



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ANNUAL GIVING CAMPAIGN

Providing Access to Learn, Grow & Thrive

Over 200,000 people are members of our YMCAs throughout Middle Tennessee, and they all share a common desire to belong and be well. This is possible through your donations which help ensure ALL individuals have the opportunity to learn, the ability to grow and the power to thrive.



THE OPPORTUNITY TO LEARN >>>>>>>>

Thousands of youth find the Y as a place where learning extends beyond school hours with opportunities to build their learning and life skills through sports, camps, learn to swim programs, homework assistance and more!

THE ABILITY TO GROW >>>>>>>>

The Y enables families to grow together by providing a nurturing and supportive environment for both children and parents. Children of all abilities, and at every stage of development, find opportunities and caring adults to help them grow to their full potential. Parents find much-needed respite as they work on their own health and wellbeing.

THE POWER TO THRIVE >>>>>>>>

No matter what someone is dealing with in their life, the Y helps people thrive and live their best lives in spirit, mind and body. Programs ranging from wellness classes to grief support and recovery programs for breast cancer survivors ensure that the Y is there for everyone.

“It’s been amazing to see our child’s **confidence grow** because of the Y. It’s positively impacted every area of our lives.

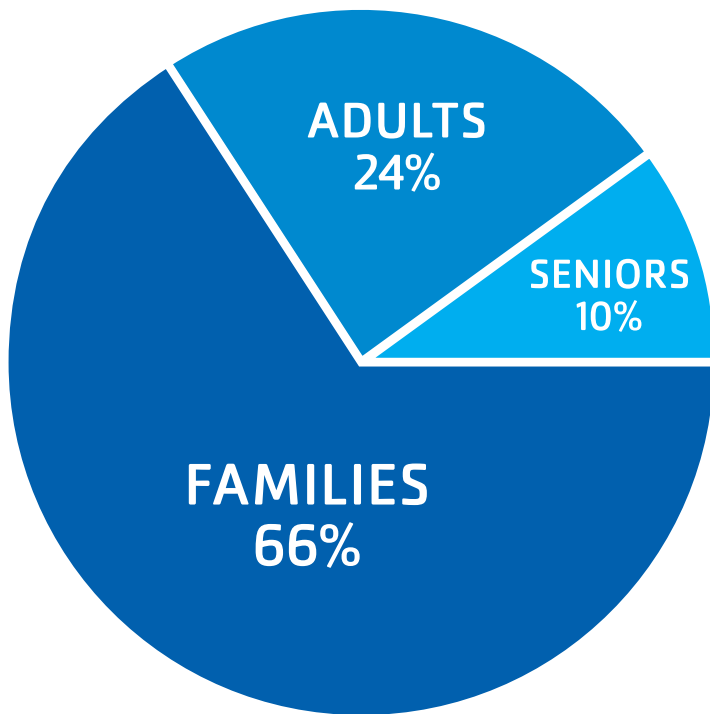
– YMCA Parent

Give today and help your community learn, grow and thrive





NORTH RUTHERFORD FAMILY YMCA



274 children under 18

The North Rutherford Y is able to keep its doors open to all thanks to your generosity through the Annual Giving Campaign.

Last year, **over 700 of our members** received financial assistance and were able to access Y programs and services.

Another way that your gift opens doors is through our After Breast Cancer (ABC) recovery program.

“After my breast cancer went into remission, **my recovery was really just beginning**. The Y helped me, and other women like me, find ourselves **physically and spiritually**.

– ABC Participant

”

Give today and help us keep our doors open to all

