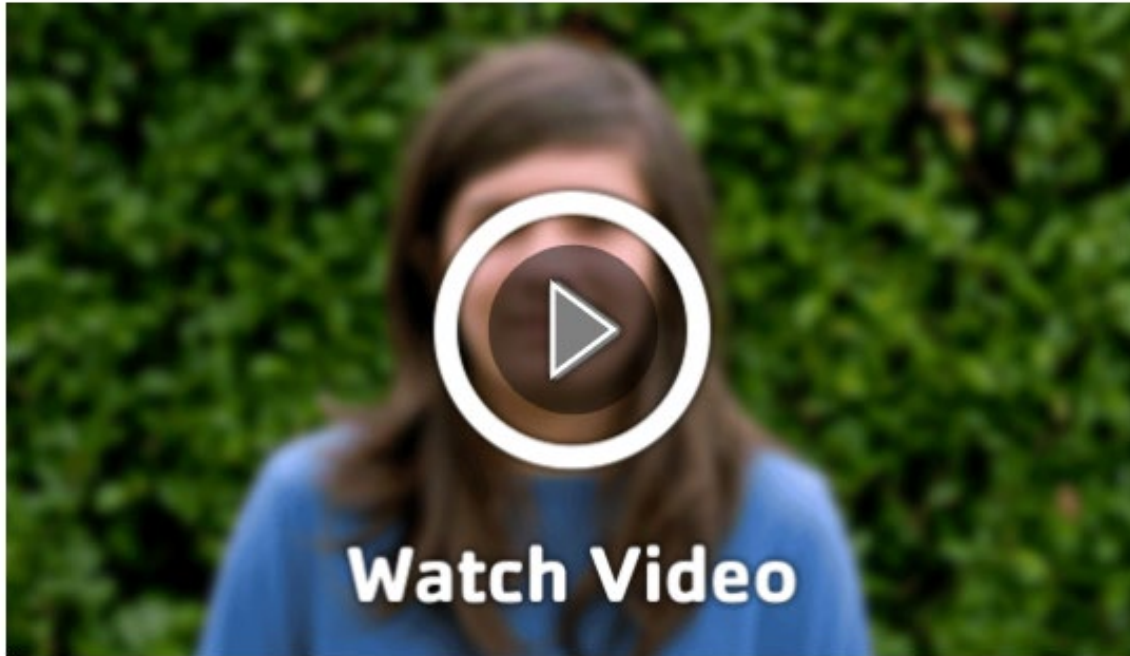


Email:



"It doesn't make sense. We're always online, always connected, but **so many of us feel alone**," said Atticus, a sixth grader from SeaTac. "I see it at school, in my neighborhood, even my friend group."

[Watch full message from Atticus »](#)

Did you know that one in four kids is dealing with depression or anxiety? Young people need places where they can create real connections and find people who can help them manage their depression and anxiety. The Y is all about creating connections. It doesn't matter where you are from or what you like. Everyone belongs. At the Y, every conversation with a friend, every high five over a job well done, every shared laugh makes our community stronger.

As we step into a season of giving, we invite you to join us in our vital mission of empowering youth and strengthening our community. Your involvement can take many forms:

- [Make a financial gift](#) to help ensure everyone has access to Y programs
- [Volunteer your time](#), or find other ways you can give back
- [Learn more about](#) how the Y is building stronger communities

Because at the Y, we're all creating a better community, one connection at a time.

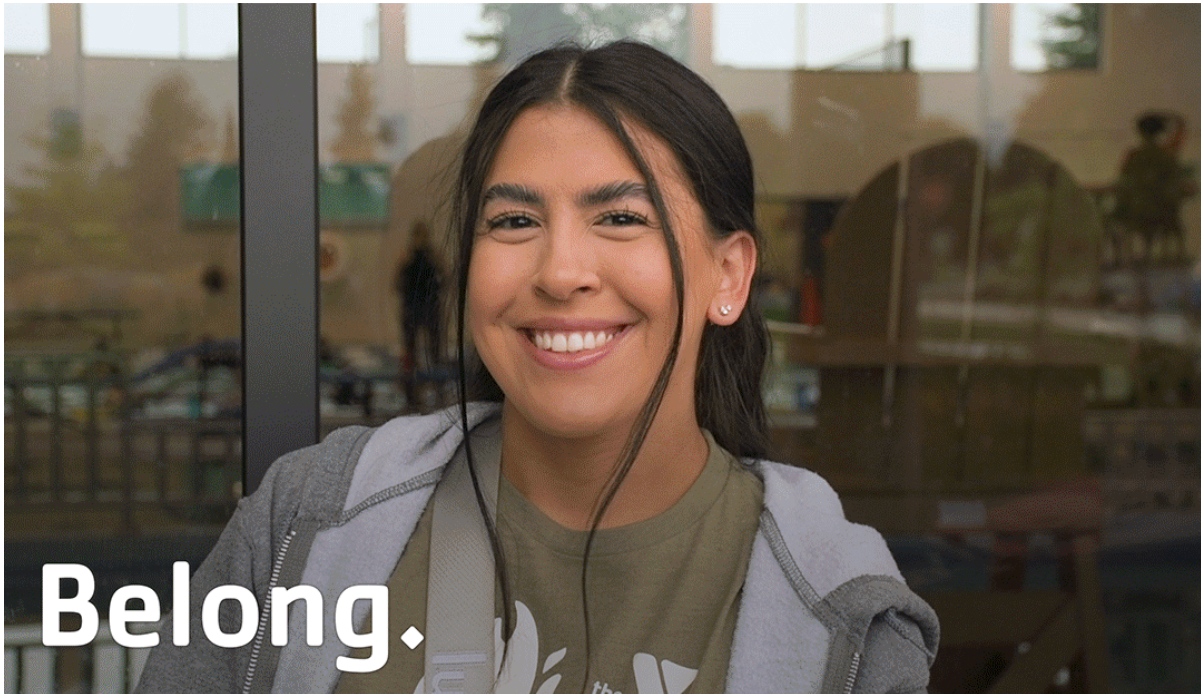
Anne Banauch
Vice President, Philanthropy
YMCA of Greater Seattle

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