

lay, and



# THIS IS Y.



## SUPPORTING PARENTS AND STRENGTHENING FAMILIES

Families who share everyday activities together form stronger bonds. Children who spend more time with their parents on average perform better in school than those who spend less. In 2021, our Y engaged over 6,000 youth and adults in Community events the entire family could participate in and enjoy together.

By supporting family programs at the YMCA, families are provided a safe place to play, learn and maintain healthy habits for mind, body, and spirit together.

### FIND YOUR REASON. FIND YOUR Y.

Studies show on average the **more time children spend with their parents** the better their mental development will be.

Donate today: [ymcaspbc.org/give](https://ymcaspbc.org/give)



Scan to view our Y's impact