



## WITH PROFOUND THANKS ...

*The YMCA is so much more than a gym. It's a place where everyone belongs. And thanks to you, Moses could turn to us. In rural or urban centres, the YMCA is open and accessible to everyone. Moses is living proof that YMCA facilities and programs are so important to building healthy communities. Thank you! - Andrew Lockie, CEO*

### MOSES' Y STORY

*"My name is Moses and I am 43 years old. I am a volunteer with the YMCA. I have a spinal cord injury and have been in a wheelchair since 2009. I live with my parents, who are incredible and very supportive, and help me achieve my goals and dreams. When I first started volunteering at the Y, I was very shy, but everyone welcomed me with open arms. Everyone is so nice to me and the Y family continues to help me and support me in every way, and every day. The Y has brought me out of my shell and I am more confident today. The Y is like a family to me. I know them, they know me. I believe in myself more now and I am taking it one step at a time. Whatever life brings at me and throws at me, I am ready for it."*



## I no longer felt embarrassed...

Donations to our Strong Kids Campaign provide financial assistance for kids and families who need support. Here is one mother's grateful response, only one of the thousands you help with your generosity:

*"I joined the YMCA as a 28-year-old mother of two young children. I enrolled my son into the Before and After school program and he absolutely loved it! He would tell me every day how much fun he had. Due to financial reasons the next year, I struggled to make the monthly payments and had decided to change his childcare, but the Y Director offered to help me through Strong Kids. With her help, I no longer felt embarrassed about my personal situation, in fact I felt like I belonged. The YMCA truly makes you feel like you are a part of a family. The YMCA made it possible for my son to continue attending the Y programs!"*

*- YMCA Strong Kids recipient Family*



## POWERING CHANGE

As we navigate these current times in search of a “new normal,” our local communities will need the Y more than ever. Our Association expanded its reach and impact in 2019, and it is with this momentum that we will propel forward in delivering quality services to those in need.



**240,881**

Total number of members & participants



**3 out of 10**

Y members & participants receive YMCA financial assistance



**92%**

Overnight camper satisfaction at YMCA Camp Queen Elizabeth



**12,871**

Children participated in YMCA Day Camp programs aimed at encouraging independence, skill development, and physical activity



**4,000+**

Newcomers and their families were connected with a wide range of vital community resources as they find their path in Canada



**2,007**

Children developed friendships, received support and participated in activities at YMCA child care programs



**\$4.4M**

Provided to children, families and adults requiring financial support



**4,053**

Children supported in our school age programs



**\$100,000**

Raised in our annual YMCA Strong Kids Staff Campaign with 71% staff (and 91% of full-time staff) contributing



## MY HOME AWAY FROM HOME

*“The YMCA means many things to me. The obvious is where I can dedicate some time to my mind, body and spirit. It is easy to come up with many excuses not to go to the gym, but I have not found one good reason. It is extremely important that I attend five days a week. Though I am not training for anything in particular, the most important aspect to me is the commitment I have made to myself by going to the gym. A secondary benefit to this is showing my children that going to the gym is a vital part of anybody’s life. Trying to maintain a well-balanced life is difficult, however, possible. I love that my children see this, as my hope is they can also have a balanced life in the future. I have made many good friends at the YMCA, and this has certainly been an added benefit. It really has become my home away from home. My day is simply not complete until I have made it to one of the YMCA facilities that I frequent.”*

*- John S,  
Rehabilitation Support Worker*

### Contact us

If you have any questions about donations or tax receipts, please contact **Christina Harley** at 519-907-5500 Ext.1152 or via email at [christina.harley@swo.ymca.ca](mailto:christina.harley@swo.ymca.ca) You can also visit us at [ymcawo.ca/give-today](http://ymcawo.ca/give-today).