



become a SUSTAINER

Y M C A A N N U A L C A M P A I G N

WHY BECOME A Y SUSTAINER?

Y Sustainers help support and strengthen our programs and community work with ongoing monthly gifts that renew automatically. This type of donation allows the YMCA to look beyond the "now" as we strive to improve health outcomes, support education, develop changemakers and strengthen families throughout the region.

HOW TO BECOME A Y SUSTAINER.

Becoming a Y Sustainer could not be easier. Use the QR code to navigate to the Y Sustainer page, and follow the step-by-step directions for completing your ongoing monthly gift via credit or debit card.



SMALL GIFTS. BIG CHANGE.

A monthly gift of:

- \$8 allows a child to gain life-saving skills through a series of swim lessons
- \$20 provides a child with transportation, meals, academic support, character development and fun during a week at Camp Excel
- \$46 creates opportunities for a child with Pervasive Development Disorder or Autism to gain social skills and participate in traditional camp activities during a two-week session of Camp G.R.A.C.E.
- \$50 prepares a teen of color for the future through a semester of civic engagement, community service, academic enhancement programs as well as the opportunity to make new friends and learn healthy lifestyle choices in Lightner Y Achievers
- \$90 improves the well-being of adults with identified health risks through a session of prescribed, evidence-based care that includes a Y Health Coach and Membership
- \$95 prepares a student to reach school system benchmarks and achieve academic success through a semester in Y Learning

YMCATriangle.org/give

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A.E. Finley YMCA
 Alexander Family YMCA
 Chapel Hill-Carrboro YMCA
 Chatham YMCA
 Downtown Durham YMCA
 East Triangle YMCA

Hope Valley Farms YMCA
 Ingram Family YMCA
 Kerr Family YMCA
 Kraft Family YMCA
 Lakewood YMCA
 Northwest Cary YMCA

Poole Family YMCA
 Poyner YMCA
 Southeast Raleigh YMCA
 Taylor Family YMCA
 YMCA at American Tobacco
 YMCA at Knightdale Station

YMCA at Meadowmont
 YMCA Camp Kanata
 YMCA Camp Sea Gull
 YMCA Camp Seafarer

YMCA MISSION To put Christian principles into practice through programs that build healthy spirit, mind and body for all.