



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CHILD CARE
AND AFTER SCHOOL
PROGRAMS

Parent Handbook



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WELCOME TO THE Y!

Thank you for choosing the Y for your childcare needs! We believe the values and skills learned early on are vital building blocks for quality of life and we are dedicated to providing a safe, nurturing environment for children to learn, grow and develop social skills. At the Y, your children will learn their ABC's, sharing, sportsmanship and, most importantly, how to be themselves. Our Y staff highlight teachable moments and emphasize accomplishments and successes in all participants. That makes for confident children today and contributing and engaged adults tomorrow.

The Y offers multiple childcare programs at various locations for children ages 6 weeks through 12 years including full-day childcare, before and after school care and full day summer programs. As an organization, the Y has made a commitment to quality and safety at each of our childcare facilities by striving to surpass State of Wisconsin Licensing Standards.

If you have any questions after reading through your Family Handbook, please direct your questions to the Childcare Director or refer to the YMCA's Child Care Policy Handbook which is available by request. Contact information is available at the back of the handbook.

PROGRAM OVERVIEW

Program Goals

Strengthen your family by:

- Improving communication among family members.
- Helping families share values with others.
- Increasing your family's sense of community with other families.
- Providing families with peace of mind while children are in our care.

Help children reach their fullest potential through:

- Developing self-awareness, confidence and feelings of self-worth.
- Developing interpersonal relationships.
- Values development.
- Emergent learning.
- Developing physical skills.
- Focusing on health and nutrition.

Create a program that provides safety, support and nurturing by:

- Surpassing State of Wisconsin Licensing Standards.

- Committing to support the four core values of the Y – caring, honesty, respect, responsibility
- Collaborating with outside resources to offer the best care to meet a child's individual need.

OUR PROGRAMS

Activities

Childcare activities provide each child with age-appropriate experiences which:

- **Encourage self-esteem and develop positive self-image.** Activities include warm staff and child interactions, challenging developmental materials, consistent daily routine, interesting and diverse activities, positive adult/child and child/child communication, and stressing that each child is valued for individual achievements.

- **Encourage social interaction.**

Program activities include creative play, group time, mealtime interaction, community programs and field trips, planned family activities, teacher and child initiated activities and music, song and dramatic play.

- **Encourage self-expression and communication skills.** Activities include group story time, acting out stories and plays, making books readily available, show-and-tell, creative play experiences and other teacher/child initiated activities. Activities for school age participants include group activities, storytelling, board games, art, Stem, gym games and other teacher/child initiated activities.

- **Foster creative expression.** Activities include providing creative art materials and play equipment, using constructive toys and experiencing the fine arts through the use of community resources.

- **Encourage physical development.** Large muscle development includes group activities, sports, using playground equipment. We will provide opportunities for light, moderate and vigorous physical activity for at least 90 minutes per day for children participating in our full day

programs and 30 minutes for half day programs. This can be found on your child's daily class schedule. These activities can be structured i.e. teacher lead or free play. Outdoor time will take place daily(weather permitting). Small muscle development is enhanced through the use of puzzles, beads, creative art experience, finger play games and more.

Schedule

The YMCA Child Care Program schedule varies by the age and ability of your child and may include:

- **Large Group Activities:** children are encouraged to interact in a large group, take turns, participate themselves and allow others to participate with them, learning team building.

- **Small Group Activities:** children are assisted in developing particular skills. For child care center participants, those skills include cutting, tracing, balancing, eye-hand coordination, colors, shape identification and more. For School Age participants, skills include art, homework assistance, stem activities, board games and more.

- **Literacy Time:** children are exposed to age-appropriate literature and are encouraged to use their imagination, to build vocabulary and to develop listening skills.

- **Academic Achievement:** children are provided with activities that stimulate learning.

- **Meal/Snack Time:** children are encouraged to learn group cooperation, language development, personal discipline, positive social interaction, healthy nutrition, and to try a variety of different foods.

- **Social Skills Development:** the Y's core values of caring, honesty, respect and responsibility are reinforced in all activities and built into all lesson plans. Children will also be encouraged to practice personal hygiene and participate in the care of their environment

Family Engagement

Parents are encouraged to be involved in their child's activities. We are committed to providing your family with engagement activities at least but not limited to four times a year. These activities include Newsletters, flyers, information posted on bulletin boards and family events focused on health eating or physical activity. Watch for information throughout the year regarding some of the following events: Healthy Kids Day, 4k/5k Family Fun Night, Brown Bay Lunch with Parents, Annual Winter Festival, Healthy Family Home Newsletter, The Color Run, Children's triathlon, Turkey Trot.

All Programs: Annual parent surveys are done throughout the year to seek parent feedback on the Childcare and School Age. Parents are encouraged to communicate daily with the staff and contact the program directors with any feedback or concerns.

Guidance

Our goal is to guide children in becoming happy, responsible and cooperative participants through positive teaching techniques. In the event that behavior requires discipline:

- Teacher actions will not harm the child's self-image or embarrass the child, rather reinforce a positive self-image.

- Teacher actions will help children learn self-control, make good choices, identify and express their feelings with words and creative expression and develop an understanding and respect for one another's feelings.

- Teachers will communicate regularly with families regarding behavioral concerns and highlights. Every effort will be made by staff to enlist the cooperation of the child along with parents to solve problems as a team.

- Additional information can be found in the YMCA Child Care Policy Manual which is available upon request.

ADMISSION/ENROLLMENT

The YMCA provides safe, quality care for children at various sites throughout Manitowoc.

- Any child age 6 weeks to 12 years is welcome to participate in the program appropriate to their age.

- The Manitowoc-Two Rivers YMCA Child Care Programs do not discriminate by race, color, sex, national origin, creed or special needs.

- All required forms as listed below must be on file for each child. Parents should update all information, including additional immunizations, change of address, telephone number or family situations as needed. Please check every six months to make sure all information is current.

Child Care Center participants

- Day care child enrollment form
- Health history and emergency care plan
- CACFP Household Income statement
- Day care immunization record
- Child health report

- Day care intake (for children under 2 years)
- Registration fee and first week's payment due at time of enrollment

School Age participants

- Day care child enrollment
- Health history and emergency care plan
- Day care immunization record
- Registration fee
- Additional forms may be required, including field trip permission slips, school age agreement plan to come or leave the program from home, school or other activities.

DAILY SCHEDULE AND NEEDS

The following procedures have been developed to ensure effective operation at each of our sites with your child's safety as our main concern. Arrival

- Sign your child in and out each day on the sheet provided by the center/program.
- Children must be escorted by an adult to the classroom or program area. A list of persons authorized to pick up your child must be noted on the enrollment form or emergency card.
- Inform your child's teacher of any special needs for the day. If possible, write them on a note near the sign-in sheet.
- Children may not arrive prior to the scheduled starting time and teacher must be present to accept the child.
 - Children 3+ will be limited to 30 minutes per week computer/iPad use with strict educational/physical programs being offered. Classroom screen time is limited to 30 minutes per month with educational/theme related component.

Screen time is prohibited for children under two. School age programs will limit screen time to 30 minutes daily.

Snacks/Meals

We will not have any fried foods on our menu or allowed to be served in our programs. We will serve a fruit and/or vegetable at every meal snack in child care. Children two and up will have their meals/snacks family style. Whole milk will be served to one year olds, two and up will be served 1% milk. Nutritional provisions vary by program as listed below.

Child care program participants:

- Water is available and assessable at all times throughout the day. We will have water available at every meal or snack as well as during outside time. Sugar sweetened beverages are not on our menu and will not be allowed to be brought in for parties or special occasions.
- Breakfast, lunch and a snack will be provided.
- The nutritional value of our meals/snacks is commensurate with CACFP and state guidelines.

School Age participants:

- A morning or afternoon snack will be served with a menu available for review. The nutritional value of our snacks is commensurate with state guidelines.

BREASTFEEDING

We promote and support families with infants to breastfeed exclusive for the first six months and continue in conjunction with complementary foods for one or more years. We will provide freezer/refrigerator space for breastmilk as well as a private space where mothers who choose to breastfeed can feel confident that they will be successful in meeting their breastfeeding goals.

Clothing

- Please be sure your child has appropriate clothes for indoor and outdoor play (boots, coat, snow pants, hat and mittens are required for outdoor winter play).

All participants should provide:

- Extra set of play clothes.
- Comfortable shoes.
- Label all clothing!
- Clothing children can put on and take off by themselves.
- NO jewelry or other items a child could lose throughout the day.

Supplies

Child care participants should keep the following items on hand:

- Labeled sleeping bag (maritime location) or blanket for children who nap.
- Labeled change of clothes for children up to age 5.
- Wipes, diapers, bottles and sleep sack (infants) or blanket for toddlers and up.

Quiet Time/Nap

- In compliance with the Wisconsin division of early care and education, all children 5 years and under will have a

daily nap or rest period. If, after resting for 30 minutes a child does not sleep, they may do quiet activities which will not disturb other napping children.

Field Trips

Child Care Centers

- Field trips will be taken to enhance the curriculum.
- Parents will receive advance notice of any trips to be taken by the program and any fees. Permission slips must be signed and returned for each trip.
- Permission for walking field trips is given on the enrollment form.

Injury/Medical Emergency

If your child is injured at the program center/site, the director/teacher will take whatever steps are necessary to obtain emergency medical care. These include, but are not limited to the following:

- attempts to contact parent or guardian directly/immediately.
- attempts to contact parent or guardian through emergency contact listed on enrollment forms.
 - Parents are responsible for any medical expenses related to any injury their child incurs while participating in the program. The YMCA does not carry supplemental health insurance for any of its programs. Please file medical claims with your personal health insurance company. In the event of an injury, appropriate forms must be filled out.

If we cannot contact you, we will do one or both of the following:

- call an ambulance or paramedic.

- have the child taken to an emergency hospital.
- In the event of a serious life threatening incident, 911 will be called first.

Departure

- Only authorized persons may sign a child out of the program. Please provide a list of authorized people on the enrollment form. This list will be kept on file at the center/site.
- No child will be released to the care of anyone under 16 years of age.
- Anyone unfamiliar to the teacher will be asked for identification. For your child's protection there are no exceptions to this policy.
- Please sign your child in and out each day.

Emergency evacuation

- Plans for emergency evacuation are specific to each center/site. The plans specify the location to report to in case of a tornado and the exit to use in case of a fire. Fire/tornado drills are practiced monthly as required by State of Wisconsin licensing rules.
- If the Y program receives information regarding a threatening situation from Y authorities, school administration or other credible source, the site or center director will evacuate the premises based on the situation. Children will be safely escorted from the building, with a copy of the child's file and a first aid kit. If the need arises, the children will be transported to safety as soon as possible.
- Parents will be notified as soon as possible with the location of their child. Please note that there are many children in each program and it will take time to contact each parent. A sign will also be

placed on the door to notify parents of emergency information. Once the site or center director has been given notice to return to the building, parents will be contacted again. Remember, if the program has evacuated the building, staff will not be present to answer the telephone.

No School Days (School Age participants only)

- A program is offered at the YMCA on most scheduled full day in-service or vacation days. This is a separate program that requires a separate registration and fee. Registration takes place at the YMCA Member Service desks. Availability is limited.

POLICIES

Fees and Payment

Child Care Center participants:

- There are designated weeks of the year that the center is open but does not charge tuition, all other weeks will be charged your contracted amount regardless of attendance.
- Tuition is based on your contracted days.
- All fees are due Friday the week of services by one of the following methods, auto withdrawal from checking or savings, auto charge to credit card, Checks made payable to the YMCA Child Care, onetime credit card charge or cash payments made to the Childcare Director or YMCA front desk.
- Non-Sufficient Funds will result in a \$30 charge.
- Any family with past due fees of one week must pay in full, including late fees, before child can return. Slots may be given to other children if payment is not

received by the second Friday. We reserve the right to deny service based on failure to pay.

- A multi-child discount will be given to families that have youth or family memberships and attend full weeks.
- Any balances greater than 30 days will immediately be turned over to collections with appropriate fees included.
- Refer to the section on "Late Pick-Up" for fees charged when picking your child up
- A non-refundable registration fee is required at the time of enrollment.
- The YMCA is not responsible for any missing items brought to day care by a parent or child.

School Age participants:

- The Y uses an average school year to calculate a flat monthly fee for school age care.
- A non-refundable per family annual registration fee is required at the time of enrollment along with the 1st month's payment.
- School age fees must be paid monthly by the 1st of the month. Parents may pay by mailing a check in advance each month, by credit card or through a monthly bank or credit card draft. Credit card and bank drafts are drafted on the 1st of the month.
- Nine equal monthly payments must be paid September through May. No credit will be given for holidays or non-school days. Additionally, no payment will be required for June.
- Notice must be given before the 1st of the month for any changes in schedule which will affect the number of days your child will attend.

• Please remember that payment will not be accepted on site at the School Age locations. Checks should be made payable to YMCA.

- A \$30.00 fee will be charged for returned checks.
- Failure to pay fees by the first of the month may result in termination of enrollment in the program.
 - Your child's enrollment in the School Age Program is a contract: we have reserved a place for your child as you indicated on the registration form. You will be obligated to pay for the days you have contracted. Credits will not be given.

Holidays: Child Care Participants:

The center will be closed on the following days: New Year's Eve day, New Year's Day, Memorial day, July 4th, Labor Day, Thanksgiving Day, The Friday following Thanksgiving, Christmas Eve Day and Christmas Day. The center may close on days before or after scheduled holidays if enrollment is expected to be low for the day. Parents will be polled and notified of any closings in advance.

State Assistance

The Manitowoc-Two Rivers YMCA accepts payments and assistance from the State of Wisconsin that is administered on the MyWICildCare EBT Card. Parents are responsible for securing this assistance and ensuring that authorization is in place. Parents are responsible for making sure authorizations are kept up to date. **Child Care Participants** You will need to make your monthly childcare allotment transfer by the first Friday of each month, we will calculate your weekly co-payment

and give you a statement. Co-payments are the responsibility of the parents; your account must be at a zero balance by the last Friday of each month in order for you to continue to receive care the following week. Contact Program director for more in-depth directions.

School Age Participants: You will need to make your monthly transfer by the first Friday of each month, we will calculate your monthly co-payment and send a statement to the school. Co-payments are the responsibility of the parents and your account must be at a zero balance by the last Friday of the month. If you are signed up for auto withdrawal or credit card charge, this will take place the third Friday of the month. *No transfer of funds for the month of June.*

Illness

- Parents should notify the center/site when a child will be absent due to illness. School age participant parents should call the specific school age site phone number and leave a message.
- The Y does not provide sick care. Please do not bring a child who is ill to the program.
- Upon arrival at your center/site, each child will be observed for symptoms of illness. If a child has any sign of illness or develops symptoms during the day of a fever of 101°f or higher, communicable rashes, vomiting, croup or severe coughing, diarrhea : three diaper changes in a row of watery stools or very watery stools at least twice as frequent as usual for two and up, if the cause is unexplainable the child will be sent home with the parent.
- If a child has no apparent symptoms of illness but displays significant behavior changes and is clearly uncomfortable and

not able to participate in classroom activities, a parent will be called.

- If a child becomes ill at the center/site, a parent will be contacted to take him or her home. Until a parent arrives, the child will be isolated, within sight and hearing distance of an adult. If parent cannot be reached, the staff will contact the emergency contact person listed on the child's enrollment form. Because we are not licensed to provide sick care, a parent or emergency contact person must pick up the child within one hour after being contacted.

- To ensure proper staff/child ratio, ill children may not stay inside during outdoor play time. If your child needs to stay inside for a few days for health reasons, please keep him or her home.

- Medication which needs to be administered should:

- Be brought directly to staff in its original container.

- Contain written instructions as to quantity, time for it to be administered, name and phone number of doctor and any other directions for use.

Written authorization must be given to the Y to administer medication. Forms are available at the center/site.

- Any over-the-counter medication must be marked with your child's name and a medication form must be completed.

- Medications for infants must include measuring device to insure proper dosage.

- All communicable diseases will be posted for parent information.

- It is recommended that a child remain home for at least 24 hours after a parent has been requested to take the child home because of illness. The child may return to

the center when symptoms of illness disappear and the child is able to participate in the regularly planned activities.

Late pick-up

- If you are running late, please call us in advance so we can plan appropriate staffing and reassure your child.
- Staff is scheduled to work until 6:00 p.m. A fee of \$25.00 will be charged per child for pickups after 6:00pm.
- Chronic late pick-ups will be grounds for dismissal.
- If your child is not picked up by 6:30 p.m. and the staff has not had contact with parent/guardian/emergency contacts, they will be turned over to the proper authorities. Both police and the Department of Health and Family Services will be notified.

Absences

It is imperative that we are notified if your child will not be in attendance on a normally scheduled day. Please notify us by 9:00am using the phone listing in the back of this book.

Child Care Participants/ School Age participants:

- When a child is absent without prior notification, a telephone call, speaking to the parent, will be made to verify the whereabouts of the child. For School Age participants, call the specific school age site and leave a message on the voice mail for the staff.

Nutrition

The Child Care serves breakfast, lunch and an afternoon snack daily. Meal and snack times are a valuable opportunity for

children to develop table manners, a taste for a variety of foods and positive social skills through interaction with a small group.

Meals are served family style for Children 2 years and up.

*Staff members do eat with the children and each child is encouraged to try all the food that is served.

*State nutrition guidelines are followed and menus are posted in each classroom and in the kitchen. Any menu changes will be posted.

*Special diets will be served upon the written instruction of either a child's doctor or his or her parent.

*Food allergies will be posted in each child's classroom and in the kitchen.

*Food will never be withheld or force-fed, nor will it be used as a reward.

*Infants and toddlers are fed on his or her own feeding schedule. Food and formula brought from home is labeled with the child's name, the date and is refrigerated if needed. Procedures for heating formula, milk and food are posted near the microwave. Left over formula is discarded after each feeding

Nondiscrimination statement with
Complaint Filing Procedure (Rev 6-13)

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of

an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

Snow emergency

Child Care participants:

- The Y will make every effort to stay open to meet your needs. If the weather would be severe enough to necessitate the Child Care not to open or to close early, announcements will be made on local radio stations, WCUB980am, WOMT 1240am and WQTC 102fm.

School Age Participants:

School Age participants:

- YMCA School Age Programs begin on the first full day of school and operate every day that school is in session. They do not operate on days when school is not in session.
- **Emergency closings of any school apply to the Y program within that school.**
- In the case of late/delayed start, the before school portion of the program will not be open, but the after school portion will run as usual.
- If a school closes during the school day, the after school program will close as well.
- If a school announces its closing after children have already been dropped off at the school age programs, parents will be called to pick-up their children.

Withdrawal – Program

The Manitowoc-Two Rivers YMCA reserves the right to withdraw a child from the program if, at the Y's discretion, the enrollment of the child negatively affects the integrity of the program and/or the Y's legal obligations through and under the Division of Early Care and Education. (DCF-251)

At parent's request

For Child Care Center participants:

- Written notice of intent to withdraw a child from the center must be submitted to the Program Director no less than two weeks of the child's last day. Letters must include the child's last day of attendance.. Parents are responsible for tuition for two weeks after the notice is given, regardless of the child attending the YMCA Child Care Center during that time.

For School Age participants:

- Written notice of intent to withdraw a child from the program must be submitted before the 1st of the month. Written notices may be emailed, faxed, or mailed. If notice is given after the 1st, the parent will be responsible for payment of that month regardless of the child's attendance. If the child's enrollment is cancelled for the school year and the parent wants to re-enroll their child, the registration fee will be charged. If no spot is available the child can be put on the waiting list.

Your signature on the enrollment form verifies your agreement and understanding of this policy.**At the Y's request**

- Notification period prior to withdrawal is not required if the withdrawal is requested by the Y program.
- The Y reserves the option to withdraw a child for any of the following reasons:
 - Non-payment of fees as agreed upon.
 - Repeated failure of parents to pick child up on time.
 - Failure to provide program with forms or current medical information as stipulated by state licensing and this handbook.
 - Continuous disciplinary problems
 - Hostility by parents toward Y staff or volunteers.

Child Abuse Prevention

The health and well-being of your children is essential to the Y. The Y has developed a policy on child abuse prevention that includes the following provisions:

- Parents are encouraged to visit program sites at any time and do not need to make an appointment to do so. The Child Care

Center has a locked entrance and a card is required for access.

- Parents will be informed about their child's program participation.
- Staff and volunteers will be alert to the physical and emotional state of all children. When any sign of injury or suspected abuse is detected, the director will be notified immediately and a report will be made to the appropriate authorities.
- The Y will offer information on child abuse and assistance to parents and children through workshops, counseling and resource materials upon request.
- Y staff will not release a child to anyone other than the authorized parents/guardians or other individuals authorized, in writing, by parents. Sign-in/out logs will be maintained on a daily basis and kept on file at the program site.
- Y staff and volunteers will not physically, verbally or emotionally abuse or punish children.
- Y staff and volunteers will not discipline children by use of physical punishment or by failing to provide the necessities of care such as food and shelter.
- Criminal record checks are conducted on all staff and volunteers working with children.
- Training on shaken baby syndrome (SBS) and sudden Infant death syndrome (SIDS) will be provided to all staff that provide care to children under age 5.
- Staff training will include information about the signs of child abuse and the appropriate procedures for responding to the suspicion of abuse.
- For more information on the Y's policy on the prevention of child abuse and child abuse reporting procedures, refer to the YMCA Child Care Policy Handbook.

**YMCA CHILD CARE & SCHOOL AGE
PROGRAM LOCATIONS**

**Child Care Center- Maritime Location
/SACC Office**

YMCA Maritime
205 Maritime Drive
P.O.Box 471
Manitowoc, WI 54220
920-482-1515

Child Care Center – Orion Location

2210 Woodland Drive
Manitowoc, WI 54220
920-482-5928 920-482-1571 new # in
August 2017

School Age Locations (school year)

Below are the school age locations. A site may be closed if enrollment is too low. Parents will receive advance notice if such changes will occur.

- Franklin Elementary (AM/PM)
800 South 35th Street
Manitowoc, WI 54220
920-663-9493
- Jackson Elementary (AM/PM)
1201 North 18th Street
Manitowoc, WI 54220
920-663-9468
- Madison Elementary (AM/PM)
701 North 4th Street
Manitowoc, WI 54220
920-663-9304
- Monroe Elementary (AM/PM)
2502 South 14th Street
Manitowoc, WI 54220
920-663-9550 ext. 9594
- Riverview Elementary (AM/PM)
4400 Michigan Ave.
Manitowoc, WI 54220
920-663-9276
- Stangel Elementary (AM/PM)
1002 East Cedar Ave.
Manitowoc, WI 54220
920-663-9945

CONTACT INFORMATION & ABOUT US

Lynn Palama (Child Care Director)

Orion 920-482-1571

lpalama@mtrymca.org

Mary Sue Yindra (Child Care/SACC

Director) – 920-482-1515

myindra@mtrymca.org

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all. We are a powerful association of men, women and children, joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors in 10,000 communities to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR AREAS OF FOCUS

Youth Development: Nurturing the potential of every child and teen.

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

Healthy Living: improving the nation's health and well-being.

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body. **Social Responsibility:** Giving back and providing support to our neighbors. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve. Through the Y, 500,000 volunteers and thousands of donors, leaders and partners across the country are empowering millions of people in the U.S. and around the world to be healthy, connected and secure.