

At the Y, we are **changing lives one at a time**. We believe when we work as one, we **build a stronger community**. We are 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. **Financial assistance keeps the Y available for kids and families who need us most**. Every day, we work to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. **Everyone belongs** at the Y.

FOR YOUTH DEVELOPMENT

We believe in the potential of children. All kids deserve the opportunity to discover who they are and what they can achieve. At the Y, we are helping kids build the values, skills and relationships that lead to positive behaviors, better health and educational achievement. Help us give our children a place to belong and the opportunity to become confident today and healthier, happier adults tomorrow.

“This summer, I watched my daughter grow and blossom at YMCA day camp. When I was stretched way too thin because I was caring for my husband during cancer treatment, the Y was there for our family.”
– Mother of a YMCA Camper

Kids in YMCA programs are more likely to succeed in school, value diversity, and build positive peer and adult relationships.
 – According to data from the Search Institute



Obesity is a critical issue in our communities. 65% of adults and over 45% of children in North Carolina are overweight or obese.
 – According to data from Trust for America’s Health 2011 Study and North Carolina Nutrition and Physical Activity Surveillance System

FOR HEALTHY LIVING

Sometimes you need a place to belong to make a change or choose to prioritize your health. The Y provides the tools, support and belief from someone else that you can do it. We give hope through knowledge of healthier habits and lifestyle choices. The Y brings people closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

FOR SOCIAL RESPONSIBILITY

At the Y, strengthening community is our cause. The YMCA listens and responds to our communities’ most critical needs. We help create change. We partner with other local nonprofits, hospitals, schools and local government groups to develop a community where everyone belongs.

Whether developing skills or emotional well-being, welcoming and connecting diverse populations, or advocating for healthier communities, the Y fosters the care and respect all people need and deserve.

“My YMCA membership is like a lifeline for me. It has helped me improve my health. When I lost my job, I thought I would have to give up my membership, but I was provided with a scholarship to continue coming every day.” – Member



HOW CAN I HELP?

Your gift makes a meaningful, enduring impact right in your own neighborhood.

- \$60 Will give a child the opportunity to learn water safety and swimming or gain confidence during a season of youth sports.
- \$130 Sends a child to a week of summer day camp filled with swimming, crafts, games and other values-based activities.
- \$270 A grandmother raising her daughter’s child can receive a month of afterschool care.
- \$370 Give a senior a year’s membership to the Y so they can connect with new friends and improve their health.
- \$679 Sends a child to resident camp for one week of outdoor exploration and character-building activities.
- \$1200 A group of teens can develop as future leaders and learn from mentors through afterschool programs, community outreach, and Youth and Government programs.

Visit YMCANC.org to find your local Y, give online or explore planned giving options.

**YMCA of Greater High Point
Friends of Youth
Annual Giving Campaign**

YES, I WANT TO HELP

Name: _____

Address: _____

Phone: _____

Email: _____

Branch: _____

HERE IS MY PLEDGE FOR:

My pledge: \$ _____

Employer match: \$ _____

(Name of employer if matching)

Matching form needed by time of payment

Total pledge: \$ _____

Donor signature: _____

I have, or plan to include, the YMCA of Greater High Point in my estate plans.

Payment Options (please choose 1 of the 5 options)

___ **Payment of \$ _____ attached, or**

___ I plan to make a single payment. Send a reminder the month of _____

___ I plan to make 4 payments by Dec. 31. Send reminders beginning _____

___ I plan to make monthly payments, send monthly reminders beginning _____

___ Please use current bank draft information on file
_ Visa _ MasterCard _ Discover _ American Express

Credit Card # _____

Expiration Date _____

CHANGING LIVES AT THE Y

YOUTH DEVELOPMENT

Camp Cheerio Branch is a fun and safe environment where children can come to be themselves and grow in their faith during the one or two week resident camp experience. This past summer, Leila joined our Counselor-in-Training program to give campers a taste of the incredible experience she had as a camper. At home, Leila does not feel accepted by her peers and is treated like she is different from the “popular” crowd at school. During her first summer at camp she connected with the staff and fellow campers. She found that she was loved and appreciated for who she was and not for whom others thought she should be. Leila grew in her relationship with God and learning how she didn’t have to change who she was to be loved by Him. Leila now looks forward to the time she gets to spend at Cheerio which is to her, heaven on earth. This is just a picture of one of the many children who are impacted by Cheerio.



HEALTHY LIVING

Betty is a senior adult who receives financial assistance from our “Friends of Youth” scholarship program. Her membership provides an active schedule with other seniors in one of the water aerobics classes at the Hartley Family YMCA branch. Shortly after her husband passed away, Betty was diagnosed with breast cancer.

She had no family nearby to offer her support. She was feeling alone and afraid. Betty has found new family with her YMCA friends who provide both support and strength. These friends helped her though this difficult time in her life and gave her the strength to meet the disease head on. With their encouragement, she continued to remain active and participate in the class. Today she continues to participate in the water aerobics class and the Silver Sneakers program.

SOCIAL RESPONSIBILITY

Autumn and AJ are adorable three-year-old fraternal twins who have attended the four-star childcare facility at the Carl Chavis YMCA since they were tiny newborns. While their mom, Tiffany, works full time in the health care field, the twins and their 15-year-old sister, Taylor, spend their time at Carl Chavis where Taylor is also part of the Minority Achievers Program and works as a Counselor in Training. Mom Tiffany says, “As a single parent, I’m so grateful my children receive financial assistance and are able to participate in the YMCA programs. I have been able to re-enter the workforce after being out of work for eight months, and struggling financially. The “Friends of Youth” scholarship program makes it possible for me to access quality childcare. I can focus on my job and know my children are taken care of well. My children really enjoy being at Carl Chavis YMCA and I can work with peace of mind, knowing they are in a safe, fun, learning, nurturing environment. On behalf of myself, my beautiful children, and hundreds of other kids, I extend my gratitude!”

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U.S. Postage
PAID
High Point, NC
Permit No. 88

YMCA of Greater High Point
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EVERYONE BELONGS



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