



# 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).



# MT. TRASHMORE FAMILY YMCA 2012 WE BUILD PEOPLE GOAL: \$103,000

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

**Preschool Program:** Quality early learning experiences are crucial to future success in school. Our youngest members discover friendship and teamwork in a fun, learning environment guided by caring and nurturing adults.

**Before-and-After-School Programs:** New programs at select Virginia Beach Public School sites cover those critical bridge hours when kids are home and parents are at work. As the region's largest child-care provider, the Y offers safe, quality care that nurtures spirit, mind and body.

**Summer Camp:** Whether it's making memories while making crafts or learning about teamwork through sports, the Y keeps kids active, engaged and connected to positive role models when school is out.

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## FOR HEALTHY LIVING

**Family Time:** At the Y, there's always something going on—a place that offers everyone in the family a fun and healthy outlet for exercise, sports, outdoor activities, healthy living classes and more—and all close to home.

**Military Support:** Families of Navy Seal members find a welcoming, supportive community at the Y. Our Naval Special Warfare donation provides memberships to families whose parent or spouse is deployed. The Y provides a safe place for kids to play and stay active while giving “military moms” some quality time for physical fitness and social support.

**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 1878 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 six-week, small group journey encourages members to create healthy habits in an environment of friendship and support.

## FOR SOCIAL RESPONSIBILITY

**Senior Programs:** The Y family embraces today's seniors and offers them a rich, social environment with programs and activities that help improve health and quality of life. Specialized fitness classes and shared activities keep older adults connected and encourage both mental and physical well-being.

**SPLASH:** In a region surrounded by water, we believe that everyone should know how to swim. Your gift allows us to offer free swim lessons to at-risk youth in our community and help them build their skills and self-confidence in a caring, nurturing environment.

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