

Thank you

I would like to extend a sincere thank you to all those who support the Attleboro YMCA Best Friends Financial Assistance Program.

Due to unfortunate family circumstances, I had to leave my job last year and with virtually nothing packed, move back to my hometown of Attleboro with my six-year-old son, Benjamin. Although the change was necessary, it broke my heart to see the toll on my son's self-esteem and happiness.

The role that the Attleboro YMCA has played in helping Ben and me rebuild our lives has truly been a blessing. When Benjamin first arrived in the Y's Tae Kwon Do class, he immediately curled himself into a fetal position on the floor. Not a promising start. But the instructors took the time to work with Ben, and slowly and amazingly, he came out of his shell. Now my little white belt is punching and kicking his way through a second session of martial arts.

Since becoming involved with the Attleboro YMCA, my son's confidence, behavior, physical ability and social skills have improved significantly. He is making friends and finding out that he can do things he never thought he could do.

I am looking forward to the day when I am in a position to donate to the Best Friends Financial Assistance Program, and it will mean so much to me to see my son grow up to do the same.

Thank you, Best Friends supporters, for making such a difference in my son's life and the lives of hundreds of other kids in our community.

– Kim Ledoux



Downtown Branch
63 North Main Street
Attleboro, MA 02703



SUPPORT THE Y STRENGTHEN YOUR COMMUNITY



Best Friends Campaign 2011

The Attleboro YMCA is dedicated to the physical, mental, and spiritual development of all. Staying true to our mission, the Attleboro Y extends our programs and services to all members of the community, regardless of their ability to pay. The annual Best Friends Campaign makes that possible.

Make an impact in your own neighborhood

The Y is a charitable organization. Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

Your gift to the Best Friends Campaign ensures that everyone in Attleboro, Norton, and the surrounding communities has equal access to programs and services that promote youth development, healthy living, and social responsibility.

In 2010, the Attleboro YMCA provided more than \$250,000 in financial assistance and program subsidy to more than 1,700 of your neighbors. The Best Friends Campaign raised \$179,000 to support these critical efforts.



For youth development

Because we believe that all kids deserve the opportunity to discover who they are and what they can achieve, the Y is for Youth Development. Y activities give our children the opportunity to become confident kids today and healthier, happier grown-ups tomorrow.

- In 2010, 62 campers attended one of our day camps and received more than \$14,000 in aid.
- 325 youth participated in subsidized, YMCA led afterschool programs at the Y's Downtown Branch, the Attleboro Youth Center, and at the D.A.R.E. Hillcrest Oaks program.
- 110 youth learned to swim, tumble, dance, play basketball, discover new talents and thrive in the YMCA's programs, thanks to financial assistance raised through the Best Friends Campaign.

For healthy living

Improving the nation's health and well-being is a priority for the Y. As a result, youth, adults and families are receiving the support, guidance and resources they need to achieve greater health and well-being for their spirit, mind and body.

- In 2010, the Attleboro Y provided more than \$38,000 in financial assistance so that 260 of your neighbors could benefit from subsidized memberships.
- Best Friends helps subsidize youth health initiatives that the Y staff brings to the schools in the fight against childhood obesity.

For social responsibility

At the Y, strengthening community is our cause. Whether developing skills or emotional wellbeing, welcoming and connecting diverse populations or advocating for healthier communities, the Y fosters the care and respect all people need and deserve.

- Best Friends helps support the YMCA's affordable housing residences for 14 men.
- With the help of Best Friends funding, the Attleboro Y collaborates with Attleboro Enterprises Inc. to expand health and wellness services to adults with developmental disabilities.
- If a member loses his or her job, the Y will continue the membership at no cost for three months.

How can you make a difference in 2011?

Join the Y

Be a part of a cause for strengthening community that is committed every day to helping you and your kids learn, grow, and thrive.

Volunteer at the Y

Take an active role in bringing about meaningful, enduring change right in your own neighborhood. Volunteer with a YMCA program or project or serve as an advocate for the Y's cause as part of the Best Friends Fundraising Campaign team.

Give to the Y

Invest in your community. Donate vital financial resources for nurturing the potential of kids, improving the nation's health and well-being, and giving back to our neighbors. Every dollar donated to the Best Friends Campaign goes directly toward financial assistance for those in need.

Be a part of something great Be a Best Friend

To make a gift, contact the Y at 508-222-7422, donate online at www.firstgiving.com/attleboroymca, or send your contribution to the Attleboro YMCA, 63 North Main Street, Attleboro, MA 02703.