



The Y is the unparalleled cause for strengthening community because we are the 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.

We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side by side with our neighbors in our community to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

**STRONG KIDS,  
STRONG  
COMMUNITIES**

A YMCA of Portsmouth Initiative



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TURN YOUR GIFT INTO...

Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

YMCA OF PORTSMOUTH  
4900 High Street West  
Portsmouth, VA 23703  
757-483-9622

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**Make a gift today!**

**YMCA OF PORTSMOUTH**  
**Visit [portsmouthymca.org](http://portsmouthymca.org)**





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## THEIR HEALTH

Improving the nation's health and well-being is a priority for the Y. At the Y, we help children and adults understand and value their health, and we nurture their well-being. We offer resources and guidance to maintain or improve physical activity, health and wellness. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.



## OUR FUTURE

The Y uses your gift to make a meaningful, enduring impact right in your own neighborhood, our commitment to social responsibility.

**\$300.00** enables a child to attend two weeks of a YMCA **Summer Day Camp**, a chance to make new friends and strengthen values.

**\$150** allows a grandmother raising her daughter's two children to receive 1 week of subsidized **before and after school care**.

**\$100** makes it possible for a single dad to **join the Y** and visit weekly with his children.

**\$60.00** builds self-confidence and water safety skills during one full session of swim lessons.

## THEIR POTENTIAL

Because we believe all kids deserve the opportunity to discover who they are and what they can achieve, the Y is for Youth Development. Through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement. Y activities give our children the opportunity to become confident kids today and healthier, happier grown-ups tomorrow.

