



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Inside each of us resides a **HERO**  
with the power to **CHANGE THE WORLD.**

## SUMMER LEARNING OPPORTUNITIES

“Dizier liked doing all the activities and being around other kids. I noticed she was a lot happier. Her mind wasn’t focused on the fact we were [living in a shelter.] I really wanted her to have that experience.”

—Carmen, Y Camp Mom



Each summer, more than a thousand children build confidence and grow as students in our camp program. To ensure all families can afford this essential experience, the Y provides almost \$500,000 in financial assistance yearly.

## AGING & DISABILITY ACCESS

“The program has helped me to look to the future knowing that while I will continue to be challenged by my illness, I can and will continue to develop those physical and emotional skills enabling me to approach the future with a strong sense of pride and accomplishment.”

—Richard, Y Member



Adaptive Services helps improve quality of life for people living with illness, injury, or disability. We are committed to empowering all people to lead full and connected lives through individual coaching and group classes.

# BUILDING SELF-RELIANCE

"In order for [New Americans] to use what they have learned in their home countries, to use their education, they need to speak the language here. What the Y is doing is a contribution to our community."

—Mardochee, Y Member & Volunteer



The New American Welcome Center is part of a national project to help recent immigrants get the support they need to thrive in their new home. Programs include English classes, women's-only swim lessons, and bilingual group exercise programs.

Last year, we provided **\$2.2 million** in financial assistance and program support.



**2%** WATER SAFETY

**4%** HOUSING SUPPORT SERVICES

**6%** COMMUNITY OUTREACH & HEALTH PROGRAMS

**14%** BEFORE & AFTER SCHOOL CARE & LEADERSHIP DEVELOPMENT

**15%** CHILD CARE & EARLY CHILDHOOD EDUCATION

**22%** SUMMER CAMP

**38%** FAMILY WELL-BEING

Your support **changes lives.**

## BE A HERO. DONATE TODAY.

Give a New American family a month membership and the chance to build full, rich lives in their new home.

**\$81**

Provide a week of confidence-building summer camp for a child.

**\$230**

Provide critical services needed to improve lives through Adaptive Services for one person for a year.

**\$972**

The YMCA of Southern Maine is a 501(c)3 charitable organization.

[www.ymcaofsouthernmaine.org/give](http://www.ymcaofsouthernmaine.org/give)