

Every day, the Metro Y gives Essex, Passaic and Sussex County residents the support they need to learn, grow and thrive.

From community service to cyber security, disease prevention to youth sports, aquatics to food insecurity, everything we do helps strengthen our neighborhood and the people who live here.

But keeping our communities and members great is a full-time job. Every day, we face new challenges that reaffirm need for the cause driven work we do. We cannot do this work alone. We need your help.

Your gift can help our communities and everyone in it shine.

For a better you. For a better community. For a better country.

The Y.™ For a better us.™



metroymcas.org/give

973 758 9622

Livingston, NJ 07039

139 E. McLellan Ave

METRO YMCAS OF THE ORANGES

The Y.™ For a better us.™



GIVE FOR A BETTER US





TOGETHER, WE CAN CREATE A BETTER US

Annual Campaign
 METROPOLITAN YMCAs OF THE ORANGES

GETTING BETTER EVERY DAY

You are a part of a diverse organization of men, women and children joined together by a shared commitment to strengthen our community through youth development, healthy living and social responsibility.

In our families and neighborhoods, issues such as unemployment, chronic disease, educational disparities and poverty affect the strength of our communities. But where society falls short, the Y, with your help, steps in to effect lasting, meaningful personal and social change.

We must act together. When we invest in our kids, our health and our neighbors, our impact is felt. Every individual who makes a healthy choice, every mentor who inspires a child and neighbors who come together for the common good are evidence of that impact.

Our shared goal is making us—as individuals and a community—better.

The Y.™ For a better us.™

A strong YMCA ensures that all are welcomed to participate in the highest quality programs. When you help strengthen the Metro YMCA, you ensure the broadest possible opportunity through programs focused on:

Youth Development

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development—all grounded in the Y's core values of caring, honesty, respect and responsibility.

Healthy Living

We help people and families build and maintain healthy habits in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

Social Responsibility

With our doors open to all, we bring together people from all backgrounds, and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

GIVE TODAY

To learn more about the Y, metroymcas.org/give

Examples of how gifts make a real difference.

\$1500

Provides a 12-week **LIVESTRONG** program for one cancer survivor.

\$1000

Provides 10 camperships.

\$500

Provides a multi-cultural library at an afterschool site.

\$150

Provides welcoming space and inclusive programming for a family with a special needs child.

\$50

Helps one senior battle social isolation while maintaining mobility and balance.