Dear YMCA Friends,

Connection was never more critical than it is right now. Last week we shared our Y's emergency child care services. See our NJTV interview. This week, we're pleased to share our expansion in behavioral health support.

Did you know our Y provides counseling and social services, including...
housing and employment referrals, in-community family counseling and stabilization services, supervised visitation, mental health and addiction recovery support and school-based therapeutic counseling?

The adults, children and families we support were vulnerable before this health emergency. Now, with social isolation, job loss and impacted resources, risks for child abuse, mental health crisis and suicide have intensified.

Our members and supporters are all part of this work, helping our Y to be on the front line of urgent social issues. Thank you for staying with us.

ANNOUNCING TELEHEALTH COUNSELING

The Y has extended our counseling and social services to offer telehealth support via video and teleconference for children, teens, and adults.

We’re here for continued care of our clients in a safe, secure and still-connected way, and we’re accepting new clients. Students at home coping with behavioral health issues, individuals struggling with addiction recovery, those with mental health needs, and all affected by this crisis who need grief and loss support can count on the Y.

Learn more about the Y’s counseling & social services.

To make a new or recurring client appointment, call us at 732-290-9040, ext. 0 or e-mail outpatient@ymcanj.org.
Y @ HOME FOR CHRONIC DISEASE

Critical connections are also made between physical and mental health. We're happy to see our members and community enjoying our virtual fitness videos with Y staff. Work out with us each morning on our social media to stay healthy in spirit, mind and body.

We recognize your physical routine is more important than ever so we've added classes to help keep our members and community of all ability levels active. Join us below for Low Impact Cardio with Abby tailored for our members with MS, Parkinson's, recovering from cancer and other chronic health issues. Abby, our Y group fitness instructor is a NASM Personal Trainer with specialties in MS Training, Corrective Exercise, Cycling, Rezist and Bosu.
Y @ HOME FOR KIDS & FAMILIES

Let's connect to keep kids and families healthy together. Join us each weekday afternoon for Y-Kids activities like daily challenges with Mr. Doug. Stay fit as a family every weekend with a Family Weekend Word workout.

Starting next week, we're excited to launch our new Y Live Chats!

Join us for live sessions and support for active adults, parents and health challenges for members. Visit us online and on social media for more information.

Y-Kids Pokemon Challenge

Y-Kids Board Game Challenge

SPOTLIGHT ON OUR Y MEMBERS

Cheers to our members who are staying healthy at home. We'd love to feature you in our weekly member spotlight. E-mail a photo or
Hello to Y Member, Mike O'Grady.
Mike's daily routine at the Y helps keep him strong and fighting hard through his progressive MS symptoms. While at home, Mike, aka Superhero with a Cane, has been taping his exercises to help other MS patients stay active and strong. Thanks for sharing your fitness tips and hard work with us, Mike!

JOIN US IN SUPPORTING MENTAL HEALTH NEEDS, FOOD SECURITY & EMERGENCY CHILD CARE.

YES, I CAN HELP!

Help us help our community with urgent needs. This week we're...
hosting a "Drop & Go" Food Drives on Wednesday, April 15 at the Red Bank Family Y from 12-5 p.m. and on Thursday, April 16 at the Old Bridge Family Y from 12-5 p.m. to benefit Lunch Break and Old Bridge Township food pantries.

You can also give support online to a particular Y cause of your choice. Thank you again, for staying with us and with our community in need.

#StayWithUs