

Beaverton Family / Westside YMCA 503.644.3900  
 Child Care Division 503.946.5437  
 Camp Collins 503.663.5813  
 Clackamas Family YMCA 503.654.7950  
 Clark County Family YMCA 360.885.9622  
 Family Resource Center 503.359.2598  
 The Hoop YMCA 503.644.2191  
 Metro Family YMCA 503.294.3366  
 Mt. Hood Family YMCA 503.492.9890  
 Sherwood Regional Family YMCA 503.625.9622  
 Teen Division 503.327.0016  
 Y Arts Center 503.265.1438  
 YMCA Association Services 503.232.9622



Vancouver

Portland

You *are* what you *do*



Beaverton

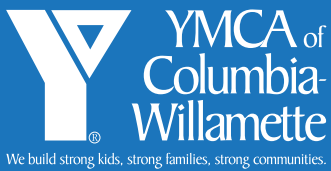
**Get involved.**

Give generously.  
 Encourage others to do the same.  
 Volunteer as a campaigner.  
 Visit us at [www.ymca-portland.org](http://www.ymca-portland.org).

Contact us at 503.221.5346 or [afinn@ymca-portland.org](mailto:afinn@ymca-portland.org) to make a contribution or to learn more.

Our local YMCA addresses major health and human service needs.

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



**Contribute to the YMCA**  
**2009 Strong Communities Campaign**  
*Your support goes a long, long way*

A single mother of two finds herself unable to afford child care. She dreams of a better life for her family and her goal is to attend college to improve her job options. That young mother struggles to find a place that she can afford and where financial assistance is available. Her oldest daughter has special needs, and her fear is that her daughter would have a difficult transition into child care. She seeks a safe learning environment; a place where her children would receive the quality care they need.

Heather turned to the YMCA in her time of need because *she knew we would help*. Thanks to generous YMCA donors, we were able to provide financial assistance and give her daughters a safe and caring place to be during the day.

Three-year-old Hana and two-year-old Zoey are flourishing at the YMCA and Heather is delighted with the nurturing staff and quality care they receive. Hana is making progress and her therapist has given a great deal of credit to the YMCA staff.

Heather is now in school and believes that the YMCA made it possible for her to attend. She doesn't worry about her children; she knows they are happy and thriving at the YMCA. The family is in a better place and a better time in their lives. Thanks to the YMCA they now *have hope for the future*.

Clackamas

**YMCA of Columbia-Willamette**

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.

○ You are here

*The journey begins with you.*

**Dear Friends of YMCA Teens,**

The YMCA Teen Division works with local teens to help them take personal responsibility and encourage positive behaviors. YMCA teen programs help youth identify, change and overcome thought patterns that lead to high-risk behavior. Teens develop a positive sense of self and are motivated to succeed in school and life. We help teens get back on track, create a vision for their lives, build self-esteem and enhance communication skills.

There is no cost to participate because of generous supporters like you. This past year our friends and neighbors joined together to support the Teen Division and provided \$43,000 to give teens access to our programs. I ask you to join me in supporting the YMCA Teen Division and the 2009 Strong Communities Campaign. Your investment will go a long way.

Warm Regards,  
Mikki Proffitt  
Volunteer Campaign Chair

Thanks to **your financial support** vulnerable teens in our community are able to participate in YMCA Teen Division programs. Your generosity helps us ensure that at-risk teens are given the skills and support to successfully transition to adulthood. Phoenix is a powerful transformation program that helps teens build self-esteem, enhance communication skills and take personal responsibility for themselves and their behaviors. Our Youth and Community Leader Forums bring together youth and business leaders to support dialogue between adults and young people.

Your gift to the YMCA Teen Division Strong Communities Campaign goes a long way to help make all of this possible. **You invest in our local community**, which means that your teens, your families and your neighbors benefit from your contribution. Today, 100% of our Teen Division participants access these programs at no charge thanks to the generosity of people like you. However, today more than ever your support is crucial to ensure we can reach even more vulnerable teens in our community.

At the YMCA your gift goes a long, long way. Please join us and give today.

**2007 Teen Division Community Impact**

- 24 volunteers lend their time and talents, providing 1,284 volunteer hours
- 96 teens learn personal responsibility in the Phoenix program, a life changing experience
- 100% of our participants access our teen programs thanks to financial assistance
- \$43,000 in assistance gives us the ability to help teens make better decisions

**When You Give, You Receive**

Our Strong Communities Campaign supports kids and families in our communities who need a helping hand along their journey through life. By giving to the YMCA Teen Division, you help build communities where we are encouraged to lead balanced, healthy, active lives and to take personal responsibility. This benefits us all.

**Your Gift Matters**

- \$50** Support one youth for a day to help build leadership skills
- \$100** Help a teen develop better communication with two days in the Phoenix program
- \$250** Provide half the cost of our Phoenix program to help a youth excel
- \$500** Sponsor one teen in our program and help them create a life vision
- \$1,000** Offer two teens a supportive and respectful learning environment
- \$2,500** Provide five teens with the opportunity to participate in a life-changing program
- \$5,000** Help ten youths embrace developmental assets so they can make good decisions



Gresham ○

Forest Grove ○

Sherwood ○

Wilsonville ○