

We are responsible ...

For ourselves and for each other. Help us deliver on our unique promise to provide services to all.

Last year generous people like you helped more than 10,000 children, families and adults in our community join in at the Y. More than 59,000 volunteer hours were contributed by 4,000 YMCA volunteers.

You grow our capacity to serve, because when we work together we achieve much more than we ever could alone.

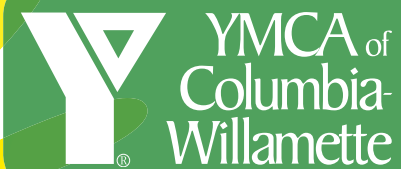
Your YMCA

We reach into our neighborhoods to fill needs.

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

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.

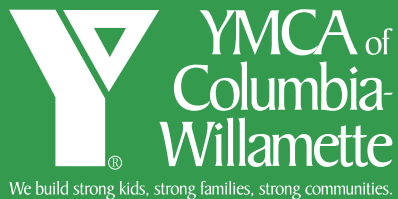
**Get involved.
Give. Volunteer. Participate.**



Your Support Your Community Your YMCA



Contribute to the YMCA
2010 Strong Communities Campaign
Your gift *IS* the difference.



Together we build strong kids, strong families and strong communities.

Donate online
www.ymca-portland.org

"The YMCA is a great way to give back to the community. Kids stay out of trouble and we can be a positive influence in their lives."

2008 YMCA Community Impact

- 86,000 people participate in a diverse range of services at your YMCA
- 40,000 youths join in at the Y, which helps them thrive and grow with productive activities
- 24,500 teens engage in programs that help them take personal responsibility for their actions

2008 YMCA Measurable Results

- 100% of participating teens say they increase their sense of positive values
- 97% of campers feel they now make better decisions
- 85% of parents say YMCA activities help their child get along with others
- 75% of members believe the Y offers them opportunities to participate more fully in the community

Today more families face barriers to access. Your gift can help break down those barriers.

The YMCA of Columbia-Willamette is a mission-focused charitable nonprofit. Your donation to the YMCA helps build strong, loving communities that create a sense of home and of belonging. Your help ensures that children, families and adults of all ages participate in life-changing YMCA experiences, because no one should be left out. We stay true to our purpose and mission to fulfill our commitment to our local communities, adapting to meet the unique needs of each community we serve. Together, our ability and capacity to carry out our mission will grow stronger.

Health and Wellness

Every day our local health and wellness facilities ensure all kids, teens and families have the ability to reach their full potential in a positive environment. Health is more than just staying active. We help you stretch your spirit, mind and body to achieve well-being. Each facility has much to offer.

Beaverton Family YMCA

This community facility is for all ages and every level of fitness. Older adults have a special place in our hearts and find a comfortable home to belong.

Clark County Family YMCA

Kids and families of all ages will find a friendly atmosphere where they can be healthy together.

Sherwood Regional Family YMCA

This is a community hub for all families. We also provide teens a safe haven at our Teen Center and offer special-needs adults the ability to stay active and engaged.

Child Care

Affordable, quality care has far-reaching social and educational benefits for children.

Early Childhood Development

Our early childhood development centers offer a safe, nurturing environment and a solid foundation for children to grow.

Before and After School Enrichment

YMCA enrichment programs help kids spend their time creatively and constructively.

Summer Day Camps

Our camps offer a place where every child is welcome to have fun! When parents drop off their children, we value them as our greatest treasures.

Each day 2,400 children play

YMCA Camp Collins

A camping tradition for over 80 years, Camp Collins offers kids year-round, unique learning experiences in a values-based environment. The campfires and campouts create life-long memories and positive self-worth.

Each year more than 2,000 youths embrace the fun and beauty of Camp Collins

Youth Sports

The YMCA focus is on fair play, mutual respect for others and family involvement in recreational, semi-competitive and competitive youth sports. Participation in youth sports keeps kids in productive and healthful activities.

Clackamas YMCA

We go beyond the playing field and into the schools with quality after-school programs.

Mt. Hood YMCA

Children stay off the sidelines in our recreational youth sports offerings.

Westside YMCA

A great place for youths of all abilities to become better players and better people.

We also offer youth sports at our health and wellness centers.

Each year 14,000 youths stay active and in the game

Beaverton Hoop YMCA

We offer a six-court sports complex and rental facility where we give kids and families healthy options to be active.



YMCA Teen Division

Teens learn to take personal responsibility and are encouraged to build positive behaviors. They get back on track and create a vision for their lives.

Family Resource Center

Each year 3,400 people from families with low incomes receive services, including English as a second language and parenting classes.

Y Arts Center

Every year 800 kids are encouraged to develop a life-long appreciation of the arts. Adult classes promote creativity for the kid in all of us.



Y M C A
You are what you do