



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Central Connecticut Coast YMCA

A Report on the Y's Community Impact

December 31, 2022

Dear Friends:

It is with great pride that I share with you the strong impact made by the Central Connecticut Coast YMCA in 2022! With a special focus on youth development, healthy living, and social responsibility, the **Y served kids, families, and adults in 25 towns and cities including Bridgeport, New Haven, and Mt. Washington, MA** (home of YMCA Camp Hi-Rock).

In its essential genius, the Y is first a youth serving organization where **character development** is at the heart of our mission, and the values of **caring, honesty, respect, and responsibility** are modeled and taught. Through participation in programs including child care, youth sports, after school, summer camp, drop in, and job training, **character was built and positive values were reinforced in the lives of 33,243 youth.**

Defined as the difference in academic performance between low-income youth and their more privileged peers, the **education achievement gap** begins early in life for many children. In 2022, the **Y continued to close the gap for 2,769 youth** through our 6 school readiness programs, before and after school programs serving 71 elementary schools, and 74 summer camp programs with a special focus on reading and writing skills.

The Y has been teaching kids how to swim and be safe around the water for decades. In 2022, **9,844 children participated in YMCA swimming lessons and water safety education programs. Included were 3,021 financially disadvantaged youth who were able to participate due to the generosity of others.**





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Obesity, overweight, physical inactivity, and poor nutrition affect most in our community. 72% of Americans are overweight or obese, and almost 50% of our neighbors suffer from heart disease. Sadly, many do not realize the serious consequences of leading an unhealthy lifestyle. In 2022, **41,154 youth and adults were served through health, wellness, spiritual enrichment, and physical activity programs.**

During the COVID-19 pandemic, Y volunteers and staff sprang into action to serve the immediate needs of our most vulnerable neighbors. Chief among them was providing food to those who were hungry or did not know where their next meal would come from. In 2022, **the Y served 141,918 meals to those in need.**

Chronic homelessness is a challenge faced by many families and adults in the communities served by the Y. With a team of 25 social workers and an inventory of 297 apartments, the Y continues to serve as the largest provider of affordable and supportive housing in the state. In 2022, the Y and our partners worked together to efficiently and effectively **keep chronic homelessness in Bridgeport at a very low level (less than 10 individuals).**

As a source and resource for affordable programs and services, **\$3M in financial assistance** was provided to **9,263 financially disadvantaged youth, families, and adults** enabling participation in important Y programs and services.

I offer my special thanks to our partners, donors and staff, and the committed volunteer leaders who **donated 26,005 hours** of their time to help the Y fulfill its mission which is *To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.*

David Stevenson
President & CEO
Central Connecticut Coast YMCA

