YMCA OF GREATER HOUSTON

NOT JUST A HEALTHY LIFE, BUT A BETTER LIFE





YMCA of Greater Houston (713) 659-5566 www.ymcahouston.org he YMCA of Greater Houston is committed to putting Christian principles into practice. YMCA programs, activities and relationships teach and model Judeo-Christian values in order to strengthen kids, families and communities through programs that build healthy spirit, mind and body for all. Caring, honesty, respect, responsibility and faith are core values evident in all that we do.

Strengthening community is our goal at the YMCA. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. We are committed to strengthening communities through youth development, healthy living and social responsibility.

At the Y, we provide the necessary support and opportunities that empower people and communities. With a focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the community's health and well-being and provides opportunities to give back and support our neighbors.

We have the presence and partnerships to not just promise, but to deliver, lasting personal and social change. For more than 125 years, we've been listening and responding to the Houston community. We connect people of all ages and backgrounds to bridge the gaps in community needs and mobilize local communities to effect meaningful change.

The YMCA of Greater Houston is dedicated to building healthy, confident, connected children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.