



**YMCA OF WESTERN
NORTH CAROLINA**

VOLUNTEER FOR GOOD



Make a positive difference.

Volunteering with or at the YMCA is a rewarding way to make a positive difference. We offer lots of opportunities for you, your family, and friends to get involved. Together we can build a stronger, healthier community. Find upcoming opportunities at ymcawnc.org/volunteer.

SUPPORT STARTS WITH CONNECTION



Resources available in our region for youth and families.

Join us on **Thursday, October 29** from 4–7 p.m. at the Reuter Family Y for the Youth & Family Mental Health Resource Fair. Families are invited to connect with local organizations and learn about mental health and substance use resources available in our region for youth and families, including support through the teen years.



FAMILY FUN IN THE FALL

Bring the whole family and come celebrate the season at the Y!

We've got fun activities planned for all ages.

Pool Pumpkin Patch – **Saturday, October 17** from 11 a.m.–12 p.m. at the Corpening Memorial Y: Splash through a pool full of pumpkins to pick out, then dry off for pumpkin decorating, crafts, and tasty snacks. Free and open to the community.

Monster Mash Halloween Party – **Saturday, October 24** from 6–7:30 p.m. at the Reuter Family Y: Join us for a spooktacular celebration featuring a costume contest, games, treats, and more. Open to the community.

Community Night – **Friday, October 30** from 4:30–6:30 p.m. at the Asheville Y: Enjoy a family-friendly evening with activities including open swim time, games, dance demos, refreshments, and more while connecting with neighbors and local organizations. Free and open to the community.

Visit ymcawnc.org/events to learn more and sign up!



FREE AFTERSCHOOL PROGRAM

For middle and high school students.

Looking for a safe, supportive place for your middle or high school student after school? The Y's 21st Century Horizons Afterschool program offers homework help, enrichment, leadership development, and ways to stay active in a structured, engaging environment. Best of all, it's completely free to families thanks to grant funding.

Offered in Buncombe and McDowell counties. To learn more about this program, scan the QR code.



LOOKING FOR AN AFFORDABLE ALTERNATIVE TO BABYSITTING?

Explore our options!

Enjoy a well-deserved night out while your kids have a fun, safe evening of their own! Our Parents Night Out program gives you the chance to drop off your kids for an exciting night filled with themed activities in a safe, caring environment.

Visit ymcawnc.org/pno or scan the QR code to explore our options.



FIND CANCER SUPPORT AT THE Y



Reclaim strength, reach goals, and find community.

LIVESTRONG® at the YMCA helps cancer survivors reclaim their strength, reach goals, and find community. The program equips survivors with the tools they need to recover mentally, emotionally, socially, and physically. A Y membership is included to help with the transition to better health.

Join us for a Breast Cancer Awareness Celebration Potluck at the Ferguson Family Y on **Wednesday, October 14** from 11 a.m.–1 p.m. Bring your favorite dish and come together as we honor survivors, support fighters, and remember those we've lost.

Looking for additional connection? Find our monthly cancer support groups at ymcawnc.org/events.

FREE, FRESH PRODUCE



No Questions Asked!

The Y brings fresh, healthy food to hundreds of families each month at dozens of locations in a five-county area. Our mobile food markets are set up like a free farmers market at libraries, churches, doctors' offices, and other community hubs. We ask no questions and place no limits on the amount of food each person chooses.

In addition to food, we share tasty recipes, practical cooking demonstrations, and valuable nutrition information that's easy to understand. Spanish-speaking community staff are also on hand to connect attendees with local resources.

See our market times and locations at ymcawnc.org/food.