

#BeCauseY

I'm very happy to hear that I have been approved for the scholarship. This is a great help to me financially, and to my mental health honestly. Sounds a bit dramatic, but running, weight lifting or playing volleyball is how I relieve stress. As a full time student/student teacher, I have a fair amount of stress. My position as a student also prevents me from working, so I simply can't afford to pay the full amount for a membership. My mom pays for all of my school through retirement checks (which isn't a lot to begin with). She also lets me live with her for free. I'm so grateful for all her help that I can't ask her to do more for me. I will be happily spending my birthday money on a six month scholarship, which is so worth it to me. In light of all this, I truly appreciate the financial assistance. As soon as I am done with school, I would be delighted to show my patronage.

-Anonymous, The Family YMCA

Thank you for granting me financial assistance... I was born with a syndrome... increased hydration, strong muscles, and reduced stress keeps me from experiencing chronic fatigue and stabilizes my blood pressure.

- MC, The Family YMCA

My daughter and I would like to thank you for the Afterschool scholarship we were awarded. It has helped tremendously, being a single parent with one income... I just want her to have the best education and this scholarship has allowed her to get it.

-J.M., Afterschool Parent

Thank you for the assistance.... Recently the doctor complimented me on the increase in the flexibility of my right knee affected by surgery. I owe this to being able to use the bikes at the Y.

- Greg, The Family YMCA

Thank you for my membership. It has helped me get my strength back after a head injury. Spin has taught me to push myself and set goals. Weight training has helped with my self-confidence and weight loss. I am truly grateful. Thank you for changing my life and helping me to take better care of myself.

-Anonymous, The Family YMCA

Thank you for the assistance... We have a large family and it can be very costly to have the kids enjoy sports. We really appreciate the help.

-Anonymous, The Family YMCA

After the huge turmoil of my divorce, I found myself living without my children... now 750 miles away. I drive 12 hours once a month to see them, I can't afford to fly. With this assistance, I can have my children over the summer in camp and enjoy them, and their mother can do her intensive summer study.

-FK, Camp Parent, The Family YMCA

The Teen Center helped save my life. I did not care, I was hating school; I had almost no GPA when I first came here. I tried to push Ben and Renee away and they would not leave me. I would get so mad at Ben and I probably called him every curse word in the book, in my head of course. He would keep being there. They were so consistent and they showed me that I was important. I started to let them in and help me and it made all the difference in the world. I started to change. I started to live life again. My grades got better. I stopped getting in trouble at school. I can now say that 2 years later I am going to graduate with my class and I could have never done it without the Y. This is a great place and it will help you be a better person. I have a special memory of Janessa when we sat down to draw together one day and she drew a picture of me and put a big heart around it and she wrote that we were BFFs. That picture is on my wall and it always reminds me of this awesome place."

-Anna Mascareñas, Española YMCA Teen Center Member

It's not about being talented at art or being better at something than someone else. It's about giving yourself the space and opportunity to process.

– D., Los Alamos Teen Center Member

It's a place where we can express ourselves.

– A., Los Alamos Teen Center Member

It's the place where I get away.

– E., Los Alamos Teen Center Member

I originally came because my friends were going and I stayed because I don't feel awkward talking to people, which is nice and different than normal.

– R., Los Alamos Teen Center Member

It's given me something to do rather than sit at home and do nothing. I do art, and I've met a lot of people that I wouldn't have met otherwise.

– K., Los Alamos Teen Center Member

This is a welcoming friendly atmosphere where I can express myself. I enjoy playing musical instruments, painting, and photography.

– V., Los Alamos Teen Center Member

The Teen Center is the best place for kids to make good choices. Mr. Ben, Ms. Renee and the staff are my family. They have taught me so much. I have so many memories here. The Teen Center has taught me to be a man and I love this place.

– Christian Cordova,
Española YMCA Teen Center Member

I have been a member for 5 years now. My favorite memory was coming in to the Teen Center for the first time. Ben and Renee have helped change my life. My wish is for the Teen Center to be open to help many more generations of teens to come.

-Fabian Montoya,
Española YMCA Teen Center Member

This assistance has allowed me to be able to get some physical activity and some social activity while I have been here taking care of my mother. It has been a blessing for that. Thank you for the opportunity to have a place to go.

-Anonymous member, The Family YMCA

As I find myself in a sudden and difficult financial and personal situation, I am thankful that my family and I are able to still enjoy the privileges that being Y members offers us. Suffice it to say that I am deeply grateful for the opportunity to stay healthy, sane, and focused by being able to work out in a great gym and in an environment full of wonderful employees and patrons.

-Anonymous, The Family YMCA

The Y.™

For a Better Us.