

THE CRITICAL WORK OF THE CAPITAL DISTRICT YMCA CONTINUES WITH YOUR HELP

621,235 LBS

OF FOOD GIVEN OUT ACROSS THE REGION



51

SENIORS WHO
RECEIVE
AFFORDABLE
CARE AT OUR
MONT PLEASANT
COMMONS SENIOR
HOUSING

900

FAMILIES IN NEED
WHO WILL
RECEIVE A
COMPLETE
THANKSGIVING
DAY MEAL



1,600

CHILDREN HAVE
BEEN SAFELY
CARED FOR
SINCE THE
START OF THE
PANDEMIC IN
MARCH



NOW MORE
THAN EVER, WE
NEED YOUR
HELP. PLEASE
DONATE TODAY.



155

MEN, MANY WHO ARE
VETERANS
AND WOULD
OTHERWISE BE
HOMELESS, LIVE
AT MEN'S RESIDENCE



2020 CENSUS

CONDUCTED WITH THE HELP
OF OUR YOUTH, ENSURING
ALL ARE COUNTED

363

CHILDREN RECEIVED SCHOOL
SUPPLIES AND BRAND
NEW CLOTHES, TO START
THE NEW SCHOOL YEAR
FEELING CONFIDENT.