



# Sustainer

YMCA ANNUAL CAMPAIGN

## WHY BECOME A Y SUSTAINER?

Y Sustainers help support and strengthen our programs and community work with ongoing monthly gifts that renew automatically. This type of donation allows the YMCA to look beyond the "now" as we strive to improve health outcomes, support education, develop changemakers and strengthen families throughout the region.

## HOW TO BECOME A Y SUSTAINER.

Becoming a Y Sustainer could not be easier. Use the QR code to navigate to the Y Sustainer page, and follow the step-by-step directions for completing your ongoing monthly gift via credit or debit card.



## SMALL GIFTS. BIG CHANGE.

A monthly gift of \$8 allows a child to gain life-saving skills through swim lessons.

A monthly gift of \$16 provides a child with transportation, meals, academic support, character development and fun at Camp High Hopes.

A monthly gift of \$39 creates opportunities for a child with Pervasive Development Disorder or Autism to gain social skills and participate in traditional camp activities at Camp G.R.A.C.E.

A monthly gift of \$49 prepares a teen of color for the future through a semester of civic engagement, community service, academic enhancement programs as well as the opportunity to make new friends and learn healthy lifestyle choices in Lightner Y Achievers.

A monthly gift of \$71 prepares a student to reach school system benchmarks and achieve academic success through the Y Learning program.

A monthly gift of \$90 improves the well-being of adults with identified health risks through prescribed, evidence-based care that includes a Y Health Coach and a Y Membership.

---

**YMCA OF THE TRIANGLE • 919-719-9622 • [YMCATriangle.org](http://YMCATriangle.org)**

A.E. Finley YMCA  
Alexander Family YMCA  
Chapel Hill-Carrboro YMCA  
Chatham YMCA  
Downtown Durham YMCA  
East Triangle YMCA

Hope Valley Farms YMCA  
Ingram Family YMCA  
Kerr Family YMCA  
Kraft Family YMCA  
Lakewood YMCA  
Northwest Cary YMCA

Poole Family YMCA  
Poyner YMCA  
Southeast Raleigh YMCA  
Taylor Family YMCA  
YMCA at American Tobacco  
YMCA at Knightdale Station

Youth Development Department  
YMCA at Meadowmont  
YMCA Camp Kanata  
YMCA Camp Sea Gull  
YMCA Camp Seafarer

**YMCA MISSION** To put Christian principles into practice through programs that build healthy spirit, mind and body for all.