

Beaverton Family / Westside YMCA 503.644.3900  
 Child Care Division 503.946.5437  
 Camp Collins 503.663.5813  
 Clackamas Family YMCA 503.654.7950  
 Clark County Family YMCA 360.885.9622  
 Family Resource Center 503.359.2598  
 The Hoop YMCA 503.644.2191  
 Metro Family YMCA 503.294.3366  
 Mt. Hood Family YMCA 503.492.9890  
 Sherwood Regional Family YMCA 503.625.9622  
 Teen Division 503.327.0016  
 Y Arts Center 503.265.1438  
 YMCA Association Services 503.232.9622



Vancouver

Portland

You *are* what you *do*



Beaverton

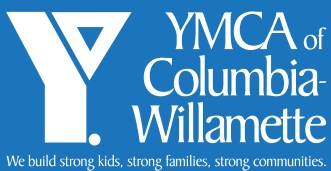
**Get involved.**

Give generously.  
 Encourage others to do the same.  
 Volunteer as a campaigner.  
 Visit us at [www.ymca-portland.org](http://www.ymca-portland.org).

Contact us at 503.221.5346 or [afinn@ymca-portland.org](mailto:afinn@ymca-portland.org) to make a contribution or to learn more.

Our local YMCA addresses major health and human service needs.

- Early childhood development
- Before and after school enrichment
- Teen development
- Health and wellness
- Youth sports
- Year-round resident camping



**Contribute to the YMCA**  
**2009 Strong Communities Campaign**  
*Your support goes a long, long way*

A single mother of two finds herself unable to afford child care. She dreams of a better life for her family and her goal is to attend college to improve her job options. That young mother struggles to find a place that she can afford and where financial assistance is available. Her oldest daughter has special needs, and her fear is that her daughter would have a difficult transition into child care. She seeks a safe learning environment; a place where her children would receive the quality care they need.

Heather turned to the YMCA in her time of need because *she knew we would help*. Thanks to generous YMCA donors, we were able to provide financial assistance and give her daughters a safe and caring place to be during the day.

Three-year-old Hana and two-year-old Zoey are flourishing at the YMCA and Heather is delighted with the nurturing staff and quality care they receive. Hana is making progress and her therapist has given a great deal of credit to the YMCA staff.

Heather is now in school and believes that the YMCA made it possible for her to attend. She doesn't worry about her children; she knows they are happy and thriving at the YMCA. The family is in a better place and a better time in their lives. Thanks to the YMCA they now *have hope for the future*.

Clackamas

**YMCA of Columbia-Willamette**

Our mission is to put the Christian principles of love, respect, honesty, responsibility and service into practice through programs that build a healthy spirit, mind and body for all.

**Dear Friends of the YMCA of Columbia-Willamette,**

In these harsh economic times, families often struggle to make ends meet. There are difficult decisions to be made and, for some, sacrifices along the way. As a parent, I often think about the financial challenges families face and how sacrifices may limit opportunities for kids.

Not all families have the financial means to participate in programs benefiting their health and wellness. At the YMCA we ensure everyone has access and when you support the Y you help make that possible. This past year 2,600 of our friends and neighbors joined together to support the YMCA Strong Communities Campaign and provided funds to assist more than 6,000 children, families and adults.

I volunteered to chair the 2009 Strong Communities Campaign because I believe in the mission of the YMCA and the positive impact the Y has on families like mine. I ask you to join me in supporting the YMCA. Your investment will go a long, long way.

Warm Regards,  
Robert Countryman  
Campaign Chair  
Executive Vice President, Capital Pacific Bank

**You are here**

*The journey begins with you.*

Thanks in part to **your financial support** 74,000 children, families and adults in our community are able to participate in our programs. The YMCA is open to everyone, regardless of their ability to pay. Last year your friends and neighbors showed they cared by providing more than \$2.2 million to help families. Your generosity sends children to camp, ensures parents have a safe and enriching place for their kids and helps teens make good decisions. Your support aids older adults by helping them stay healthy and build friendships. Your kindness allows kids to benefit from youth sports where everyone plays and everyone wins. Together we **build strong kids, strong families and strong communities**.

Your gift to the YMCA Strong Communities Campaign goes a long way to help make all of this possible. **You invest in our local community**, which means that your children, your families and your neighbors benefit from your contribution. Today, more than 20% of YMCA participants receive assistance thanks to the generosity of people like you. However, the need is increasing and today more than ever your support is crucial.

At the YMCA your gift goes a long, long way. Please join us and give today.

**2007 Community Impact**

- 2,000 kids have fun and make new friends in our camp programs
- 2,600 children's lives are enriched each day through high-quality child care
- 9,300 youths are active in youth sports, where competition is put in perspective
- 49,000 people improve their health while building a stronger sense of community

**When You Give, You Receive**

Our Strong Communities Campaign supports kids and families in our communities who need a helping hand along their journey through life. By giving to the YMCA, you help build communities where we are encouraged to lead balanced, healthy, active lives and to take personal responsibility. This benefits us all.

**Your Gift Matters**

- \$250** Give one child a week in a safe, nurturing child care environment
- \$500** Provide a class of six children with a full session of swim lessons
- \$1,000** Support a team of ten in youth sports for an entire season
- \$1,500** Offer three children with a week at camp they will always remember
- \$2,500** Provide five teens with the opportunity to participate in a life-changing program
- \$5,000** Provide one child with a full year in a before and after school enrichment program
- \$10,000** Sponsor a child for a full year in a supportive child care environment



Gresham

Forest Grove

Sherwood

Wilsonville