

The Armed Services YMCA of Hampton Roads helps so many military families every day...

**Subsidized Child Care Program:** Helping over 170 working parents every day, our program cares for over 85 school children at 8 elementary schools.

**Operation Hero:** Provides after-school mentoring to over 200 students in four area schools who are experiencing temporary academic and or social difficulties because of parents deployment or frequent moves.

**Family Readiness Support:** Creates a network of support for family members who are left behind when their loved ones are called to duty.

**Family Assistance:** Emergency assistance and support are what our Virtual Food Pantry and Bread Program set out to provide when hundreds of junior enlisted military families find themselves in difficult times.

**Community Center Support Activities:** Reduce life related stress caused by military family demands through fitness and craft classes. These families interact with other junior enlisted military families to start building a support system close to their home away from home.

We are there every day helping build strong kids, strong families and a stronger military community.

# The ASYMCAHR is committed to serve those who serve America

### Please Support Our Commitment!

I would like to make a contribution

- \$ 50 \*Partner Member\*
- \$100 \*Friend\*
- \$250 \*Donor\*
- \$500 \*Benefactor\*
- \$1000 \*Chairman's Roundtable\*
- \$2500 \*ASYMCAHR HERO\*
- Other
- My company has a matching gift program.  
Company name: \_\_\_\_\_

I would like to be an ASYMCA HR Volunteer  
(Please check the box if you would like to be an ASYMCA HR volunteer)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### I would like my designate my gift for:

- Operation Hero
- Educational Child Care Program
- FRG Support/ Homecoming Support
- Military Family Support Centers
- Father Daughter Dance
- Romantic Couples Dinner
- Virtual Food Pantry
- Holiday Assistance
- General Support