

## Yes! I Would Like to Support the Z Beside the Y

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home: (\_\_\_\_) \_\_\_\_\_ Bus: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Please sign me up for the YMCA eNews

### Gift Amount

I would like to make a one time donation of:

\$25     \$100     \$250     \$500

\$1,000     Other \$ \_\_\_\_\_

OR I would like to make a monthly gift:

Monthly gift of \$ \_\_\_\_\_ for # \_\_\_\_\_ months

Beginning \_\_\_\_\_ (mm/yy)

### Method of Payment

cash     cheque     credit card

preauthorized payment

Please make cheques payable to the YMCA of Cambridge.  
(Please include a void cheque for pre-authorized payments.)

Credit Card type:  VISA     Mastercard

American Express

Card No: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

I wish to be anonymous

## Opportunity to Give

The YMCA is committed to helping people grow in Spirit, Mind and Body. But we can't do it alone—**we need your help.** Look at what your gift can do to help youth in our community:

**\$100:** Your gift can help provide craft and other program supplies for youth with developmental challenges at the Just Hangin Out program.

**\$250:** Your gift can provide dinner for a month for youth who sit down for a family style meal with Z staff instead of being home alone and/or not having enough to eat at their house.

**\$500:** Your gift can provide leadership training for youth to equip them to make a difference in their community.

**\$1000:** Your gift can provide a social skills group to teens where they can work through their personal struggles with a safe adult.

### Thanks to Our Donors

- **United Way of Cambridge and North Dumfries**
- **Astley Family Foundation**
- **Kiwanis Club of Cambridge**
- **Industry Canada**
- **City of Cambridge**
- **Optimist Club of Hespeler**
- **Imperial Oil Foundation (through Doug Wood)**
- **Curtis and Mary McCone, Jays Care Foundation**

Donors enable us to offer programming at low or no fee to all youth in Cambridge. Our programs help youth use their time constructively, find out what they're good at doing, and then receive encouragement to keep doing those things better and better.



# the Z beside the Y

258 Hespeler Rd, Cambridge, ON

## Cambridge Youth Leadership Development Centre

**The Youth Leadership Development Centre is a place where youth ages 10 – 17 feel they belong and have a chance to strive to become more. Z beside the Y makes a difference in the lives of the Cambridge and area youth and Aaron Byrne is just one of the many examples.**

## Healthy Outcomes

**A**aron did his hair in a faux-hawk today (that's a Mohawk without the shaving on the sides). His girlfriend, who will soon be arriving at the Z with five other friends, likes it that way. Aaron and his friends love the Youth Centre. They always find support here—from other youth, volunteers and especially staff.

Aaron started coming to the Youth Centre two years ago after a friend told him that it was a "cool place with video games and computers". He had a good time and kept coming back. Aaron now comes to the Z every day—he is usually waiting at the door for the Youth Centre to open!

Aaron lives in Puslinch where he says there is "nothing to do". Mom and Dad like the Youth Centre because it is a safe, supervised environment that offers a lot of different activities for youth. Aaron and his sister are usually at the Z for the Daily Dinner program which happens during drop-in recreation time. Aaron knows the staff try to prepare healthy meals, but his favourite is still grilled cheese—not very healthy, but a little celery and carrot on the side is tolerable.

Aaron really looks up to the staff. He says they give him good advice, encouraging him to try new things or help out. With a little encouragement, Aaron took the Youth Conditioning course at the Chaplin Family YMCA.



The Youth Centre staff work closely with Chaplin YMCA staff throughout the program, helping the group of boys stay active and fit. With the help of staff, Aaron was able to take the course and pass the exam. He now goes to work out at the Y on his own and listens to his music.

A few months ago, one of the Z staff suggested Aaron join the leadership development program. He gave it a try, graduating from the program in June. Aaron is in the process of putting his leadership skills into action. He has recently joined the Youth Centre Council. He really enjoys this experience, saying it gives him "a chance to tell people about my ideas for the youth centre" with the added bonus that his ideas are implemented. Aaron has spoken at his school assembly and is reaching out to his peers, inviting them to be a part of the Z.

The Youth Centre provides a positive place where Aaron can connect with his peers and adults in a safe, supportive and positive environment. Aaron spends his time in constructive ways working out, eating healthy meals and planning community events.

**Thanks to the Z, Aaron is living a healthy life—in body, mind and spirit.**

Your gifts help teens in Cambridge find a youth centre where they feel they belong, they can learn from mentors and are encouraged to practice skills. Please consider making a gift to the youth centre.

To do so, please contact **Debra Brown at 519-623-9622 ext. 250**, or [dbrown@ckwymca.ca](mailto:dbrown@ckwymca.ca), or mail your cheque to 250 Hespeler Road, Cambridge, ON, N1R 3H3 marked "Attention Debra Brown".  
Donate now for YMCA of Cambridge at [CanadaHelps.org](http://CanadaHelps.org).

# zbesidethey.ca

## What is Coming Up At the Z

### LEAD (Leadership Excellence and Asset Development) Course

This 12 module youth leadership course was developed using best practices and an academic literature review of positive youth development training. LEAD is delivered in six neighbourhoods and the YMCA of Cambridge. In 2009, the LEAD course became mandatory training for YMCA day camp volunteers. In 2010, the LEAD course was endorsed by the City of Cambridge as recommended training for volunteering in neighbourhoods. This summer the Z will offer 2 weeks of LEAD courses for ages 13 – 17).



### Pool Party

Youth are DJing on the pool deck to create a party atmosphere in the Chaplin Pool. Music food and prizes for youth ages 12 – 15.

### Hip Hop Dance Lessons

Hip Hop instructor Jacky Vong is creating a viral video for the Stork Family YMCA. Jacky meets weekly with his volunteers to create a video featuring our very own CEO John Haddock. Jacky has been teaching hip hop dance lessons for the Z for the last year. You'll be able to see the video on our website in August. *This is a great example of how the Z works: Staff sees a spark in a youth, nurture it and help them share it with others.*

### Michael Jackson video dance off

Michael Jackson the Experience is a Wii game that youth at the Z love! This summer, the Youth Centre council is organizing a fundraiser where youth enter to

dance against their peers. We're still looking for prizes for the winners. Proceeds will go towards sending Jacky Vong to a premiere dance school to help him further his dance career.

### Blue Jays Games

This summer, youth will experience something incredible! They will be hosted in the Jays Care Community Clubhouse for two Jays baseball games. Many youth from the Z have not visited Toronto, or a professional sports game in their lives. However, through the generous support of Curtis and Mary McCone, and the Jays Care Foundation, 80 youth will be able to experience a professional baseball game from a luxury suite in the Rogers Centre

### 12 Hour Survivor Challenge

The Youth Centre Council is organizing a 12 hour Survivor event based on the popular TV series. They are busy planning challenges and adventures!



## How Your Gifts Are Helping

In March, a focus group was held to gather feedback from youth in the drop in recreation program. They reported the top three differences that the Z has made in their lives: helped me make new friends, become more responsible for what I do and stay out of trouble.

- As of May 2011, the Z has welcomed over 300 youth to Z programs. They have visited us over 3600 times. 70 of these youth have accessed the food pantry through the Daily Dinner program.
- 283 youth served 2843 times in the first four months of 2011. These youth benefit from a listening ear, a well rounded meal, a positive adult role model and a connection to employment, housing and other youth services.

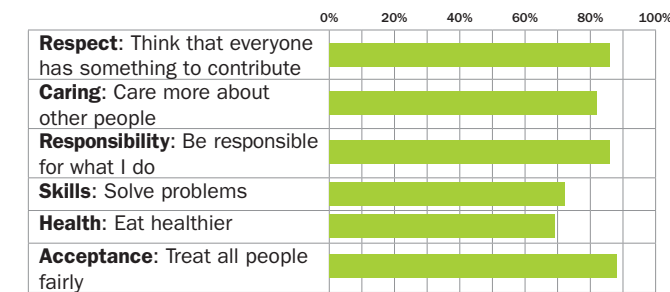
## How the Z Changes Lives

In 2010, results of the participant impact questionnaires show we are changing lives! In social skills groups, leadership programs and music lessons, youth learn new skills such as budgeting, cooking, recreational sports, playing music, or public speaking. The survey results below demonstrate the impact we are having on the values, behaviour and attitudes of youth across all youth development programs offered.

Participants have said the Z beside the Y has:

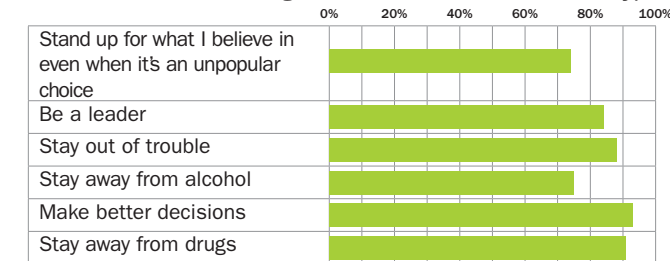
### Initial Outcomes

**Increased knowledge of YMCA core values and positive social skills.**



### Intermediate Outcomes

**Decreased involvement in high risk behaviour (alcohol, tobacco and other drugs; sexual and criminal activity).**



**"This is my second home."**

### Teen Talk

- "(The Z)... helped me to accomplish these goals by telling me from right and wrong"
- "If there is anything wrong they (staff) help everyone right away"
- "They (staff) respect us for who we are, not by what we look like"
- "They (staff) talk with me so I can get out allot of things"
- "The Z helps kids, let's them have fun, keeps them off the streets, but also makes them better people."

### Long-term Outcomes

**Develop and maintain healthy relationships with adults and peers.**

