



**YMCA of
Newfoundland and Labrador**

A Message from our CEO

As we reach the mid-point of week seven of closures I am writing with some updates about the YMCA of Newfoundland and Labrador. Even in a challenging time for our communities, our YMCA, and people across the country and around the world we are committed to finding new ways to serve.



Read about how we find ways to serve the community during the COVID-19 pandemic in *The Telegram* [here](#).

By now, you may have seen the free [YMCA at Home](#) set of exercises and activities for all ages. This is a great way to stay healthy and active while away from the YMCA.



You may also be interested in our [Employment, Enterprise, and Newcomer programs](#) that in March quickly shifted to remote program delivery for participants across the province. These programs are funded by the provincial and federal government and are set to expand based on increased need.

The YMCA is grateful to have received funding from [United Way NL](#) and [Food First NL](#) to support people on the Avalon and Burin Peninsulas in distributing food, hygiene items, and medications. If you need help just contact us at community@nl.ymca.ca.

YMCA of Newfoundland and Labrador

finding new ways to
serve our communities



We are proud to be prepared to care for the children of essential workers through an agreement with the provincial government to keep our ECEs and child care team on staff.

Last, I want to thank everyone who has so far donated to **#YStrongNL** by continuing their membership payments or [making a charitable gift](#).

When restrictions are lifted and we are able to re-open, the YMCA will be here and we know our communities will need us more than ever.

Jason.

Jason Brown, CEO

Donate to #YStrongNL today

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