

scholarships were provided to  
ensure our community can reach  
**their fullest potential**  
through spirit, mind and body.

### SOCIAL RESPONSIBILITY

# 1,211

individuals were provided crucial  
social services such as **therapy,  
transitional housing and basic  
needs support** through our  
YMCA programs & services.

"You brought us back to life! Our son craved social interaction and physical activity, and had a very hard time finding sufficient stimulation while being quarantined at home. Returning to YMCA day camp was truly a gift. We appreciated the tremendous effort by Y leadership and staff to redesign day camps and offer additional programming during the pandemic."



## YOUR DOLLARS AT WORK

**Community support allowed us to provide program subsidies, direct financial assistance and outreach programs to children, families and seniors in San Diego County.**

- **429 mobile outreach events and touch points** to relieve stress and give youth access to hard-to-find basic needs and hygiene items.
- The Y hosted **16 blood drives with over 400 donors**, potentially saving more than **1,030 lives**.
- **2,053 viewers** tuned into our Be Well virtual series.
- **797 YMCA Active Adults** participated in virtual social engagement and learning.
- YMCA of San Diego County served people in more than **100 unique ZIP codes**.

**GIVE TODAY! >>> [ymcasd.org/missionvalleygive](https://ymcasd.org/missionvalleygive)**