

Recovery starts here.

Hi! My name is Wendy, I am a Member Services staff, and have been a member at our YMCA for over 5 years. I have been in a position to see people of all ages coming through our doors dealing with a variety of situations and have seen the change that happens when people get the support and financial assistance they need. That change could be for someone like Laurie; I'd like to share Laurie's story with you:

Laurie was diagnosed with Cancer. She was looking for some normalcy in her life, and to stay active, between treatment sessions. She showed up at the Y and took a tour. She didn't think she would be able to manage the membership fee, she was so disappointed, but the staff member ensured they would work something out.

"I'll never forget the moment when the phone rang and the staff member told me that I would be able to come to the Y for discounted rate. I felt like I had won the lottery! My biggest challenge was having the energy to do something each day, but I made sure I got to the YMCA 2 to 3 times a week. I wanted to be active and strong and positive. I knew that I wasn't going to give up."

"Before I started coming to the Y, I felt alone. But here, people talk to you, and you feel at home. The Y isn't just a gym and you're not just another member – you're someone who's cared for by staff, volunteers and others members."

A Healthier Tomorrow Starts Here.

I believe recovery starts here. Everyone should have access to better health, socialization and support on their journey to recovery. I donate to the YMCA Strong Kids Campaign to ensure everyone, like Laurie, who are on a road to recovery are able to improve their feeling of well-being and form new social networks.

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,

Wendy

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.

