



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 a series of swim lessons
- \$20 provides a child with transportation, meals, academic support, character development and fun during a week at Camp Excel
- \$46 creates opportunities for a child with Pervasive Development Disorder or Autism to gain social skills and participate in traditional camp activities during a two-week session of Camp G.R.A.C.E.
- \$51 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
- \$92 improves the well-being of adults with identified health risks through a session of prescribed, evidence-based care that includes a Y Health Coach and Membership
- \$121 prepares a student to reach school system benchmarks and achieve academic success through a semester in Y Learning

YMCATriangle.org/give

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A.E. Finley YMCA
Alexander Family YMCA
Chapel Hill-Carrboro YMCA
Chatham Park 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

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.