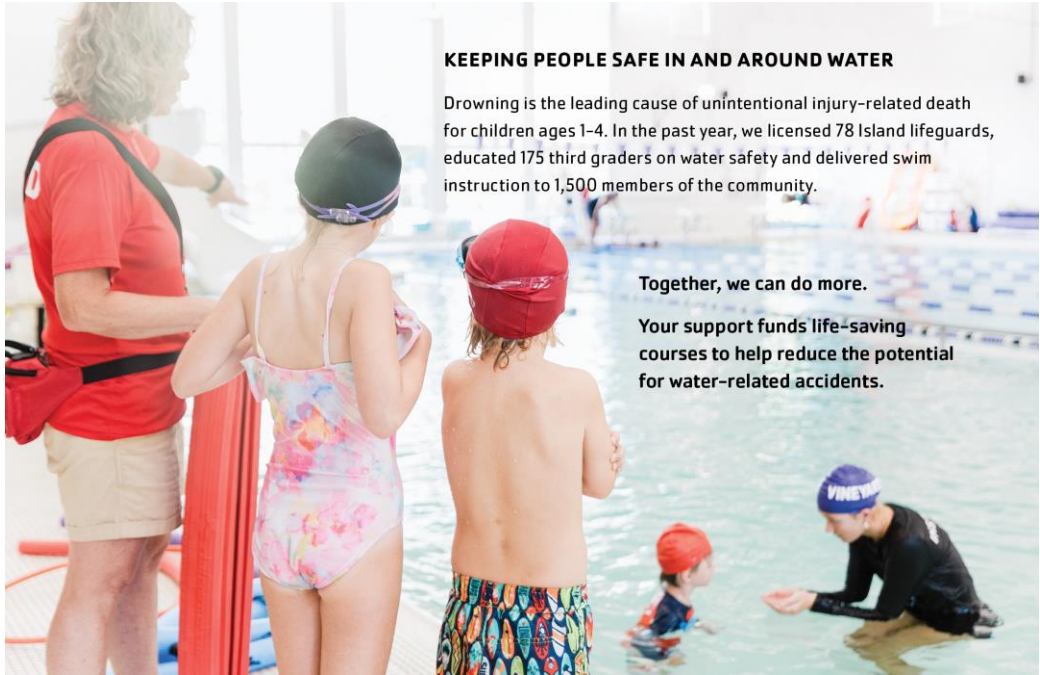




**STRONG KIDS.
STRONG
FAMILIES.
STRONG
COMMUNITIES.**

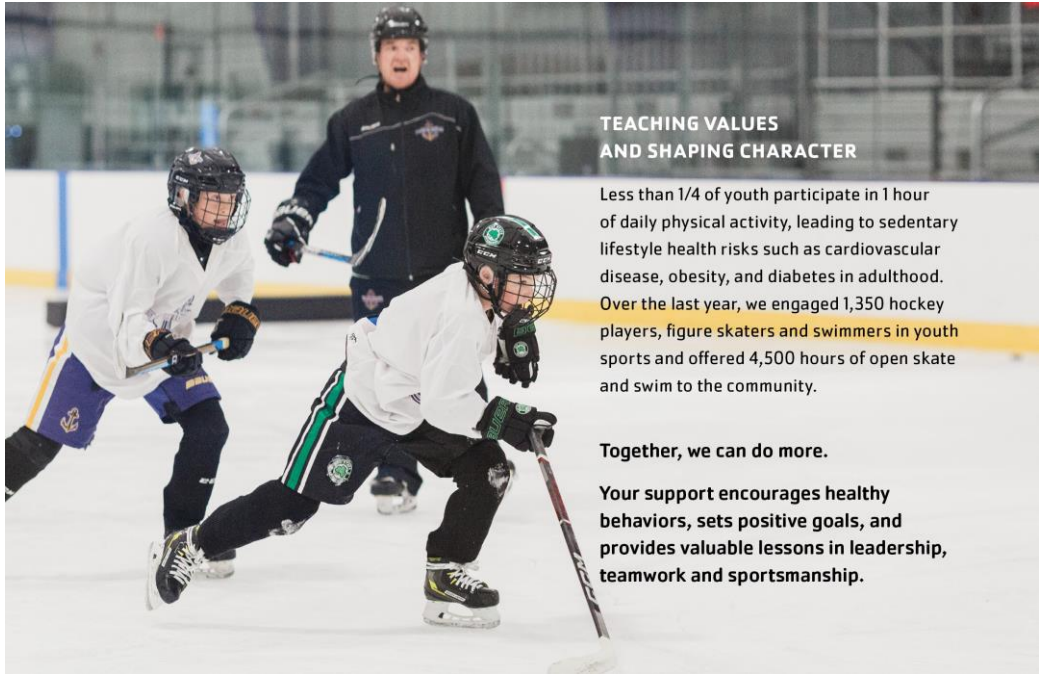
2023 ANNUAL APPEAL



KEEPING PEOPLE SAFE IN AND AROUND WATER

Drowning is the leading cause of unintentional injury-related death for children ages 1-4. In the past year, we licensed 78 Island lifeguards, educated 175 third graders on water safety and delivered swim instruction to 1,500 members of the community.

**Together, we can do more.
Your support funds life-saving
courses to help reduce the potential
for water-related accidents.**



**TEACHING VALUES
AND SHAPING CHARACTER**

Less than 1/4 of youth participate in 1 hour of daily physical activity, leading to sedentary lifestyle health risks such as cardiovascular disease, obesity, and diabetes in adulthood. Over the last year, we engaged 1,350 hockey players, figure skaters and swimmers in youth sports and offered 4,500 hours of open skate and swim to the community.

**Together, we can do more.
Your support encourages healthy
behaviors, sets positive goals, and
provides valuable lessons in leadership,
teamwork and sportsmanship.**

PROMOTING SOCIAL-EMOTIONAL SKILLS AND PERSONAL SUCCESS

Most teens spend 4-6 hours a day on social media, watching tv or playing video games. Our Alexandra Gagnon Teen Center allows adolescents to develop their social, emotional, and cognitive abilities. Over the last year, we supervised 2,000 teen visits for age-appropriate activities.

Together, we can do more.

Your support subsidizes an alternative space for the Island's teen population where they can safely gather and focus on emerging life skills.



SUPPORTING YOUTH EDUCATION AND DEVELOPMENT

Children who participate in high-quality after-school and summer camp programs demonstrate academic, social, physical, and emotional growth. In the past year, we offered 1,030 hours of licensed care and 960 full-day summer camp slots with activities to help children succeed.

Together, we can do more.

Your support funds crucial youth services that help retain Island families and the essential workforce.



ENCOURAGING HEALTH AND WELLBEING

Wellness professionals are trained to deliver transformative support to those with chronic health conditions and diverse abilities. In the past year, 1,425 aging adults participated in our fitness services, and we actively managed 20+ conditions including cerebral palsy, arthritis, multiple sclerosis, cardiovascular disease, traumatic brain injuries, joint replacements, and Parkinson's disease.

Together, we can do more.

Your support empowers individuals to become stronger and build healthier futures.



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