At the YMCA, we’re for youth development, healthy living and social responsibility.

New Jersey YMCAs are in more than 78 communities around the state, and serve over 550,000 members, including nearly 275,000 children under the age of 18.
YOUTH DEVELOPMENT

Protecting Children is Our Number One Priority
We believe that children need to be protected. We support initiatives that protect the safety of children. We have committed to raising awareness and educating adults to recognize, react and prevent child sexual abuse.

Civic Engagement Develops Leaders
We believe in developing young leaders. We support engagement of youth in the legislative process. We are committed to enriching the education of youth through Model UN and Youth & Government, as well as supporting youth to advocate for the YMCA.

An Investment in Children Ensures Brighter Futures
We believe that every child deserves quality early learning and safe, affordable, dependable childcare, before and after school. We are committed to working with families to provide quality care and support educational programs that promote early learning experiences, prevent summer learning loss and minimize achievement gaps.

DEVELOPING LEADERS
Anjali, Bryanna, Lexi, and Mahishan represented New Jersey as delegates at YMCA National Advocacy Days. All are members of their local Model UN and Youth & Government programs. During their time in DC, they learned about advocacy, visited with white house staffers, and shared their YMCA stories with NJ Senators and other legislators. (shown here Congressman Albio Sires.)
HEALTHY LIVING
Promoting Healthy Lifestyles to Prevent Chronic Disease
We believe in promoting healthy lifestyles to prevent chronic disease. We support education about disease prevention through programs such as the Diabetes Prevention Program. We also support programs that help manage the effects of chronic disease so those afflicted can live healthier lives, such as Delay the Disease™ for Parkinsons patients and LIVESTRONG® at the YMCA for cancer patients. We are committed to collaborating with NJ Department of Health and other agencies to reach target audiences, prevent chronic disease, reduce healthcare costs.

Advancing Healthy Community Initiatives
We believe in building healthy communities by developing policies and implementing changes that encourage healthy living. We support infrastructure changes to support physical activity (walk/bike trails, sidewalks, healthy food in schools). We are committed to working with partners across the state (NJ Department of Health, Atlantic Health System, Salem Health and Wellness Foundation, Partners for Health Foundation, Robert Wood Johnson Foundation) to support local communities who are working to make their communities healthier.

Implementing Healthy Eating and Physical Activity Standards
We believe in providing healthy options in Y programs. We believe in daily physical activity for children and adults and staff modeling of healthy behaviors. We provide resources and guidance to help community members make healthier choices. We are committed to working with our State Department of Health and local Health Departments to further this effort. We implement the Healthy U (physical activity and nutrition education program) in our early childhood and afterschool sites, and welcome continued expansion in the public school system. We also offer free memberships to 7th graders in our service area to inspire healthy living at a young age and prevent risk behavior.

PROMOTING HEALTH
The New Jersey Healthy Communities Network is a public private partnership that includes nonprofit organizations, public health departments, statewide agencies, and foundations. The movement provides technical assistance and direction to communities to advance physical activity and nutrition strategies. Community grants support the efforts. Collaborating partners include: NJ Department of Health, Atlantic Health System, Salem Health and Wellness Foundation and Partners for Health Foundation.
SOCIAL RESPONSIBILITY

Collaborate to Enhance Community Services
We believe in collaborating with both for-profit and non-for-profit agencies and government to deliver the services most-needed by community members. We believe in harnessing the knowledge and resources of partners.

Enrich the Lives of New Jersey Residents by Expanding Services to Meet Community Needs
We believe in identifying community needs and providing solutions. We consistently work with key community leaders to identify and address societal issues, such as mental health by providing Mental Health First Aid trainings, to create a stronger community. We are committed to advancing social responsibility within our organizations and our communities. Through Togetherhood®, the Y’s member-led volunteer service program, Y members work together to plan and lead service projects that respond to local community needs. We are also committed to ensuring that our programs and services are inclusive so everyone has the opportunity to thrive.

Secure Funding to Support Programs and Services
We believe in providing access to YMCA programs and services without regard to ability for pay. We believe in maintaining financial assistance for those in need. In 2015, over $10 million in financial assistance was awarded.

GIVING BACK
The NJ Alliance of YMCAs hosts an annual social responsibility conference. Over 350 staff, volunteers, and partners attended the 2016 conference. 17 Ys shared social responsibility projects including world service, food drives, free swim lesson and mentoring for adjudicated youth. Shown here are youth from the Metro YMCA of the oranges who identified a need in their community (hunger), learned about the causes of hunger, and launched a food drive.