

Areas of Impact

The Y is a cause-driven organization that is for youth development, for healthy living, and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health, and our neighbors.



YOUTH DEVELOPMENT

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development - all grounded in the Y's core values of caring, honesty, respect and responsibility.

Youth Development is the social-emotional, cognitive, and physical processes that all youth uniquely experience from birth to career. At the Y, we know that a successful development process fulfills children and teens' innate need to be loved, spiritually grounded, educated, competent, and healthy.



HEALTHY LIVING

At the Y, we're passionate about improving our community's health and well being.

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

To us, being healthy means more than simply being physically active. We strive to bring families closer together, encourage better health, and foster connections through fitness, sports, fun and shared interests. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.



SOCIAL RESPONSIBILITY

With our doors open to all, we bring together people from all backgrounds, and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

Whether providing job training to a newly single parent, advocating for affordable, healthy food options for underserved communities, or helping newcomers transition well into their new neighborhoods, the Y is committed to giving all people the tools and support to live healthy, connected and secure lives.