



the **Y**  
YMCA  
**BECAUSE  
OF YOU**

**At the Y, we prepare teens for life.**

## COMMUNITY CHALLENGES

- 63% of young people reported experiencing substantial symptoms of anxiety and depression
- One out of five teens, 20%, reported being bullied
- According to The State of Obesity, 13% of high school students are obese

**TOGETHER IN 2022, WE**  
**provided a safe place for teens to gain**  
**confidence and know they belong.**

**99** Teens participated in Leaders Club.

**45** Teens traveled to Blue Ridge Leaders' School.

**12** Teens participated in Youth and Government™

**201** Opportunities for teens to participate in Youth Outdoor Leadership Academy (YOLA).

**BECAUSE OF YOU**  
Muhammed discovered  
new abilities.



Meet Muhammed and  
hear how the Y helped  
him prepare for life.



**At the Y, we are committed to preparing  
teens for life and making a positive impact  
together. Here is how you can help:**

- **Make a donation**
- **Sign up to volunteer**
- **Share our programs with a friend**

**2023 Annual Campaign**