

Confidence starts here.

Hi! My name is Maria and I am President of the YMCA Board of Directors and have been a member at the Y for over 18 years. People of all ages come through our doors, dealing with a variety of situations. Change starts here when people get the support and financial assistance they need. That change could be for someone like James; I'd like to share James' story with you:

James is a great kid, and his mom Erin works hard to keep him busy. Unfortunately, when he was in Grade 2, James was being bullied at school and his mom didn't know where to turn.

"I felt like people were just putting me down, and I couldn't do anything about it," James explained. He was having trouble making friends, and as a parent, seeing her son struggle made Erin feel helpless.

That's when they discovered the YMCA. At the YMCA, James found more than a program, he found a safe place, encouragement from YMCA staff, confidence, and some great new friends. "The counsellors make me feel like I can do anything...I feel like I can just reach for the stars," says James with a big smile on his face.

A Healthier Tomorrow Starts Here.

I believe confidence starts here. Everyone should have access to confidence. I donate to the YMCA Strong Kids Campaign to ensure all kids, like James, have the opportunity to discover who they are and what they can achieve under the guidance of caring staff and volunteers who believe in their potential.

We invite you to make a donation to the YMCA Strong Kids Campaign. Donations over \$25 will receive an income tax receipt and may be made online, or at the Welcome Desk as a one time donation or as monthly preauthorized donations.

Please join our caring and supportive network of YMCA volunteers, donors and staff that our community relies on. Your kindness and generosity will spark a story of its own.

With my sincere thanks,

Maria

PS: Thank you to all those who have donated in the past and continue to donate today. Your generosity has made an important impact in someone's life.

