

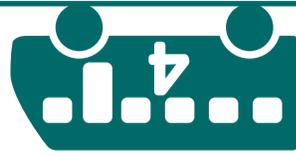
MEMBERS



PROGRAM SITES



CHILDCARE LOCATIONS



BRANCHES



STRENGTHEN COMMUNITY THROUGH YOUTH DEVELOPMENT,  
HEALTHY LIVING AND SOCIAL RESPONSIBILITY.



TOGETHER WE CAN  
DO SO MUCH  
MORE



METRO YMCAS OF  
THE ORANGES  
Annual Campaign

Our members and friends call us THEIR Y. We call them OUR greatest resource—the thousands of people who work alongside us and support our work to help our neighbors learn, grow and thrive.

What if we could harness all of that power to make an even greater difference on a larger scale?

With programs from A to Z—like afterschool to advocacy, dance classes to disease prevention, volleyball to volunteerism—we don't just strengthen individuals, we strengthen our community.

Yet there is so much more to do.

The Metro YMCA faces new challenges that create a greater need for the work we do. Fortunately, where some see obstacles, we see opportunities for our members, volunteers, staff, and generous donors like you to make a difference. No other organization can impact as many people as powerfully as we do every day.

**Every gift makes a difference.  
Everyone has a role to play.  
Together, we can achieve so much more.**

**WE'RE  
MORE THAN  
YOU KNOW.  
WE'RE  
A CAUSE.**

METRO YMCAS OF THE ORANGES  
Annual Campaign

**The Y. So Much More™**

# The Y. So Much More™

From A to Z, we offer a variety of experiences to nurture the potential of every child and teen, improve the nation's health and well-being, and provide support to our neighbors.

## YOUR GIFT BATTLES CHILDHOOD OBESITY

Remember things your mother said:

An apple a day... sounds easy, but apples and other healthy snacks are not always readily available choices. Turn off the TV and go outside and play... not an option for children who are told to go directly home and not leave the house until a parent comes home from work. Go ride your bike...many children in urban areas do not have access to bikes or safe biking paths. Wash your hands, dinner is ready... today's jam packed schedules cause many families to trade a homemade healthy meal around the table for an on the run bite in the car or late fast food.

YMCA after school programs provide a safe and nurturing environment. The curriculum includes 45 minutes of physical activity using the award winning and evidence based Healthy U program, homework assistance, access to computer labs, a healthy snack, science, reading, arts and math activities.

## and So Much More...

After school programs promote inclusion and self-esteem.

A parent shared this story: "My daughter was experiencing some difficulty with friends, who were not treating her nicely in school. She was so sad and sometimes actually cried at the thought of losing their cherished friendship. I didn't know what to do. The Y staff noticed that there was a problem at After Care. They talked to the girls and taught my daughter to be strong and to stand up when anyone was putting her down. Their friendship is back to normal and I can't thank your program enough for the help."

Her daughter agrees: "After Care is a special place for me because it's a place where I can be happy and make friends. I will never forget it."



**READ MORE STORIES OF IMPACT.**  
Visit [metroymcas.org/stories](http://metroymcas.org/stories)



### YOUTH DEVELOPMENT



All kids deserve the opportunity to discover who they are.



### HEALTHY LIVING



Health and well-being are all about balance.



### SOCIAL RESPONSIBILITY



We work every day to connect people from all backgrounds.

## GIVE TODAY | [METROYMCAS.ORG/GIVE](http://METROYMCAS.ORG/GIVE)

When you give to the Y, your gift will help young people achieve their potential, empower people of all ages to lead healthier lives, and strengthen the bonds of community in Essex, Passaic and Sussex Counties.

Together, we'll take on many of the greatest challenges facing our young people, our health and our community.

We have an extraordinary opportunity to ensure a brighter future, but we must take action today, and only your support will make it possible.

Now, when you think of your Y, you'll know it's more than just a place – it's a cause. A cause, that with your generous support, will continue to strengthen the community in which you live.

**To find out how you can support our cause, contact the Executive Director at your local YMCA.**

**The Y. So Much More™**

**GIVE TODAY!**



## Your Gift Makes A Difference

\$5,000	OR	\$500/month for 10 months	➤	Sponsors the 7th grade membership program for a Branch.
\$1,000	OR	\$100/month for 10 months	➤	Makes the dream of summer camp and irreplaceable childhood memories.
\$500	OR	\$50/month for 10 months	➤	Supports financial assistance for senior citizen including programs such as gentle fitness, diabetes prevention, nutrition education.
\$250	OR	\$25/month for 10 months	➤	Reduces summer learning loss and engages children in a love of reading.
\$100				Teaches the life skill of water safety to children in our SPLASH program.
\$10				Provides Stewards of Children Sexual Prevention training and materials for an adult.

\* These gift descriptions are examples of the scope of services provided by the Metro YMCA branches and are not intended to be specific restrictions for donated gifts.