



Health



Hope



Growth



Life



YMCA

We build strong kids,
strong families, strong communities.

Strong Foundations Strong Communities Capital Campaign

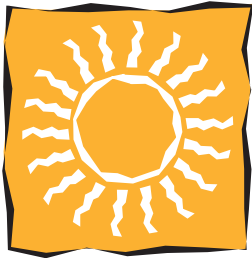


YMCA Mission

The YMCA is a charitable association dedicated to the development of people in spirit, mind and body as well as the improvement of local, national and international communities.

YMCA Core Values

Caring, Honesty, Respect and Responsibility



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Strong Foundations, Strong Communities

The YMCA of Greater Vancouver was established in 1886, the same year as Vancouver itself. We've grown with the city and the surrounding region, providing innovative programs that meet our community's diverse needs. Employment training, community recreation, learn-to-swim and sports programs, camping, outdoor education, leadership development, health and wellness, cardiac rehabilitation, adult education, English language training, child care – these are some of the programs we helped pioneer. Many of them we continue to be leaders in today.

What's unique about the YMCA? We're with people for a lifetime, from childhood to old age, in good times and bad. We provide support when they need it most, and give them the tools and confidence to help themselves – to find a job, improve their health, care for their families, connect with others. Through volunteering and philanthropy, we also give them the chance to give back. Everything we do is firmly based in our core values of caring, honesty, respect and responsibility.

All of these things, we believe, build a strong foundation for healthy individuals and a healthy community. And we plan to continue providing this solid base into the next century. The Strong Foundations Strong Communities Capital Campaign will make it possible. With your support, the YMCA will be able to grow and meet the changing needs of people and our communities, now and in the future.

*Building strong foundations, strong communities
– that's our reason Y. Please, make it yours, too.*

The **PILLARS** of our **CAPITAL** **CAMPAIGN**

New Downtown YMCA
*Strengthening
community and
individual health*

**Nanook YMCA Early
Childhood and Family
Centre**
*Providing caring support
and hope for families*

**Revitalized YMCA
Camp Elphinstone**
*Developing our youth
through opportunities for
growth and leadership*

**YMCA Children and
Youth Endowment Fund**
*A lifelong foundation
for young people and
families in need*

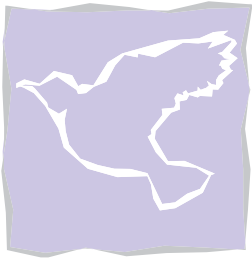
**TOTAL SUPPORT
NEEDED: \$12,000,000**

A Strong Foundation for Health



*Nora Dryburgh: active member
of YMCA Healthy Heart*

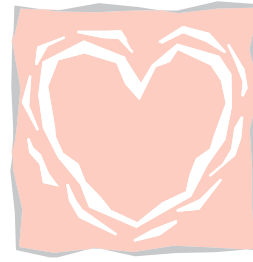
"Until my heart trouble, the most exercise I did was turning the pages of a book. When I first joined the Downtown YMCA, I didn't want to be involved in the Healthy Heart program because I thought I would become too worried, checking my pulse all of the time. But I tried it, and I love it. There is so much support and encouragement to do more and try more."



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The New Downtown YMCA

Vancouver is a growing city, with a downtown core that's vibrant, diverse, alive. But like all urban centres, in it are those who struggle to get by. Young people working dead-end jobs, searching for something more. Seniors living isolated and alone. People recovering from illness or injury. Newcomers trying to adjust to a new life and environment.

Since 1941, the Downtown YMCA has been there to help. Well known for our leadership in health and wellness, the Downtown YMCA does so much more. Just ask the Tuesday Night Team, street youth who've found at the YMCA a safe place to play floor hockey, use the computers, be themselves. Ask a young person who's completed the Youth Internship Program, and now has new hope for a meaningful career. Ask members of the Healthy Heart program, who've learned how to control their cardiac disease through lifestyle changes and the support of new friends.

The needs of the downtown community continue to grow. We plan to continue our long tradition of meeting these needs, but the Downtown YMCA building is beyond its capacity. Built in a different era, it lacks room for our expanding services, and is not fully accessible for those with physical challenges. It needs to be replaced so we can truly welcome everyone.

With your help, we can build a new Downtown YMCA that will be the heart of our city; a place where people connect, where despair turns into hope, sickness into wellbeing, loneliness into connection, isolation into belonging. A place that genuinely cares – for the whole person and the whole community.

The Reason Y: Helping people and a community be their best – a strong foundation for health.

- Child care and family programs
- Health, wellness and recreation
- Youth outreach, leadership development and activities
- Seniors' social, physical and educational activities
- Cardiac, arthritis, osteoporosis and injury rehabilitation
- Educational programs and English language training
- Support for new immigrants
- Employment counseling and career preparation
- Community gathering spaces and special needs programs
- Aquatics instruction and recreational swimming
- Volunteer opportunities and development
- International programs

A Strong Foundation for Hope

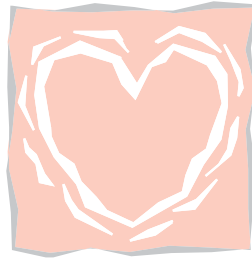


*Nardia, Kymani and Jordel:
part of the family at Nanook*

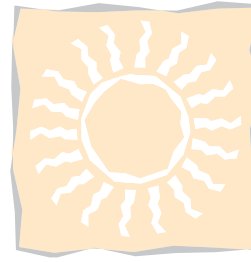
"At Nanook they meet me where I'm at. They realize I'm a single mom – working, going to school, trying to put things together. They're really supportive of that. And my sons get a lot from Nanook too. They come home excited about learning!"



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The Nanook YMCA Early Childhood and Family Centre

Since 1979, the Nanook YMCA Child Care centre has been a caring place in the heart of Vancouver’s Mount Pleasant area. It’s a diverse inner-city neighbourhood where low-income families, many headed by single parents, struggle just to get by. And where children are at risk of falling behind – their development delayed by the effects of poverty and other issues.

Nanook is a haven for preschoolers aged two to five years, many of whom have special needs. At Nanook they get extra support and a sense of stability. They learn how to be accepting of others, and about values like caring, honesty, respect and responsibility. Their families find support at Nanook, too, in an environment where they’re welcomed, not judged. They know they’ll find help – and hope – when they’re suffering from a crisis, when there’s no food on the table, when there’s nowhere else to go.

The YMCA has long envisioned building on this foundation and our experience as a leader in early childhood education, by creating a new Nanook centre specifically designed to support these families and their children. And now is the time. The aging portable that has housed Nanook for over twenty years is too small and limited to provide the services so urgently needed.

With your help, the new Nanook YMCA Early Childhood and Family Centre will be able to reach out to even more people, providing child care for toddlers as well as preschoolers, and enhanced services like childhood development workshops and a kitchen where families can prepare healthy meals together. Here children and their parents will do more than just get by. At Nanook, they’ll thrive.

The Reason Y: Support from a caring community – a strong foundation for hope.

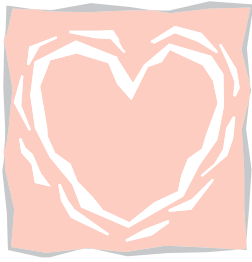
- Child care for toddlers and preschoolers
- Full-day meal program for children in programs
- Parent and child drop-in
- Parent support group
- Family kitchen
- Parenting and early childhood development workshops
- Community meeting spaces for specialists and staff to work with families

A Strong Foundation for Growth

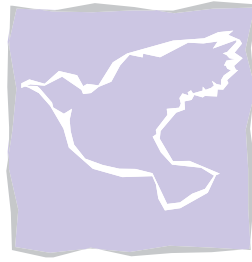


Michael and Jessica: long-time YMCA campers and future camp counselors

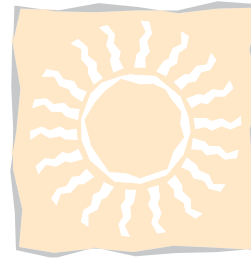
"Camp is a great place to be. There's always something to do, and they give you the freedom to try new things, even if you don't want to at first. They don't push you; they give you help and encouragement so you're willing to try."



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A Revitalized YMCA Camp Elphinstone

When young people feel good about themselves, there's so much they can achieve. And so much they'll avoid – like drugs, violence and crime. The YMCA has long believed that our camping and outdoor education programs are tools that help our youth build self-esteem, confidence and values, so they can make the right choices in their lives.

We've been leaders in the field for close to 100 years, and we've seen over and over how independence, personal challenges, leadership development and lifelong friendships experienced at camp have a positive effect on our youth. That's why we're dedicated to ensuring as many as possible have these experiences, by providing financial help for children who otherwise couldn't attend camp, by integrating children with special needs while giving them one-on-one support, and by partnering with health organizations to host camps for children with health issues like HIV/AIDS or diabetes.

Helping young people develop the assets they need to succeed in life – that's why we want to expand and revitalize YMCA Camp Elphinstone on BC's Sunshine Coast, so we can give this experience to even more local and international youth. And we need your help to do it. Established in 1907, Elphinstone has aging facilities that are urgently in need of renovation. It's not fully accessible for those with physical challenges, and it lacks the flexibility for new programs that meet the changing needs of the community.

Young people need to be valued and feel valuable. That's something we can give them at YMCA Camp Elphinstone – a place where they're welcomed and supported, and where overcoming challenges becomes a source of confidence and joy.

The Reason Y: Positive experiences that transform our youth – a strong foundation for growth.

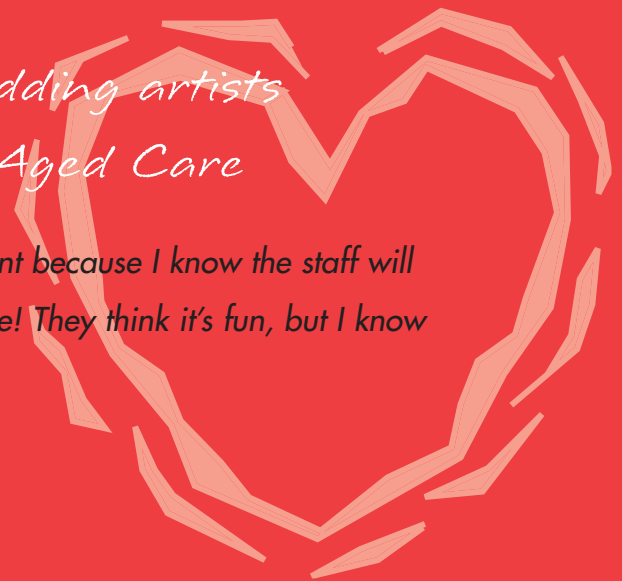
- Summer camps for local and international youth
- Day camps and family camps
- Camps for children with special needs
- Camp counselor and leadership development training
- Outdoor education for schools and community groups
- Adult education and retreats

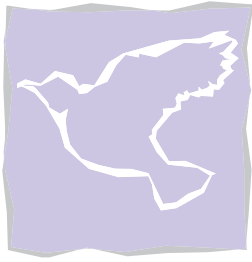
A Strong Foundation for Life



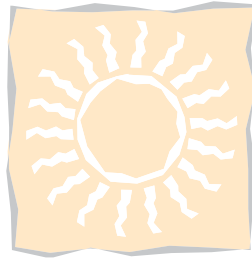
*Susan and Roia: budding artists
at YMCA School-Aged Care*

"When my children are at the YMCA, I'm confident because I know the staff will take good care of them. And they love going there! They think it's fun, but I know they're learning, too."





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The YMCA Children and Youth Endowment Fund

Research shows that \$1 invested in child care for at-risk children can save \$7 later on, and that children who get caring, consistent support are more likely to grow up happy, successful and productive members of the community.

For many families, the cost of child care is out of reach. But what can they do if they have no other options? For some it means sacrificing everything, even food for themselves, just so their children are safe and cared for when they can't be there.

As the largest provider of child care in the Lower Mainland and western Canada, the YMCA hears their stories every day. Locally, with 25 percent of our centres in inner-city communities, many families struggle to make ends meet. Through our annual support campaign, Partners With Youth, we already provide financial assistance to as many as possible, but the demand is so great it just isn't enough. And the demand continues to grow, as families and child care providers face funding cutbacks and policy changes.

To help, the YMCA is establishing a Children and Youth Endowment Fund. Through your support of this lasting legacy, we'll be able to assist even more families in need and enhance our YMCA child care services in higher-need communities throughout the Lower Mainland. We'll also be able to increase our capacity to respond to cutbacks and changes so we can continue to keep these critical services open.

Most of important of all, your support will help ensure that children, particularly those most vulnerable, have the opportunities they need for a healthy, positive future.

The Reason Y: Opportunities for every child, every family – a strong foundation for life.

- Child care assistance for families facing financial challenges
- Support for child care services in higher-need communities:
 - infant/toddler care
 - preschool care
 - school-aged care
 - young parent programs
 - literacy programs
 - parenting education and workshops



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– that's our reason Y. Please, make it yours, too.*

For more information, please contact us:

Strong Foundations Strong Communities Capital Campaign

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We build strong kids,
strong families, strong communities.

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