REACHING OUR POTENTIAL

Everyone deserves a chance. No matter who they are or where they are from, the Y is here for anyone who needs us.

Join us in giving everyone the opportunities they need to reach their full potential.

DONATE TODAY.
Annual Campaign 2020
The Y. For a better us.

YMCA OF HONOLULU
YMCAHONOLULU.ORG
GIVE FOR A BETTER US.

Together, we can build a better us.
Since 1869, the YMCA of Honolulu has always been a place of possibility and promise for all. Every day, the Y supports youth, adults, seniors and families with programs that protect, teach, connect, heal, nourish, and encourage.

Your donation enables children to do better in school, teens to realize their leadership potential, families to strengthen their bonds, and people of all ages to become their healthiest selves in spirit, mind, and body. Join our Annual Campaign and our legacy of building stronger communities—one child, teen, adult, and family at a time.

[Donate Today: ymcahonolulu.org]

See our teens in action bettering their communities.

YMCA Annual Campaign 2020 Goal: $1 million

Donate Today: ymcahonolulu.org

Atherton • Camp Erdman • Central • Kalihi • Kaimuki-Waialae • Leeward • Metro • Mililani • Nu‘uanu • Wai‘anae • Windward
**Youth Development**

All kids deserve the opportunity to discover who they are and what they can achieve. It starts with believing in their potential.

Rowlie’s family migrated from the Philippines to the remote community of Ka’u, Hawai’i in search of a better life, but both parents labored for long hours, leaving the vulnerable teen to fend for himself. School was difficult, and making friends, even harder.

In his sophomore year, thanks to generous Y donors, Rowlie was invited to attend the Y’s Youth and Government program in Honolulu. It was there that Rowlie realized his potential. Over the next two years, he transformed from a nervous newbie to “Rookie Legislator of the Year” and was among a select group to attend the YMCA Youth Conference on National Affairs on the mainland. Today, Rowlie is attending Georgetown University and after recently completing an internship with U.S. Senator Mazie Hirono, will be interning with U.S. Representative Tulsi Gabbard. He credits the Y for changing the trajectory of his life.

**Healthy Living**

Healthy spirit, mind, and body means different things for different people... but for all, it means having the opportunity to become their best selves.

Fred started drinking at age 12, and by the time he was an adult, he was a chronic alcoholic and eventually lost his job. In December 2015, he almost died from pancreatitis caused by alcoholism, but as he watched his children from his hospital bed, he had a revelation: he would choose his kids over alcohol and serve the Lord.

Fred turned to his faith and the Y to overcome his battle with alcohol and depression. Financial assistance provided Fred with a Y membership, daily workouts, and a community of support. Fred went on to publish an inspirational book to help others and today, continues to share his message of personal victory, “You are not a product of your environment, you are a product of yourself.”

**Social Responsibility**

Together, we support those in need through financial assistance, providing a welcoming and healing community, and so much more...

The Kama family came to the Y a few months after Lucy was born. Lucy was diagnosed with a genetic disorder, Trisomy 18, a fatal condition with a less than ten percent chance of survival past the first year of life. With all the worry surrounding their baby, the family needed a healthy outlet for their other two children, Emma and Edward. Dad Kekoa also needed physical activity to stave off diabetes.

Faced with mounting medical bills, the Kamas could not afford a membership, but through the kindness of Y donors, they received a Y family scholarship. At the Y, the Kamas found the exercise they needed, activities for the kids, as well as special date nights when Kekoa and Pua could work out together. More importantly, their family was surrounded with aloha and understanding, which became a source of comfort when sadly, Lucy passed away this past year.
### Your Gift MAKES A DIFFERENCE

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>$1,500</td>
<td>Transforms a child’s future health through the Y’s childhood obesity program, Healthy Weight and Your Child.</td>
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<tr>
<td>$1,200</td>
<td>Gives a toddler a head start through our Early Learning Program.</td>
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<tr>
<td>$875</td>
<td>Makes the dream of college a possibility through our College Camp program.</td>
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<tr>
<td>$655</td>
<td>Allows a child to experience one week of Summer Day Camp.</td>
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<tr>
<td>$500</td>
<td>Sponsors five months of membership for a senior, giving the gift of health and friendships.</td>
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<tr>
<td>$400</td>
<td>Allows a teen to use their voice to advocate for themselves and their community in our Youth and Government program.</td>
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<tr>
<td>$250</td>
<td>Helps a family in need connect, play and thrive with a six-month Y membership.</td>
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<tr>
<td>$175</td>
<td>Allows a child from a struggling family to experience one week of Summer Day Camp.</td>
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<tr>
<td>$100</td>
<td>Helps a child overcome their fear of water through eight life-saving swim lessons.</td>
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### Locations

**METROPOLITAN OFFICE**  
1441 Pali Highway  
Honolulu, HI 96813  
Phone: 531-YMCA

**ATHERTON**  
1810 University Avenue  
Honolulu, HI 96822  
Phone: 946-0253

**CAMP H.R. ERDMAN**  
69-385 Farrington Highway  
Waialua, HI 96791  
Phone: 637-4615

**CENTRAL**  
401 Atkinson Drive  
Honolulu, HI 96814  
Phone: 941-3344

**KAIMUKI-WAI’ALAE**  
4835 Kilauea Avenue  
Honolulu, HI 96816  
Phone: 737-5544

**KALIHI**  
1335 Kalihi Street  
Honolulu, HI 96819  
Phone: 848-2494

**LEEWARD**  
94-440 Mokuola Street  
Waipahu, HI 96797  
Phone: 671-6495

**MILILANI**  
95-1190 Hikikaulia Street  
Mililani, HI 96789  
Phone: 625-1040

**NU’UANU**  
1441 Pali Highway  
Honolulu, HI 96813  
Phone: 536-3556

**WAI’ANAE**  
86-071 Leihoku Street  
Waianae, HI 96792  
Phone: 696-2287

**WINDWARD**  
1200 Kailua Road,  
Kailua, HI 96734  
Phone: 261-0808