



Strong communities, one person at a time.



# Community Services

At the YMCA of Three Rivers, our purpose as a charity is to make our diverse communities healthier and more vibrant. With dignity and respect, our programs and services inspire individuals to reach their full potential.

We aspire to build connected and resilient communities. We are working to be a leader in challenging systemic bias and barriers by creating and providing equitable access to individuals and communities to support their emotional, mental and physical health, and overall well-being.

As a charity, many of our programs are made possible by generous supporters. By partnering with local organizations, all levels of government, and community agencies, we can continue to be here for good.



## Youth Programs



Make new friends, learn new skills, and grow in confidence. You can do it all through our YMCA of Three Rivers Youth Programs — no membership required! From sports and recreation to drop-in programs, and specialty programs for equity deserving groups, there's something for ALL youth in our communities. Newcomer Youth, Alternative Suspension, 2LSGBTQ+ Youth, and programs for youth with exceptionalities are just a few of the many options we have to offer. The best part? Most of our Youth Programs are offered at no cost!



## Immigrant Services



Are you new to Canada? We provide free services for all newcomers. We can help you with language, school, building skills for gaining employment, meeting new people, and more. Our programs, services, and team are here to help you transition to your new home.



## Employment Services



Whether you're a candidate looking for your next job or an employer looking for your perfect candidate, we're here to help. At the YMCA of Three Rivers Employment Services, we help unemployed and underemployed job seekers, including youth. Our employment programs assist people to overcome some of the barriers in entering the labour market. If you're looking to develop job search skills, apply for training, create a resume and cover letter, or prepare for an interview, our employment coaches are here to help you every step of the way.



YMCA of Three Rivers

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## EarlyON

EarlyON Child and Family Centres are open for FREE to ALL families in Ontario. Our wide variety of programs and services are tailored to children from birth to six years, together with their parents and caregivers. We offer families the opportunity to play, learn, and connect with other families in high quality early learning spaces alongside qualified EarlyON professionals. The YMCA of Three Rivers operates EarlyON centre-based, mobile, and virtual programs and services throughout Waterloo Region and in the City of Stratford.



## Student Nutrition

Student Nutrition Programs are committed to improving children's learning capacity, health and well-being by ensuring access to healthy food through school or community-based nutrition programs. As the lead agency, the YMCA of Three Rivers provides leadership for Student Nutrition Programs in the Central West Region of Ontario. We support community organizations within this service area who deliver this program in schools, including Wellington/Dufferin/Guelph, Halton, Peel, and Waterloo Regions.



## Health Management

YMCA health management programs provide a comprehensive approach to supporting individuals at risk of or living with chronic disease to adopt and maintain a healthy lifestyle. We focus on overcoming barriers to physical activity and promoting overall well-being. These programs also assist individuals in transitioning from healthcare settings or rehabilitation programs to engaging in lifelong community-based exercise. Our programs include Diabetes Fit, Neuro Fit, Rock Steady Boxing, Small Steps for Big Changes and more!



## Fee Assistance — Helping Everyone Access the Y

As part of our charitable mandate, the YMCA of Three Rivers is committed to helping eliminate barriers to accessing our programs and services. We know that there's a place for everyone at the Y, regardless of age, background, ability, or socio-economic status. Our Fee Assistance program enables us to live out this commitment, by helping remove barriers and increase access to our paid programs, including Health and Wellness memberships, Camps, and leadership programs.

