



# HELP THEM THRIVE

YMCA OF SOUTH HAMPTON ROADS

**WE BUILD PEOPLE**

Annual Support Campaign



# YOUR SUPPORT GIVES EVERYONE IN OUR COMMUNITY A CHANCE TO THRIVE.

When you give to the Y, you continue to strengthen our community and move us all forward. As the nation's leading nonprofit for youth development, healthy living and social responsibility, the Y uses your gift to make a meaningful, enduring impact right in your own neighborhood. Your gift ensures that the Y's programs and services will be open to all.

**PLEASE CONSIDER A GIFT AND INVEST IN OUR KIDS, OUR HEALTH AND OUR NEIGHBORS.**

**Go to [www.ymcashr.org/donate](http://www.ymcashr.org/donate) to make your gift online.**

**MISSION:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA OF SOUTH HAMPTON ROADS  
250 W. Brambleton Avenue, Suite 100, Norfolk, VA 23510  
Reach your local YMCA at (757) 962-5555. • [www.ymcashr.org](http://www.ymcashr.org)



## FOR YOUTH DEVELOPMENT

All kids deserve the chance to discover who they are and what they can achieve. Your gift will improve a child's behavior and health and give them opportunities for educational achievement.



**As a single dad of sons with special needs, Eric faces more challenges than most parents.**

Not one but two of his sons have special needs. The Y gave Eric's boys the opportunity to have fun and just be kids this summer.

Meet Eric and his oldest son by scanning the code below or go to [www.ymcashr.org/eric](http://www.ymcashr.org/eric).



## FOR HEALTHY LIVING

You can improve our nation's health and well-being by starting in your community. Your gift to the Y brings families closer together, supports fitness and fun, and provides opportunities to manage chronic diseases in a supportive environment.



**As she walked out of the doctor's office in tears, Makita knew she needed the Y to save her life.**

Her weight was an impending death sentence. The Y provided support for Makita to make a lifestyle change.

Meet Makita by scanning the code below or go to [www.ymcashr.org/makita](http://www.ymcashr.org/makita).



## FOR SOCIAL RESPONSIBILITY

When you give to the Y, you help a neighbor in need. Join us in promoting youth development and fostering healthy living in your neighborhood. Each of these areas has a long-range impact for all of us. Your gift ensures that the Y's programs and services will be open to all.



**Alan is busy with his career and family, but he knows that giving back is a value that endures.**

For seven years, he's helped strengthen his community by volunteering with the Y and raising funds to help children facing hardships. The Y offers opportunities for giving that foster communities and bring them together.

Meet Alan by scanning the code below or go to [www.ymcashr.org/alan](http://www.ymcashr.org/alan).



## SUPPORT THE Y STRENGTHEN YOUR COMMUNITY

The Y's cause is to strengthen communities and that's what your gift will do—strengthen your community. For many youth and families, the Y is the community center where new friendships are made and old friends swap stories. Children see neighbors as role models and grandparents gather for cards, coffee and conversation.



**Keith and Buck come to the Y because that's where they found a new family.**

Sometimes small communities need big hearts like the Y has in order to embrace everyone. The Y is a diverse organization that joins people together.

Scan the code to view this community story or go to [www.ymcashr.org/community](http://www.ymcashr.org/community).



# EFFINGHAM STREET FAMILY YMCA 2012 WE BUILD PEOPLE GOAL: \$40,000

The Y is a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Your support helps make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

## FOR YOUTH DEVELOPMENT

**Before-and-After-School Care:** The Y offers kids from 12 Portsmouth schools a safe haven during those critical hours when school is out and parents are at work. Homework assistance and tutoring as well as water safety instruction for all participants before summer starts give every child a chance to succeed in an atmosphere that encourages safety, fun and educational achievement.

**Pre-School Child Care:** Children age four who are attending two Portsmouth Head Start programs are making friends and having fun in an environment that supports the early learning experiences that are so crucial to future success in school.

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## FOR HEALTHY LIVING

**Membership:** The Y is committed to supporting the individuals and families in our community by ensuring that all people have the opportunity to benefit from membership. Last year, with the help of other caring community members, we made the Y possible for 1156 people. Unhealthy eating habits and sedentary lifestyles are taking a toll on our nation's health; the Y is helping to combat this issue by offering Y-Change to all kids, teens, adults, families and older adults. This 6-week, small group journey encourages members to create healthy habits in an environment of friendship and support.

**Children's Yoga:** The Y is helping kids learn to relax and de-stress after a long day at school through Yoga classes twice a week.

**Kids Zumba:** Group exercise is even more fun when it combines dance moves and different cultural dance expressions. All kids in the Y's before-and-after-school program have a chance to participate.

**Family Zumba Night:** This healthy, family fun activity keeps everyone moving and enjoying time together.

## FOR SOCIAL RESPONSIBILITY

**Swim Lessons & Summer Camp:** The Y has been listening and responding to our community's most critical social needs for well over a century. Programs for kids living in two Portsmouth domestic abuse shelters include free swim lessons and a chance to go to summer camp. Free swim lessons are also offered to children who attend our child-care programs through the Department of Social Services.

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