



# STORIES OF YOUR IMPACT

Learn how your gift makes a lasting  
difference in our community.



# GREAT SUMMERS START HERE

Meet Jenna, Des Moines Y Camper. During her summer camp experience, Jenna discovered newfound friendships and confidence. Favorite activities like the rock wall and horseback riding sparked Jenna's self-discovery, fostering a love for trying new things. Jenna formed close friendships and learned leadership skills to inspire bravery in others and help fellow campers feel courageous in the face of new challenges. The lasting impact of Y Camp stretches beyond the summer, too. Her mother has seen positive changes, with Jenna returning more confident, honest, trusting, and respectful. For 5th grader Jenna, a Y Camp scholarship opened up a summer of new experiences.





# EVERYONE DESERVES A PLACE TO CALL HOME

The YMCA Supportive Housing Campus provides permanent affordable housing and wrap-around services to those experiencing or at-risk of experiencing homelessness.

Sam, a YSHC resident, brings his experiences as a Veteran, culinary chef, and mental health survivor to our campus. Sam enjoys sharing a recipes or a meal with friends and other residents. His story serves as a testament to the power of perseverance, resilience, and belonging.

"Being seen as a valued individual is important," he shares, "and so is finding community."





# EXPLORING, LEARNING, GROWING

"I am a single working mother who has to have childcare due to my work hours. When my children started at King Elementary, I didn't know what I was going to do— until I found the Y's after-school program. My daughter and son take extra time to adjust to new situations and have some trust issues. My son struggles with anger and acts out, but the Y staff team is so patient. Even if his day was not the best, they encourage him and say tomorrow is a new day to do better. Additionally, both of my children struggle with math and reading. When they need guidance academically, Y staff help them understand the skills being taught in their classwork. They even brought in tutors to help. I can't say enough about this program and its staff, I thank the YMCA for funding such a great program!"



- Marissa, After-School Care Parent

# WATER SAFETY FOR ALL

It's never too late to learn how to swim. Through the generosity of donors, the Y can offer FREE swim lessons for adults. Adult Learn to Swim programs are essential for drown-proofing our community and provide a healthy fitness avenue for adults.

"When I started this program, I was a little bit uneasy about it—skeptical about whether I was really going to learn to swim at a very late age. I found that okay, it is doable! It has added to my enthusiasm and I look forward to going to the next level now. I already enrolled myself for the intermediate level of the beginner adult classes."

- Tawfeeq, Y Adult Learn to Swim Participant





# UNLOCKING POWER AND POTENTIAL

Through a blend of physical activity and life skill development, Girls on the Run inspires participants to recognize their inner strength and unleash their confidence. See what runners Esme and Avery had to say about their GOTR experience:



## What did you learn in GOTR?

"I learned to be positive about me and I made new friends and to love and be kind."

## What is your favorite GOTR memory?

Running my 5K and being with friends.

- Esme

## What did you like about GOTR?

"I love to run and make new friends. I also like to help others no matter what they need help with!"

## What do you like about yourself?

"I love my personality and I also love everything about myself because I am creative!"

- Avery

# YMCA YOUTH BECOME LEADERS

Pathay and Gore have grown up at the Grubb YMCA through programs like Starfish Academy, swim lessons, G.R.I.T. (Grubb Role Models in Training), and youth sports from flag-football to Metro League basketball. At the State Games of America, Pathay represented the Grubb Y where his basketball team took home 2nd place. Gore took his skills from the Grubb court to playing college basketball. When applying for jobs, both sought out the Grubb Y, looking to give back to the place that helped them become who they are today. Pathay is now a Weight Room Attendant and Gore is a member of our Welcome Center Staff. Both of these young men are willing to help in any way they can for our cause, and continue to be friendly faces within the Grubb Y community.



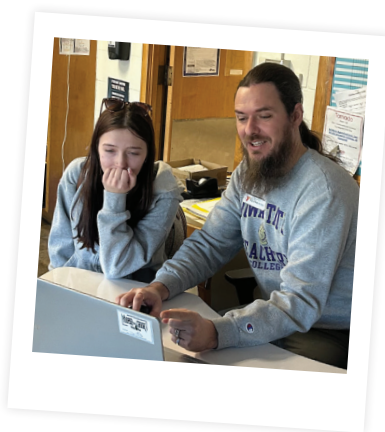


# CHARTING A PATH FOR LIFE

Through individualized post secondary planning support, Y Achievers is assisting metro youth in planning for and thriving in life after high school.

"It helped a lot in just doing all the paperwork and stuff because just trying to apply for jobs is kind of hectic. The Y helped me to stick through it and provided me with opportunities that I wouldn't have had otherwise. I now have a plan for when I graduate and even get to begin building my resume as a new Y employee."

- Kaitlyn, 12th Grader



# GIVE TODAY

When you support the Y, you open up opportunities for people of all ages, backgrounds, and income levels.

*You change lives.*



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