

FOR ALL

OUR VISION

The Gateway Family YMCA is a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. We focus on empowering young people, improving health and well-being, and inspiring action in and across communities.

By bringing people together from different backgrounds, perspectives and generations, we ensure that we all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

Though the world may be unpredictable, one thing remains certain—the Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities.

COMMUNITY SUPPORT

The Gateway Family YMCA

The Gateway Family YMCA has been serving the community since 1900. With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to reach their full potential.



THE GATEWAY FAMILY YMCA tgfymca.org

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YOUTH DEVELOPMENT BRANCH

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SCAN ME

5/15/22



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROVIDING SUPPORT

HERE FOR OUR COMMUNITY
SINCE 1900

THE GATEWAY FAMILY YMCA
TGFYMCA.ORG



YMCA CHILD CARE PROGRAMS

Infant & Preschool Child Care, School Age Child Care, Summer Day Camp

We believe that every child is a unique individual and we are committed to promoting each child's physical, emotional, and social development.

- **Infant & Preschool Child Care**—Age 6 weeks+
- **School Age Child Care**—Before/After School Care in local schools, Holiday Break Programs at Y Branches on school holidays.
- **Summer Day Camp**—Friendship and Active Fun for All.
- **Enrichment and Learning Loss Prevention Programs/ STEAM Programs**

YMCA WISE COMMUNITY SERVICES

Wellness, Independence and Socialization for our Elders (W.I.S.E.)

Helping adults maintain independence and improve their quality of life through programs designed to meet their special needs.

- **Virtual WISE Program**
- **Caregiver and Family Support**
- **Alzheimer's NJ Support Group**
- **Bereavement Support Group**
- **Personal Emergency Response Systems**
- **Dementia and Alzheimer's Support**
- **Fit Assist**

"I don't know where my family would be without the support of the Y. I am grateful beyond words!"

YMCA MEMBERSHIP AND WELLNESS OPPORTUNITIES

Wellness and Community for the Entire Family

Getting your health back on track is more important than ever before.

- **Group Exercise**—Community, Connection and Support for ages 12+, Youth and Teen Programs also available
- **Virtual Programs and Services**—With Virtual Y on Demand and YMCA360, full members have the ability to access favorite programs anytime!
- **Wellness Centers and Strength Training**
- **2 Swimming Pools**—Water Exercise, Swimming Lessons, Lap Swimming, Family Swimming
- **Basketball, Soccer and Pickleball**
- **Youth Sports and Arts Programs**
- **Safety Around Water & Swim Lessons**
- **7th Grade Initiative & Leaders Club**
- **Corporate Membership/Worksite Wellness**

YMCA CHRONIC DISEASE

Self-Management Programs

Providing support for those managing chronic disease with programs that empower, encourage and provide the tools necessary for success and behavior sustainability.

- **Blood Pressure Self-Monitoring (BPSM)**
- **BPSM Nutrition Presentations**
- **Group Lifestyle Balance (GLB) for Diabetes**
- **Diabetes Education Program**
- **Enhance Fitness for Arthritis**
- **Healthy Living Behavior Change**
- **LiveSTRONG at the YMCA**



YMCA RESIDENTIAL HOUSING PROGRAMS

Elizabeth Branch, Dudley House – Plainfield

We provide Emergency, Transitional and Supportive Housing for over 300 individuals, families and veterans each evening through housing programs in Elizabeth, Plainfield and throughout Union County.

Residential Housing Programs Include:

- **Men's Dormitory**
- **Women's Dormitory**
- **Madison House**—Temporary housing for female heads of household and their children in a safe and caring environment
- **Step Up**—Transitional housing program for individuals or families with a strong emphasis on employment and training
- **Project Sustain**—Mommy and me program designed for pregnant women with infants/toddlers who are in recovery from addiction
- **The Dudley House Veteran's Transitional Housing Program** - Plainfield
- **Sierra Gardens**—Families and individuals, low cost, affordable housing
- **Supportive Housing Program**—Disabled, homeless individuals and families in the transition from homelessness to permanent housing; apartments in the community

DONATE TODAY

YMCA Annual Support Campaign

Emergency shelter and food for neighbors in need. Safe spaces for kids to learn and grow. Outreach to seniors who are feeling isolated.

Donate today at tgfymca.org/donate