



FIND YOUR REASON TO GIVE. FIND YOUR Y.

ANNUAL CAMPAIGN 2022

The Power of People: The Power of Y

Support Our Y Community

Covid-19 considerably impacted the YMCA Cape Cod.

In 2021, we forged ahead in the wake of Covid-19 serving our community by providing health and wellness programs, safe, quality childcare and meals to thousands of children and families across Cape Cod. Despite the enormous challenges faced by all, we stood together and focused on the community's needs.

As we rebuild and expand our services, the Y is positioned to respond to the ever changing needs of our community now and in the future. This is not possible without your support, your donation matters.

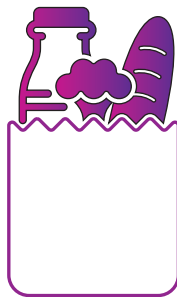


Program Scholarships

At the Y, no one is turned away due to an inability to pay. Program scholarships for Childcare and Early Education, Summer Camp, and Membership are available through annual donations.

\$1,180,000+

given in financial assistance last year

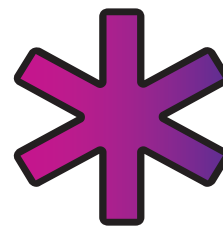


Delivering Good

Food insecurity effects us all. In the fight against hunger, the YMCA is here for our community.

125,000 Meals

Meals served to children and families across the Cape in 2021



Health & Wellness

Through a partnership with Whole Health Pharmacy, the YMCA Cape Cod was able to offer 6 vaccine clinics.

200+ Doses

Covid-19 Vaccines, Boosters, & Flu shots.

Blood Drives

192 Donors at 6 blood drives.

STRENGTHENING THE FOUNDATIONS OF OUR COMMUNITY

Hope. Support for mental health and physical health. Increased focus on diversity and inclusion. Financial support for working families. Less social isolation. Increased access to our meals program. More childcare locations, our Y is here for all.

One step at a time toward recovery from a public health crisis. Help us keep our Y strong. We need your support to continue to meet the increasing demand for our services.

HEALTH & WELLNESS PROGRAMS



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Over ten years ago, I joined the YMCA Cape Cod to swim. After a few weeks, I tried a group exercise class, and then another and another. Two months later, I was working out six days a week doing strength, stretch, core, and aerobic classes.

The classes are much more than just exercise; the YMCA provides a community of like-minded individuals where strong long-term friendships develop.

I know that I am healthier, more fit, and well-rounded as a result of ten years in group exercise classes.

-Kevin, Member

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Be a part of change and the support system that will strengthen our community.

CHRONIC DISEASE PROGRAMS

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A few years ago, I was diagnosed with Parkinson's and came to the YMCA to explore the Program. I embraced the Pedaling for Parkinson's spin class program and it completely filled my needs. The assistants were strict, the instructions were "no nonsense" and the members were committed, and it showed. This program has filled my life with great hope and still does!

-Louis, Member

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Consider increasing your gift to strengthen our YMCA and support our neighbors.



EARLY EDUCATION & CHILDCARE PROGRAMS

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Our children can find friends with similar (and different) interests and traditions, and they can meet friends and teachers that speak a different language from them at the YMCA. Their brown skin is represented in their friends and their teachers, and their naturally curly hairstyles are seen and celebrated, and even shared, by their teachers.


Experiencing windows (being introduced to new and different ideas) and mirrors (seeing themselves reflected and represented) encourage our children to appreciate a diverse world, and to embrace what makes themselves special and awesome. We thank the wonderful teachers and staff at the Y for understanding this.

-A grateful parent

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Your gift builds a healthy mind, spirit, and body for all.





THE POWER OF PEOPLE

**STRENGTHEN OUR Y
AND OUR COMMUNITY**

YOUR GIFT provides access and opportunities for ALL. No one is ever turned away due to their inability to pay.

Please help us reach our Annual Goal off \$350,000. Now, more than ever, your donation matters.

YMCA CAPE COD
www.ymcacapecod.org

100 Independence Drive, Suite #2
Hyannis, MA 02601