

# Benefits of Being a YMCA Volunteer

A strong YMCA influences the quality of life in our community well beyond those individuals and families who participate in them directly.

- YMCA programs develop positive values and build self-esteem, helping to prevent substance abuse, crime and delinquency.
- Health and physical education programs help reduce health care costs, improve the quality of life, combat stress, increase longevity, and improve employee productivity.
- YMCA child care programs provide families with high quality, convenient and affordable supervision for their children.
- YMCA programs strengthen families and help them cope with the pressures of modern living.
- Your YMCA is a large employer of teenagers, providing many with their first work experience. Their training and development helps promote work habits and skills that will be of future value to them and the businesses with which they will work.
- Programs for seniors promote healthy living, provide social activities and meaningful volunteer service.
- Group centered activities and opportunities for community involvement cultivate leadership abilities, citizenship and an appreciation of community service.
- Your YMCA brings together those of different cultures, religions and ethnic origins in ways that encourage understanding between people.
- Your YMCA is a resource to the community for finding ways to solve problems, working together effectively and making our community a better place to live and work.

A strong YMCA promotes a positive community climate.

## **Volunteer now!**

Be a part of the Shasta Family YMCA community.