



HERE FOR GOOD

TODAY • TOMORROW • TOGETHER

YMCA ALLIANCE OF NORTHERN NEW ENGLAND
2023 COMMUNITY IMPACT REPORT

TOTAL YMCAS IN ME, NH
& VT

25



TOTAL YMCA BRANCHES
& CAMPS

54



TOTAL MEMBERS

203,000



TOTAL EMPLOYEES

2,800



TOTAL VOLUNTEERS &
DONORS

16,400



TOTAL FINANCIAL
ASSISTANCE PROVIDED TO
FAMILIES

\$4.1M



OUR MISSION

To support collaboration amongst the YMCAs and community partners in Maine, New Hampshire, and Vermont to increase our impact and advocate for positive change in our communities.

OUR PRIORITIES

- Youth Development
- Chronic Disease Prevention
- Mental Health
- Hunger Relief



YOUTH DEVELOPMENT

TOTAL CHILDREN IN EARLY CHILDHOOD EDUCATION

5,400



TOTAL CHILDREN IN BEFORE/AFTER SCHOOL CARE

11,100



TOTAL CHILDREN IN DAY CAMP

15,000



TOTAL CHILDREN IN OVERNIGHT CAMP

12,700



The YMCA provides children with safe, nurturing and enriching care, and is a critical component of our nation's infrastructure to support working parents and our economy.

TOTAL CHILDREN IN SWIM LESSONS

16,800



SUPPORTING WORKING FAMILIES

The YMCA Alliance distributed \$3 million in Community Development Block Grant (CDBG) funds to Maine YMCAs to provide before/after school care scholarships to low-moderate income families across Maine in 2021-22. These funds, received by the State of Maine through the CARES Act, were used to provide important childcare, educational, and social emotional supports for 1,117 Maine children during the COVID-19 pandemic.



CHRONIC DISEASE PREVENTION

TOTAL SERVED IN EVIDENCE-BASED HEALTH PROGRAMS*

600



*PROGRAMS OFFERED

- ▶ BLOOD PRESSURE SELF-MONITORING
- ▶ DIABETES PREVENTION
- ▶ FALLS PREVENTION
- ▶ LIVESTRONG



SERVING CANCER SURVIVORS

The YMCA Alliance received a two-year grant from the Maine Cancer Foundation to expand Mainer's access to LIVESTRONG® at the YMCA, an evidence-based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. This funding will support 80 cancer survivors' participation in this program across the state.

MENTAL HEALTH

TOTAL Y STAFF TRAINED IN MENTAL HEALTH FIRST AID

115



WHOLE PERSON WELLNESS

The YMCA of Greater Nashua (NH) opened its Well-Being Center earlier this year and has partnered with wellness practitioners and other social service agencies to offer a variety of programs, services and seminars to expand offerings addressing spirit, mind and body. The Y is not just a place for physical wellness, it's where whole-person wellness is addressed. [Learn more here.](#)



HUNGER RELIEF

TOTAL MEALS & SNACKS PROVIDED

1 million



TOTAL CHILDREN SERVED MEALS & SNACKS

10,000



GREEN HOUSE TO YOUR HOUSE

The YMCA of Greater Waterville (ME) serves more than 65,000 free and nutritious meals and snacks annually to community youth. They also hold frequent community suppers, annual sit-down Thanksgiving dinners, and recently launched the Greenhouse to Your House weekend food assistance program, which sends fresh, high-quality meal kit boxes home with their after school program participants so they can prepare and eat healthy meals together, all at no charge.

PARTNERING TO FILL GAPS

Meeting Waters YMCA, which serves over 20 communities in VT and NH, supports youth and families experiencing food insecurity. The Y has formed three partnerships to ensure their after school and summer camp program participants have access to healthy foods in the out-of-school hours: one that provides healthy suppers at the Y's after school programs; another that supplies healthy breakfast and lunch each day at summer camp; and a third that provides healthy snacks at camp each day, as well as "food bags" for the weekends.





THANKS TO OUR PARTNERS



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