

### YMCA OF SAN DIEGO COUNTY COMMUNITY WELL-BEING & B E L O N G I N G

#### MISSION

We nurture a healthy spirit, mind, and body so all can thrive while honoring our faith-based heritage.

#### VISION

To be the catalyst to transform lives and communities.



## 2025 ANNUAL CAMPAIGN YMCA OVERNIGHT CAMPS

YMCA CAMP MARSTON • YMCA RAINTREE RANCH YMCA CAMP SURF

### **OUR IMPACT**

25,000

community

participants served annually.

### **COMMUNITY NEED**

\$192,000 to provide equitable access to YMCA Overnight Camps

### OPENING OUR DOORS TO:

**HEALTH EQUITY** 

MENTAL HEALTH

YOUTH DEVELOPMENT

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### CREATING HEALTH EQUITY

# 4,500 youth campers

hike mountain trails, surf ocean waves or care for horses in our highly active and hands-on summer overnight and day camp programs. Camp is the perfect place for children to make friends and be themselves. "Two years ago, my husband passed away suddenly, and both kids were very lost, and they started to attend YMCA overnight camps. This experience has made such a great impact on their life. The staff, the management, and the counselors have all been amazing, and have taken care of the children as if they were their own. I now recommend YMCA Overnight Camps to every parent I come in contact with who wants their children to have a positive experience to learn and grow emotionally, mentally and physically into healthy adults."

### SUPPORTING MENTAL HEALTH

#### Family programs at all of our camps increase mental health

by promoting positive family relationships and quality time spent together, disconnected from the distractions of everyday life. GIVE. VOLUNTEER. SHARE. (f) (O) (y) in



SCAN

**OR CODE** 

### NURTURING YOUTH DEVELOPMENT

Annually, **10,000+** school age kids build independence,

school age kids build independence, self-acceptance and confidence while learning about our natural environment in our Outdoor Education Program.

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