



OUR VISION

Strong Communities Where All People Reach Their Full Potential

The YMCA of Central Ohio is a cornerstone of community, serving five generations every day and working alongside our neighbors to meet critical community needs. Youth Development, Healthy Living and Social Responsibility are the three pillars that anchor our service within the community to empower young people, improve individual and community health and inspire action and change in our communities.



YOUTH DEVELOPMENT

EMPOWERING ALL YOUTH TO REACH THEIR FULL POTENTIAL

At the YMCA, we believe that all kids have amazing potential. The values and skills learned early are vital building blocks for life, and young people deserve an opportunity to discover who they are. From the youngest in our child care programs to the teens in our leadership development initiatives, the YMCA gives kids and teens a safe place to belong, achieve new goals and build relationships.



HEALTHY LIVING

IMPROVING INDIVIDUAL AND COMMUNITY WELL-BEING

Access to health and wellness is a mission-critical indicator of strong communities. The YMCA aims to improve individual and community health and well-being by providing transformational programs and activities for all ages that promote wellness, reduce the risk of disease and help others reclaim their health.



SOCIAL RESPONSIBILITY

INSPIRING ACTION AND CHANGE IN OUR COMMUNITIES

Transformational programs and services extend beyond our community centers to help guide those who need it most. Community outreach and in-home social services are delivered to increase housing stability, family support and emergency services as part of the YMCA's commitment to social responsibility. We believe housing is a basic human need and essential to an individual reaching their full potential, therefore, our YMCA provides emergency shelter services.

- Permanent Supportive Housing (PSH)
- Rapid Re-Housing services and Emergency Shelter
- Stable Families Program
- Infant Mortality Prevention
- New American Integration Services

TRANSFORMATIONAL PROGRAMS

THAT SERVE THE WHOLE COMMUNITY TO BUILD A HEALTHY SPIRIT, MIND AND BODY

- Community Health & Well-being
- Access For All Programs
- Forever Well (exclusively for seniors)
- Unlimited Group Fitness Classes
- Virtual On-Demand Enrichment Activities for Individuals & Families
- Sports for All Ages
- Water Safety
- Adaptive Sports & Wellness
- Chronic Disease Prevention & Management



OVER \$1.3M IN FINANCIAL ASSISTANCE

114,365+ INDIVIDUALS & FAMILIES RECEIVE COMMUNITY BASED PRICING



2,220+

INDIVIDUALS SERVED

4,194+

INDIVIDUALS INCLUDING 932 CHILDREN

44,377+

CHILDREN, YOUTH & TEENS

➤ Were provided the safety of shelter and a warm meal at the **YMCA Van Buren Center**

- Youth Sports
- Swim Lessons
- Teen Leaders
- Before & After School Child Care
- Kindergarten Readiness
- Day Camp & Overnight Camp



EMPOWER

44,000+
YOUTH

by providing programs that foster a sense of belonging, celebrate achievement, and build relationships with peers while being exposed to STEM experiences, leadership opportunities, and skill building to aid in critical thinking, social-emotional intelligence and self-awareness.



CONNECT

125,000+
NEIGHBORS

to their community to lessen their struggles with isolation and loneliness while helping them to develop active lifestyles, healthy eating habits and improved mental health.



HELP

2,400+

INDIVIDUALS

maintain or obtain stable housing so they feel safe and achieve their goals.



As the Central Ohio region continues to grow, so will the need for these services as economic, social and education gaps widen. With unwavering determination, the YMCA of Central Ohio drives transformational social change by building strong communities where all people can reach their full potential. Everything the YMCA of Central Ohio does aims to ensure health, well-being and opportunity for all.

Transformational programs — from membership to camp to early learning to supportive housing — ensure inclusion and accessibility are woven throughout our service to others. Because of our reach and the many social services we offer, the YMCA is uniquely positioned to connect individuals with resources to meet our communities' most critical needs.

People need our help now more than ever. Our neighbors are experiencing life-threatening challenges that are too big to overcome by themselves.



STRENGTHENING COMMUNITY THROUGH TRANSFORMATIONAL PROGRAMS

Serving our neighbors through YMCA community centers and social services



Any individual or family can reach out.

Depending on the individual/family need, our trained staff will lead them to the specific program.

COMMUNITY
HEALTH & WELL-BEING

YOUTH & TEEN
ENGAGEMENT

CHILD CARE

STABLE HOUSING
& EMERGENCY
SHELTER RESOURCES

STRONG COMMUNITIES WHERE ALL PEOPLE REACH THEIR FULL POTENTIAL