



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONGER TOGETHER

1 in 4 young people struggle with anxiety and depression. Human connection and friendship are more important than ever. At the Y, our mission is to build community where all are welcome and belong – where everyone can reach their full potential.



Learn more at
seattlemca.org/stronger



Watch “Stronger Together”
and see how you are building
stronger communities by
supporting the Y.



Be the Change. Give to the YMCA Today.