



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2018 ANNUAL CAMPAIGN BREAKTHROUGH TO A BRIGHTER FUTURE

For a better us.

SOMERSET COUNTY YMCA

TOGETHER WE **BREAK THROUGH** TO A **BRIGHTER FUTURE**

Together with our donors, we ensure that the Y's doors remain open to all so everyone can break through to a brighter future. At the Y, even seemingly small feats are cause for celebration. One person's mundane task is another's crowning achievement.

NURTURING CONFIDENT KIDS

All children deserve opportunities that help them realize their potential. At the Y, children develop self-esteem, independence and leadership in a safe, nurturing environment. Our programs inspire them to cultivate values, skills and relationships that lead to brighter tomorrows.

INSPIRING IMPROVED HEALTH

Being healthy in spirit, mind and body allows everyone to live life to its fullest. Healthy living is core to the Y's mission. Every day, individuals of all ages, abilities and backgrounds are encouraged to live active lives and be their best selves for a brighter outlook.

FOSTERING SOCIAL CONNECTIONS

We transform lives by providing financial assistance to qualifying individuals and families, so that everyone has the opportunity to learn, grow and thrive. We also give back to neighbors through subsidized programs that create a sense of connectedness and hope for those who need it most - all to build a brighter community.

OPEN THE DOOR TO **OPPORTUNITY**

In our communities, many individuals and families struggle financially and need a helping hand to get back on their feet. They need a place to belong and the support of those who care. They need the Y. In 2017, our YMCAs provided over **\$1,330,000** in direct financial assistance to qualifying individuals and families.

You can help to make a difference in your community. When you contribute to the Y's Annual Campaign you help others to break through emotional, physical and financial barriers by allowing them to participate in vital Y programs and services. From child care to active older adult programs, swim lessons to cancer support, sports to arts, fitness classes to volunteer opportunities, everything we do at the Y helps to make us, as individuals and as a community, better. With your help, we change lives in positive and significant ways.

Donor generosity to our Annual Campaign ensures that we are able to meet these needs. In addition to direct financial assistance, over \$610,000 was provided in support of programs and services that benefit the community through youth development, healthy living and social responsibility.

2017 DIRECT FINANCIAL ASSISTANCE



ABOUT THE **ANNUAL CAMPAIGN**

Strengthening the community is our cause. Often, individuals in our community struggle with unemployment, chronic disease, financial hardship and difficult circumstances. The Y counts on the generosity of donors to ensure that everyone has the opportunity to learn, grow and thrive regardless of the ability to pay. Together, we can give back to those in our community who need us most. Contributions to the Annual Campaign support the growing need for vital Y programs and services in our communities.



The Y is

a charitable organization committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe that everyone deserves the opportunity to flourish in spirit, mind and body. Everything we do is guided by our core values of caring, honesty, respect and responsibility.

SOMERSET COUNTY YMCA

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Facebook.com/SomersetCountyYMCA

Twitter.com/scymca

www.somersetcountyyymca.org/give

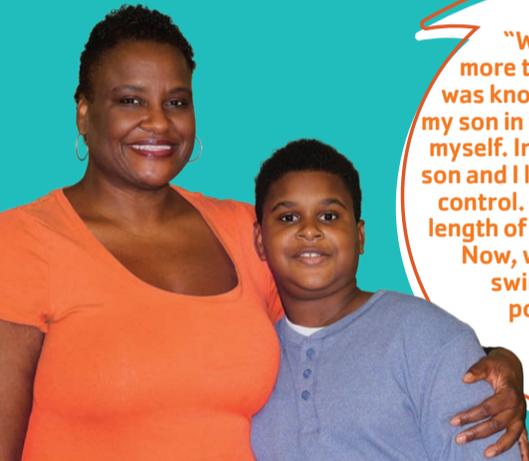
GIVE THE GIFT OF
POSSIBILITY

When you donate to Somerset County YMCA, you have an extraordinary opportunity to strengthen the community through Y programs and services. Your gift to the Y makes a meaningful impact right in your own neighborhood. Give online at www.somersetcountnymca.org/give.



\$150

Provides **eight weeks of swim lessons** to teach one child or adult a critical life skill and to be safe around water.



"What frightened me more than a fear of drowning was knowing that I couldn't save my son in the water if I couldn't save myself. In the Y's swim lessons, my son and I learned to stay calm and in control. The first time I swam the length of the pool was a milestone. Now, we are more confident, swimming and enjoying pool time together."

- Susan, Hillsborough YMCA

\$250

Provides a **three-month adult membership for one participant in Career Forum**, a program to help job seekers with professional advice, tips and skills.



"Rather than searching for jobs alone at home when I was out of work, I made connections and got valuable advice at Career Forum. It helped me to land a new job. Plus, the Y's reduced-rate membership was a huge benefit. Exercising made me feel better physically and mentally. Career Forum far exceeded what I could have achieved on my own."

- Glenn, Somerset Hills YMCA

\$500

Provides a **one-year membership in our 7th Grade Membership Program** that enables young teens to develop healthy habits at an early age.

"I had open heart surgery when I was 3 years old. Keeping my heart healthy is important. I know that exercising at the Y is good for me. It makes me feel healthier and even makes my mood happier. The staff are so nice and show you how to use the fitness equipment. Plus, it's great to work out with friends; we motivate each other and have fun."

- Molly, Somerset Hills YMCA

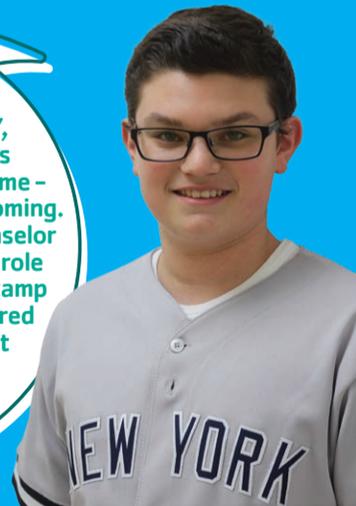


\$1,000

Provides **two weeks of summer camp** to two disadvantaged children, so they have a safe place to explore and discover.

"I was nervous on my first day at Y camp. Before the Y, I went to a camp where I was bullied. But Y camp was awesome - everyone was friendly and welcoming. I made lots of friends. As a counselor in training, I was proud to be a role model for the younger kids. Y camp gave me confidence and inspired me to do my best and not let anything get in my way."

- Jared, Hillsborough YMCA



\$3,000

Provides **two cancer patients with a 12-week session of LIVESTRONG® at the YMCA**, a cancer recovery program to help regain physical and emotional strength.



"My first day at the Y, I was so weak that I slid to the ground and needed help getting up. But that day, everything changed. In the LIVESTRONG at the YMCA program, I was surrounded by people who gave me positive encouragement and reminded me that I still have life to live. I've regained strength and recovered spiritually and emotionally."

- Peg, Somerville YMCA

\$5,000

Provides five **Pre-K children with one month of child care tuition support** to qualifying families.

"After my divorce, I needed child care for my three kids so I could find a job. Coming to the Y changed our lives. My children are thriving and learning through academics and enrichment. The caring staff and nurturing environment relieve stress in our lives and inspire my kids to be confident and responsible. The Y is our safe haven, our family."

- Chante, Somerville YMCA

