

A MESSAGE FROM OUR LEADERSHIP

As we reflect on this past year, I want to express my deepest gratitude to our dedicated staff, trusted partners, and generous funders. Together, you make it possible for child care to work better for families, providers, and employers across San Diego County.

In a region where finding and affording child care continues to be a real challenge, I am incredibly proud of the way our team shows up for families—supporting them in finding child care that meets their needs, navigating financial assistance, and accessing respite care when caregiving demands are high. Every connection we make helps reduce stress and creates stability for children and caregivers alike.

We also know that child care providers are navigating significant business and workforce challenges. That's why we remain committed to supporting providers in every setting—centers, family child care homes, license-exempt providers, and those just starting out—with quality improvement support, business guidance, training, and shared resources.

At the same time, we continue to expand our work with employers, helping them offer free child care benefits to their workforce and become more family-friendly workplaces. These partnerships strengthen families, improve employee well-being, and contribute to a more resilient local economy.

Thank you for standing with us as we work toward a stronger, more sustainable child care system for our community.

Kim McDougal,
Senior Vice President & Chief Social Impact Officer



www.ymcasd.org/crs

ABOUT US & OUR APPROACH

YMCA of San Diego County's **Childcare Resource Service (YMCA CRS)** is a trusted resource for families, child care providers, employers, and community leaders throughout San Diego County. We connect families to child care options that fit their needs while ensuring providers have the tools, resources, and support needed to grow and sustain their work.

Through a wide range of services—including child care referrals, public financial assistance, provider support, and employer partnerships—we help create environments where children can grow, learn, and build a strong foundation for lifelong well-being.

Our work is grounded in the **Protective Factors Framework** and informed by the **HOPE (Healthy Outcomes from Positive Experiences) framework**, which emphasize reducing stress, strengthening relationships, and creating supportive environments for children and caregivers.



We integrate these protective factors across all of our services by:

- Supporting families in finding and paying for child care that meets their unique needs
- Supporting child care providers in strengthening quality practices and business operations
- Partnering with employers to offer family-friendly child care solutions
- Providing respite care for families caring for children, teens, and adults with special needs
- Advocating for strong, accessible family support systems
- Collaborating with cross-sector partners to improve systems and expand access to resources



OUR REACH & IMPACT

As one of San Diego County's two child care subsidy-distributing agencies—and the only state-funded resource and referral agency for child care navigation in the county—YMCA CRS plays a critical role in helping families access affordable child care and supporting providers across the child care system. Through connections to care for families and practical support for providers, we help strengthen environments where children can grow and caregivers feel supported. We are proud to share the impact of this work across our community this year.

Total People Impacted:

53,888

Adults: 33,351
Children & Youth: 20,537



Child Care Workforce & System Support

453 Provider Trainings
with 6,383 attendances



Child Care Funding Distributed to Families:

\$125+ million

CHILDREN AT THE CENTER

While many of our services are delivered through adults—parents, caregivers, providers, and employers—children are the ultimate beneficiaries of all that we do. Every referral, training, consultation, and system improvement contributes to safer, more nurturing environments where children can experience stability, connection, and opportunity.

PROTECTIVE FACTORS IN ACTION

CONCRETE SUPPORT IN TIMES OF NEED

When families and child care providers have access to reliable, practical supports—such as child care, financial assistance, and business guidance—stress is reduced and stability increases. Our services respond to the real-world needs of families, providers, and employers, helping them navigate systems and access timely resources.



Families Supported: 19,399
Providers Supported: 8,028

“Receiving the child care subsidy has reduced financial stress and allowed my children to have consistent, quality care, which supports their growth and happiness.” – A San Diego Parent

SOCIAL CONNECTIONS

Strong relationships are the foundation of thriving families and communities. We foster connection by bringing families, providers, and partners together through trainings, shared learning spaces, and community collaboration—strengthening networks that offer emotional, informational, and practical support.



Families Supported: 513
Providers Supported: 104

“It is a great opportunity to reach out and interact with other providers and learn and expand on new topics.”
– San Diego Child Care Provider



SOCIAL-EMOTIONAL COMPETENCE OF CHILDREN

Children develop lifelong skills when they feel supported in expressing emotions, managing behavior, and forming positive relationships. We support this development by building the skills and confidence of parents and child care providers to respond to challenging behaviors and create nurturing learning environments.



Families Supported: 24
Providers Supported: 320

CAREGIVER RESILIENCE

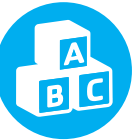
Caregiver well-being plays a powerful role in children's outcomes. By reducing stress and strengthening coping skills, caregivers are better able to provide safe, stable, and nurturing environments. Our respite care services, parent support opportunities, and resource connections support caregivers as they navigate complex responsibilities.



Families Supported: 1,737

KNOWLEDGE OF CHILD DEVELOPMENT

Access to trusted information helps caregivers and providers better understand children's needs and respond with confidence. With more than 45 years of experience, YMCA CRS shares knowledge through child care guidance, professional development, and learning opportunities that support healthy development at every stage.



Families Supported: 3,226
Providers Supported: 6,135