



**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.



## 2026 ANNUAL CAMPAIGN EAST COUNTY YMCA'S

The Annual Campaign moves our mission forward  
**TO ENSURE ACCESS FOR ALL.**

### OUR IMPACT

Our Y impacted the lives of

**33,476**  
individuals



### COMMUNITY NEED

**\$295,000 to provide equitable access to YMCA memberships, programs, and services.**



### KEY STRATEGIC PRIORITIES

HEALTH EQUITY

MENTAL HEALTH

POSITIVE YOUTH DEVELOPMENT

### TESTIMONIAL

"I want to express my heartfelt gratitude for the incredible impact the LIVESTRONG program has had on my recovery. Chemotherapy left me extremely weak, and while I hoped to slowly regain strength afterward, I truly believe I wouldn't feel this empowered, physically or mentally, without LIVESTRONG."

This program is transformative. Thanks to the YMCA team, I regained not only strength but confidence and resilience. I enthusiastically recommend it to anyone facing treatment or recovery.

I first learned about LIVESTRONG when I was newly diagnosed, and waiting until after chemotherapy was the best decision, it allowed me to fully benefit at the moment I needed it most.

Thank you for providing such life-changing support. I am deeply, sincerely grateful.



### CREATING HEALTH EQUITY

**17,536**  
personal well-being

touch points from a Y membership to crucial programming such as overnight camp, child care, and social services.

### SUPPORTING MENTAL HEALTH

**6,000**  
swimmers

gained confidence, developed essential water-safety skills, and discovered the joy of being in the water through YMCA swim lessons this year.

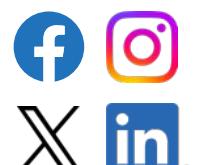
### POSITIVE YOUTH DEVELOPMENT

Through YMCA Overnight camps, we've helped to inspire resilience, curiosity and growth for

**5,326**  
young people

**YOUR SUPPORT MATTERS**  
[ymcasd.org/eastcountygive](http://ymcasd.org/eastcountygive)

**GIVE.  
VOLUNTEER.  
SHARE.**



# INVESTING IN OUR COMMUNITY

## YMCA OF SAN DIEGO COUNTY

# WAVES OF IMPACT



Through generous donations to our Annual Campaign, we are able to give every individual the Y experience, regardless of their ability to pay.

When you give to the Y, you are making an investment in our community and giving those in need the opportunity to thrive.

**1 IN 10  
PEOPLE**  
that live in  
San Diego  
live in poverty

Our Y ensures  
**ACCESS FOR ALL**  
regardless of  
ability to pay

YMCA of San Diego  
County provided  
**171,698**  
touchpoints for  
scholarship and services

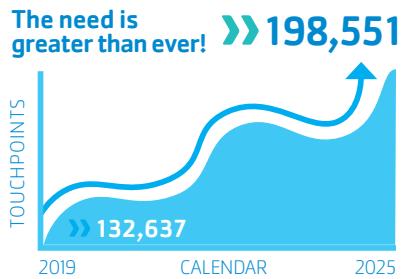
## STORY OF IMPACT

I'm a mother of two incredible boys on the autism spectrum. Like so many parents, I've carried the quiet worry of wanting my children to feel safe, understood, and welcomed for exactly who they are. Then we found the YMCA, and everything shifted. From the moment we walked in, my boys, who often struggle in new environments, felt at ease. The child watch staff became their safe place, and the no-cost inclusion aide in gymnastics was a gift I hadn't even known how to ask for. I've watched my children make friends, gain confidence, and feel like they truly belong. And the Y gave me something precious too, a place to breathe, to care for myself, and to feel supported. For us, the Y isn't just a building. It's home



**YOUR  
GIFT  
CHANGES  
LIVES**

<b>\$50</b>	provides a child with a month of life-saving swim lessons.
<b>\$100</b>	gives a child the chance to build confidence and strength through gymnastics.
<b>\$250</b>	sends a child to a full week of Day Camp, filled with learning, friendships and adventure.
<b>\$500</b>	supports a senior with a full year of membership, promoting health, connection and independence.
<b>\$1,000</b>	provides a cancer survivor with healing, hope, and strength through the LIVESTRONG program.



Through LIVESTRONG,  
**52**  
cancer survivors  
were able to regain strength,  
rebuild confidence, and connect with  
others who understand their journey.

**19,392**  
families  
and children  
connected to child care referrals  
and direct financial support  
with child care vouchers.