



**YMCA OF WESTERN
NORTH CAROLINA**

NOMINATE A NEIGHBOR IN NEED

Do you know someone who could use a helping hand with yard work, projects around the house, or food assistance?

The YMCA's Togetherhood program is now accepting nominations for community volunteer projects. Scan the QR code to fill out a suggestion form.

FOR ALL, ALWAYS

The YMCA of Western North Carolina is a nonprofit organization committed to helping people reach their full potential through programs that build healthy spirit, mind, and body. We serve people of all ages, backgrounds, abilities, and incomes. It is our belief that no one should be turned away for their inability to pay.

Our Y-Access program offers sliding-scale fees designed to fit each individual's or family's financial situation. Funding for this program is made possible through the generous support of our donors to our annual campaign. Go to ymcawnc.org or call (828) 251-5910 to learn more.

ymcawnc.org
facebook.com/ymcawnc
 (828) 251-5910

WINTER BREAK JUST GOT COOLER

The Y's Winter Break School's Out Camp gives kids aged 5-12 a safe and exciting place to have fun and stay active while parents work.

Kids will enjoy winter-themed crafts and activities, spending time with friends, and learning new things. Scan the QR code to find all available options.



FIND HOPE AND HEALING

The holidays can be a sad time for those dealing with grief and loss.

Find compassionate support at the Black Mountain Y on December 16 from 5:30-7 p.m. In partnership with Black Mountain Counseling Center, this free group is designed for adults aged 18+ and is open to the community. Childcare will be provided. Sign up at the Black Mountain Y. For more information, call (828) 669-9798 or email office@blackmountaincounseling.org.



WRAP UP EXTRA TIME

Let us take care of your kids while you tackle your holiday to-do list, get in a workout, or just take some quiet time.

Every month, we host Parents Night Out at multiple locations on different dates and times. Drop off the children for a couple of hours while you do something for yourself! Check our schedules at ymcawnc.org/pno.

FEEDING OUR NEIGHBORS

Our mobile food markets bring free, healthy produce, and nutrition education to the community each month.

Our markets are open to all, no questions asked. Markets are on break between Dec. 25-31, so visit early. Find our schedules at ymcawnc.org/food.

