



SERVICE IMPACT

in Southeast Raleigh

Q1: January – March 2023

Community Wellness

Martin Luther King Jr. Day of Service Projects

The Southeast Raleigh YMCA honored the legacy of Martin Luther King Jr. by organizing a toiletry kit and food care packaging drive. Community members sorted and delivered items to South Wilmington Street Shelter, Oak City Cares, The Women's Center, and Revelation Missionary Baptist Church Food Pantry. Following the care drive, over 150 community residents joined a National Day of Racial Healing community conversation facilitated by The Encouraging Place.



Mental Health Awareness Series

The Southeast Raleigh Y hosted a Mental Health Panel Series during Black History Month. The series offered one panel focused on women's issues and another on men's issues. Local community leaders and residents discussed the vital topic of mental health and its significance in the Black and Afro-Latinx communities. A third panel was led by local and national athletes and entertainers. Panelists shared their personal mental health journeys and shed light on their experiences and struggles.

Mobile Food Distribution

Our branch organized a food distribution that included additional resources through partnership with the Diaper Bank and WAKE Up and Read. In the first quarter we distributed 12,000 meals serving over 2,400 individuals. Diapers were donated through the Diaper Bank and to WAKE Up and Read joined our distribution to give out free books.

Health and Wellness Offerings

In partnership with the American Heart Association, our Y hosted a series of free community wellness and safety offerings through the EmPOWERED to Serve grant. Training topics included controlling blood pressure, learning the warnings of heart attack, salt and cardiovascular risk and hands-only CPR.

Free Community Cooking Classes

The NC Cooperative Extension hosted a six-week interactive Nutrition Bites class through their Expanded Food and Nutrition Education Program (EFNEP). This program taught nutrition, food safety, food resource management and physical activity with limited resources.



Our Mission: To put Christian Principles into practice through programs that build a healthy spirit, mind and body for all.

Cradle to Career Education

After School Enrichment

Before and After School programs are provided at four local schools serving over 300 students. Club ROAR (Reaching Our Awesome Results) is an after school enrichment program that works with community partners and Southeast Raleigh Elementary School teachers to provide tutorial services. Club ROAR strengthens students through social and emotional well-being.

Swim for Life Community Swim Lessons

The YMCA of the Triangle was awarded funds to host no-cost community swim lessons. Our region hosted 100 community participants (ages preschool to adult) at the Swim for Life event at the Southeast Raleigh Y. Participants learned valuable swim skills and water safety techniques.



Mixed Income Housing

Zone Membership and Program Pricing

The Southeast Raleigh Y expanded its Zone Pricing membership model to include Summer Day Camp, Youth Sports and Swim Lessons. This new price option aimed to make programs more accessible to all residents in the neighbor zone, including non-members. The number of zone residents attending Summer Day Camp increased from 12% in 2022 to 30% in 2023!

Affordable Housing Advocacy

We hosted an Advocacy Ambassador volunteer session to recruit neighbors interested in improving the affordable housing crisis in our community. This program provides opportunities for individuals to take action on affordable housing policy, lobby local elected officials and organize to tackle relevant housing issues.

Economic Vitality

Food Distribution Purchases

Through our monthly food distributions, we purchased \$38,110 worth of fresh produce, eggs and meat from local and minority-owned farms.

Community Action ID Drive

The Southeast Raleigh Y partnered with El Pueblo to host a Community Action ID Drive, offering valid forms of identification to individuals who cannot access government-issued IDs. El Pueblo collaborated with local grassroots groups and organizations to issue these Community IDs.



Special thanks to our community partners:

- The Southeast Raleigh Promise
- Southeast Raleigh Elementary School
- Wake County Public School System
- DHIC Affordable Housing

To learn more about the Southeast Raleigh YMCA, visit us online or stop by our branch at 1436 Rock Quarry Road.

YMCATriangle.org

Our Mission: To put Christian Principles into practice through programs that build a healthy spirit, mind and body for all.