

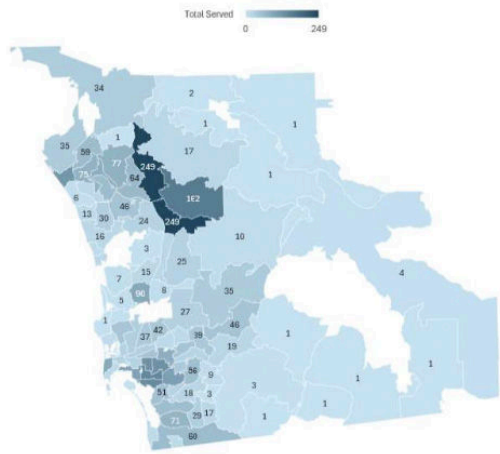
OUR REACH THIS YEAR

YMCA Youth & Family Services (YFS) works alongside young people and families across San Diego County to increase stability, connection, and opportunity.

This year:

- **3,707** children, youth, and adults received direct services and an additional **125** family members were served by extension
- **2,789** connections were made to programs, housing, and community resources
- **8,822** community members were reached through outreach, presentations, and collaborative partnerships

Altogether, **15,443** people were supported, connected, or positively impacted through YFS programs and partnerships.



www.ymcasd.org/yfs

A HOLISTIC APPROACH

At YMCA Youth & Family Services, our commitment is to increase access to the opportunities, connections, and support that young people and families need to thrive. With more than 50 years of experience in San Diego County, we know that there is no single pathway to stability, well-being, or long-term success.

Instead, YFS provides a continuum of interrelated supports that respond to the unique strengths, goals, and circumstances of each young person and family. Our services are designed to meet people where they are, offering consistent relationships, timely access to resources, and opportunities to build stability over time.

To do this, we deliver specialized programming across **three interconnected social issue areas**, recognizing that progress in one area often supports progress in others.



Housing & Youth Development



Mental Health & Well-Being



Family Support & Preservation



OUR REACH BY ISSUE AREA

HOUSING & YOUTH DEVELOPMENT

1,763 young people took steps toward safe, stable housing while building skills that support long-term economic stability.

Low-barrier housing resources were paired with consistent supports, including case management, housing navigation, mental health services, and connections to education and employment. Through these opportunities, young people strengthened practical skills, confidence, and work readiness—creating pathways to lasting stability that reach far beyond housing.

MENTAL HEALTH & WELL-BEING

1,362 individuals accessed community-based mental and behavioral health services through YFS.

Services include counseling, trauma treatment, behavior consultation, parenting supports, and more intensive clinical care, each shaped around individual needs and experiences. Through this support, individuals build skills for regulation, connection, and emotional well-being, supporting reduced stress and greater resilience in everyday life.

FAMILY SUPPORT & PRESERVATION

582 children, youth, and caregivers strengthened family connections through YFS.

Youth and families engaged in family identification, resource navigation, case management, and peer support. These efforts promoted connection, safety, and stability, especially for children and youth involved in the foster care system.

WHY SOCIAL CAPITAL MATTERS

At the heart of YFS work is social capital – the relationships that connect people to opportunity, guidance, and support.

By building trusted connections with caring adults, peers, employers, and community partners, young people gain access to more than services alone. They gain relationships that open doors, share knowledge, and provide steady support during moments of transition. These connections strengthen outcomes across housing, mental health, family stability, and economic prosperity—and continue to matter long after our services end.