



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Trisha's Story

"As if starting a new career wasn't stressful enough, I found myself doing it alone, in a new city with no support structure around" Trisha reflects on her initial days in her new job and hometown. "I didn't know anyone or much of anything about the city, but I knew I had to get out and learn about it."

"I had my membership from my old Y still, so I dropped into the Y here, and that's where I saw a flier about an adult Community Volunteer program. I signed up. Not only was it a great chance to meet some friends and get active, I got to learn about my city." The YMCA is such a great place not just for the reasons you'd expect, but the ones that will surprise you!

"I now lead one of the volunteer groups at the Y, setting up and coordinating Service projects on the weekends, It is such a good feeling to help other people and have a good time doing it."

