

## THE YMCA CHANGES LIVES EVERY DAY

### Mission Statement

The YMCA of San Francisco builds strong kids, strong families and strong communities by enriching the lives of all people in spirit, mind and body.

### Who We Are

The YMCA of San Francisco has been building strong communities since 1853, serving thousands of children, teens, seniors, and families in our diverse Bay Area. The YMCA facilitates transformation for more than **189,000 participants yearly through our 14 branches and at more than 120 program sites in our three county service area.** Every visit to a YMCA represents a connection; whether it's a health seeker or health enthusiast, a well-cared for child, a confident teen, an isolated older adult, or a family in the midst of a stressful life transition, the **YMCA provides connections that strengthen character and provide a safe, healthy, and life-enriching experience.**

- We create a welcoming, supportive community for our **fitness and program members** and help them develop healthy, active lifestyles through comprehensive physical wellness and social services programming.
- We teach our **YMCA core values** of caring, honesty, respect and responsibility in all that we do.
- We offer nationally accredited **pre-school programs and respected day care, childcare services and afterschool enrichment activities.**
- We help create positive lifelong memories for thousands of youth through our comprehensive summer, resident, holiday and specialty **camp** programs.
- We engage in **outdoor environmental education** and awareness programming to promote respect for the environment and principles of sustainability.
- We offer a variety of **active older adult fitness and social programs** and activities, as well as supportive physical rehabilitative cardiac, stroke, arthritis, special needs and breast cancer therapeutic programs.
- We are **a trusted, active partner with government agencies and other nonprofits** in operating social service programs, such as: Family Resource Centers, Beacon Centers, Rec Connect and public school-based afterschool programs.

### Who We Serve

In the 2007/2008 fiscal year the YMCA of San Francisco served the community as follows:

- 189,592 participants of all ages
- 127,652 individuals registered in free or subsidized programs
- 69,002 participants under the age of 18.



## What Distinguishes the YMCA from other Non-Profits

- ***We meet people in their communities.*** We are not only 14 branches. We work out of 120 community sites. 189,000 participants enrich their lives in one of our YMCA branches.
- ***We are accessible.*** At certain of our branches, most of our programs are free or low cost. For example, at the Mission YMCA, we provided more than \$1 million in free and subsidized programming.
- ***We furnish basic necessities.*** At the Shih Yu-Lang Central YMCA, we spend \$1,250 for free dinners each week for our youth. The Urban Services YMCA Food Bank will provide 1,500 San Francisco families with free turkey dinners this November.
- ***We foster safety.*** We provide much needed “safe havens” in the Bayview and Western Addition. 80% of our aquatic outreach participants would receive no aquatic activity exposure without our Presidio programs. There were over 9,000 participants in our youth aquatics program. This year, we will teach safe bike riding and provide equipment to 500 youth.
- ***We provide enrichment.*** More than 850 children attended after school enrichment programs at the Stonestown YMCA. We provided expanded learning to 550 public school students per week at the Presidio. 450 youth participated in Bayview Hunters Point YMCA after school programs, tailored to elementary, middle and high school students.
- ***We build healthy bodies.*** 69% of children living in SF are not physically fit. We provide physical education to 1,100 Chinatown youth each week. We had almost 11,000 participants in camps last year. The Stonestown YMCA engaged 340 youth from eight public schools in healthy nutrition and sports skills programs.
- ***We build community.*** At the Stonestown YMCA Senior Center 1,826 older adults participate in recreation, education and wellness programs. 200 families strengthened spirit, mind and body with the help of the Bayview Hunters Point YMCA Family Resource Center.
- ***We provide positive influences for teens.*** At the Richmond District YMCA teens can choose from the Friday night teen center, Girlforce program for healthy choices; skateboarding, leadership and LGBT groups, all without cost. The Chinatown YMCA offers teens one-on-one mentoring, college planning workshops and leadership conferences. From the Buchanan YMCA, 30 high school juniors, who could be the first in their families to obtain a college diploma, toured east coast universities. The Bayview YMCA is a haven for 90 teens in programs like our Just 4 Girls and Fellas teen groups.
- ***We connect youth to the natural environment.*** The SOAR program brings 50 youth from our poorest neighborhoods to the Presidio for outdoor education and, for some, their first view of the ocean.

***We can, and will do, so much more . . . with the charitable support of our community.***



## How Donations Can Change Lives

### Stories behind the Numbers

The YMCA is a gateway for individuals to build community, make connections and transform lives. Donations are particularly essential this year as many government-funded safety net services for youth, families and seniors have been cut from the budget despite increased need.

**\$2,500** will provide a full year of private high school classes through **Embarcadero YMCA's Youth Chance High School**

*“My daughter graduated from Youth Chance High School some seven years ago. It was the happiest day of my life. She had been to five high schools, in a gang and somehow I found Youth Chance. She had a mentor, a job and wonderful people around her. It took her three years to complete her GED. It was the first time she had ever hung in there and finished anything. I owe my daughter's life to Youth Chance and I'll never forget what they did for her and for me.”*

**\$1,500** connects a youth with a carefully selected and trained adult mentor in the **Chinatown YMCA's Building Futures mentoring program**. Though the mentor relationship is designed to last a year, the growth they share lasts a lifetime.

Two participants in Building Futures live with their grandparents in a one room apartment in Chinatown. Both girls have mentors. Their grandparents are in their 80s and depend on this program to support their granddaughters socially and academically, as well as to provide a trusted friend. *“I can look forward to something new every weekend. My mentor taught me how to play basketball, took me bowling, and spends time with me.” “I learned how to ride a bike with my mentor. Sometimes he teaches me better manners, but usually we just have fun.”*

**\$1,000** will send an African American high school youth on a college tour through **SIMBA, a program of the Urban Services YMCA**, funded in part by the Mitchell Kapor Foundation.

The 2009 California Dropout Research Project concludes that if San Francisco could cut by half the number of kids who drop out of school permanently, the city would see 315 fewer murders and aggravated assaults and save \$108 million every year. Of the 50,000 African Americans residing in the city, fewer than 25% possess a high school diploma and even more startling, less than 1,200 African American men in San Francisco have achieved a post secondary degree. Safe In My Brothers' Arms (SMIBA) is a college-preparation program for African American male students organized by Urban Services YMCA. SIMBA participants are involved in tutoring programs and workshops on financial literacy, ACT/SAT preparation, college admissions processes, scholarship and financial aid opportunities. Imagine the possibilities for each of the 15 young participants, their families and their communities if instead of dropping out of high school these youth succeed in achieving a college degree.



**\$500** will provide Tenderloin youth and area residents with computers rebuilt and programmed with the newest hardware and software, in the **Shi Yu-Lang Central YMCA Youth Run Refurbishing Program**.

One formerly homeless resident of the McAllister Hotel, recipient of 2 YMCA refurbished computers, wrote, *“ . . tenants will have a tool to reconnect with family over the Internet, check their email, pursue job websites, join networking and friendship sites...It has gotten my mother and myself back talking after 13 years...it is only an email once a week now, but it’s a start and who knows... We may actually see each other again.”*

**\$500** engages 10 high school teens who have little or no fitness knowledge in a month of **FLEX a program of the Richmond District YMCA** that introduces the foundations for wellness through an active lifestyle and healthy eating.

*“FLEX has affected me mentally, physically, and spiritually by increasing my self-esteem, helping me to be more responsible, and teaching me not to give up. . . FLEX has taught me to stick to my goals. . . This has really changed my life, by teaching me how to manage time and be responsible for my own actions.” . . A.T., a 15 year old female FLEX participant.*

And -----

**\$10,000** provides a five-week **day camp at YMCA Camp Jones Gulch in La Honda** for 20 children of local area farm workers. This support covers transportation, lunch, swim lessons, archery, canoeing, horseback riding, climbing wall and a paid Junior Counselor position for 4 of the youth.

**\$5,000** helps **the Buchanan YMCA keep their doors open in the Western Addition**, one of the City’s most diverse communities, where they provide free and low cost childcare, summer camp and after school, teen, family and senior programming..

**\$2,500** engages five low-income youth in a semester of structured YMCA after school enrichment at any of our **licensed child care sites** during the hours when youth are most at risk of being involved in or a victim of violence.

**\$1,000** subsidizes the cost of a **one year YMCA membership for two low-income families**, enabling them to join other members in building healthy spirit, mind and body.

**\$500** provides five afternoons of musical entertainment for the enjoyment of our **Mission YMCA Senior Center** members.

**\$250** will provide groceries for ten hungry families this holiday season through a **YMCA run food pantry** in the Ingleside district of San Francisco.

## Where we Serve

### YMCA of San Francisco Branches

#### **Bayview Hunters Point YMCA**

1601 Lane Street  
SF, CA 94124  
**(415) 822-7728**

#### **Peninsula Family YMCA**

1877 South Grant Street  
San Mateo, CA 94402  
**(650) 286-9622**

#### **Buchanan YMCA**

1530 Buchanan Street  
SF, CA 94115  
**(415) 931-9622**

#### **YMCA Point Bonita**

Building 981  
Fort Barry GGNRA  
Sausalito, CA 94965  
**415-331-9622**

#### **YMCA Camp Jones Gulch**

11000 Pescadero Road  
La Honda, CA 94020  
**650-747-1200**

#### **Presidio Community YMCA**

Main Post Gym, Bldg. 63  
SF, CA 94129  
**(415) 447-9622**

#### **Chinatown YMCA**

855 Sacramento Street  
San Francisco, CA 94108  
**415-576-9622**

#### **Richmond District YMCA**

360 18<sup>th</sup> Avenue  
SF, CA 94121  
**(415) 666-9622**

#### **Embarcadero YMCA**

169 Steuart St.  
SF, CA 94105  
**(415) 957-9622**

#### **Shih Yu-Lang Central YMCA**

220 Golden Gate Ave.  
SF, CA 94102  
**(415) 885-0460**

#### **Marin YMCA**

1500 Los Gamos Drive  
San Rafael, CA 94903  
**(415) 492-9622**

#### **Stonestown Family YMCA**

333 Eucalyptus Drive  
SF, CA 94132  
**(415) 242-7101**

#### **Mission YMCA**

4080 Mission Street  
San Francisco, CA 94122  
**(415) 586-6900**

#### **Urban Services YMCA**

1426 Fillmore Street, #204  
San Francisco, CA 94115  
**415-561-0631**

#### **Novato YMCA**

3 Hamilton Landing, #140  
Novato, CA 94949  
**(415) 883-9622**

**Plus 120 community-based sites.**