

THE YMCA DIFFERENCE

Our approach at the YMCA is preventative. By focusing on positive behaviors we help kids avoid risky behaviors and people of all ages make healthy decisions. Our services benefit youth as they mature, strengthening society with more productive citizens who use fewer services supported by tax dollars. The YMCA family wellness centers promote healthy lifestyles, increasing quality of life and decreasing the costs of expensive health care.

OUR HISTORY

The YMCA of Columbia-Willamette is one of the oldest Ys in the country and was founded in 1868. By the 1920s, we offered a full range of educational classes and activities geared towards young men. Today we provide services for everyone and are a charitable nonprofit 501(c)(3).

Y PARTICIPANTS

"I gained a new perspective after participating in a Y Teen Program and am now more involved and active."

– Peter Lam

"This opened a new door in my life and taught me how to deal with different and challenging situations."

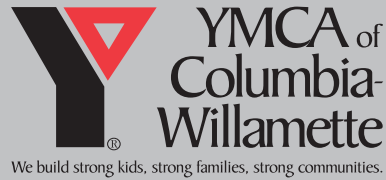
– Tahnae Baker

"I was a basket case. When I started coming to the YMCA I felt better right away. The Y saved my life."

– Mary Lou Welsh

GET INVOLVED

We're always looking for good people to support our mission. You can help make our community a better place by joining with other individuals to support YMCA programs as a volunteer or through a donation. We encourage you to get involved to build safer, more viable communities that are good places for all of us to live and work. Visit us at www.ymca-portland.org to learn more or to make a donation online.



YMCA LOCATIONS

YMCA CHILD CARE

9500 SW Barbur Boulevard,
Suite 200
Portland, Oregon 97219
503.946.5437
Fax 503.382.4395

YMCA TEEN DIVISION

6036 SE Foster Road
Portland, Oregon 97206
503.327.0016
Fax 503.774.3338

CLACKAMAS FAMILY YMCA

10121 Sunnyside Road, #300
Milwaukie, Oregon 97015
503.654.7950
Fax 503.654.8497

CLARK COUNTY FAMILY YMCA

11324 NE 51st Circle
Vancouver, WA 98682
360.885.9622
Fax 360.885.8383

BEAVERTON FAMILY YMCA

4925 SW Griffith Drive
Beaverton, Oregon 97005
503.644.3900
Fax 503.644.8895

METRO FAMILY YMCA

2831 SW Barbur Boulevard
Portland, Oregon 97201
503.294.3366
Fax 503.294.3381

MT. HOOD FAMILY YMCA

223 Buxton Avenue
Troutdale, Oregon 97060
503.492.9890
Fax 503.618.8935

SHERWOOD REGIONAL FAMILY YMCA

23000 SW Pacific Highway
Sherwood, Oregon 97140
503.625.9622
Fax 503.625.1473

YMCA CAMP COLLINS

3001 SE Oxbow Parkway
Gresham, Oregon 97080
503.663.5813
Fax 503.663.2323

YMCA FAMILY RESOURCE CENTER

1341 Pacific Avenue
Forest Grove, Oregon 97116
503.359.2598
Fax 503.359.2539

Y ARTS CENTER

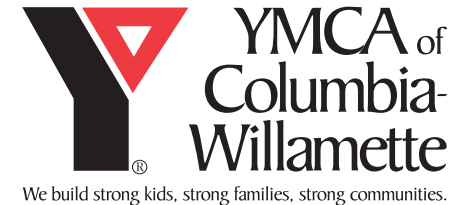
6036 SE Foster Road
Portland, Oregon 97206
503.265.1438
Fax 503.774.3338

ASSOCIATION SERVICES

9500 SW Barbur Boulevard,
Suite 200
Portland, Oregon 97219
503.223.9622
Fax 503.223.1247

For more information about the
YMCA of Columbia-Willamette,
visit ymca-portland.org.

YOU ARE WHAT YOU DO



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WWW.YMCA-PORTLAND.ORG



OUR REACH

The YMCA of Columbia-Willamette provides programs throughout the Portland and Vancouver regional area. We are a locally managed nonprofit responding to the unique needs of our communities.

WHAT WE DO

We're more than health and fitness, we're a community. The YMCA addresses major health and human service needs at every life stage by promoting the holistic development of children and youth, encouraging the health and well-being of all and strengthening families.

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



SERVICES FOR ALL

We provide access to services for everyone – regardless of age, physical ability, income or ability to pay. Last year we provided \$2.9 million in financial assistance through reduced fees and scholarships to more than 10,500 people that needed financial support. Each year more than 700 volunteers raise funds during our Annual Strong Communities Campaign.



MEASURABLE RESULTS

The Y creates developmentally rich program environments by focusing on developmental assets, which are the building blocks young people need to become healthy, caring and competent adults. The more assets children have, the more likely they are to act in positive ways, bounce back from difficult situations and avoid risky behaviors.

- 100% of the youth participating in our resident camping believe that YMCA activities helped them learn how to be a better learner.
- 97% of the teens participating in one of our teen programs believe that involvement in the YMCA helps them make better decisions.
- 85% of Y arts and literacy students now meet or exceed the state performance standards for reading versus their peers at 70%.
- 85% of YMCA preschoolers meet or exceed social benchmarks versus a norm of 70%. This includes the ability to get along with others, share and express needs and fears in socially acceptable ways.

THE NUMBERS

Hundreds of thousands have benefited from our local Y programs. And, more than 1,000 staff and 4,000 volunteers touch the lives of more than 86,000 people each year.

