



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CENTRAL CONNECTICUT COAST YMCA

A Report on the Y's Community Impact

December 31, 2012

Dear Friends,

I am so proud to share with you the great impact made by the Central Connecticut Coast YMCA in 2012! With a special focus on youth development, healthy living, and social responsibility, the Y served **85,000** kids, families, and adults in twenty five towns and cities including Bridgeport and New Haven.

Character development is at the heart of the Y's mission, and the values of caring, honesty, respect, and responsibility were modeled and taught to **31,977** youth in 2012. Through participation in programs including child care, youth sports, summer camping, and Youth in Government, character was built and positive values were reinforced.



Defined as the difference in academic performance between low-income kids and their more privileged peers, the **education achievement gap** begins early in life for many children. In 2012, the Y made great strides in closing the gap for **1,071** low-income children through the Y's 3 school-readiness programs, 38 after-school programs and 10 summer camp programs with a special focus on developing reading and writing skills.



The Y has been teaching kids how to swim and be safe around the water for decades. With a renewed commitment to **teaching water safety** skills and preventing aquatic accidents, **7,554** children participated in Y swimming lessons and water safety education programs in 2012.



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Most in the communities we serve are overweight, are physically inactive, and do not eat well. About one in four are pre-diabetic, and many do not realize the serious health consequences of leading an unhealthy lifestyle. That's the bad news. The good news is that through the Y's expansion in 2012, **34,500** youth and adults participated in **health, wellness, education, physical activity** and **diabetes prevention** programs and services.



Chronic homelessness is a challenge faced by many families and adults, particularly in Bridgeport and New Haven. With a large team of social workers and an inventory of 415 apartments, the Y is the largest provider of affordable and supportive housing in the state. In 2012, the Y and our partners made great strides in **reducing chronic homelessness**.



As a source and resource for affordable programs and services, **\$3M** in **financial assistance** was provided to **5,967** financially disadvantaged kids, families, and adults enabling participation in important Y programs or services.

I'd like to thank our partners, donors, staff, and the **1,293** committed volunteers who donated **31,985** hours of their time to help the Y fulfill its mission which is:

To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.



With Best Wishes,

David Stevenson, Ph.D.
President & CEO