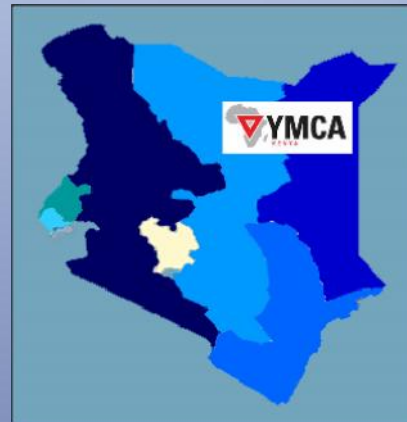


Where do you find YMCA?



Western
Busia
Chavakali
Indalagasia

Nyanza
Anyiko
Kisumu
Siaya

Rift Valley
Eldoret
Naivasha
Nakuru

Central
Githumu
Ngecha
Nyeri
Thika
Limuru

Nairobi
Central
Shauri Moyo
South
Kibera

Eastern
Kondo
Meru
Mugona

Coast
Kilifi
Mombasa

www.kenyaymca.com

VISION

Empowering young people for African renaissance.

MISSION

To facilitate and develop the physical, mental and spiritual well-being of youth to enable them to become responsible citizens.

MOTTO

Many parts - One body

www.kenyaymca.com

For more information please contact the nearest YMCA branch.
If you are not sure of the right one, please contact the National Secretariat.

Kenya YMCA

Phone: +254 (0)20 2724116/7

Fax: +254 (0)20 2728825

Email: info@kenyaymca.com or kenyaymca@wananchi.com

Web: www.kenyaymca.com

Post: P.O. Box 30330-00100 Nairobi

Or visit us:

State House Road, Nairobi, Next to United Kenya Club

HOW ARE YOUTH EMPOWERED?

Local internship

For university and college students coupled with special need volunteerism.

Outdoor Programmes

Entails excursions, tours, hikes, exchange and camp activities to expose youth to diverse cultural and life situations.

Health Programmes

Aimed at prevention of diseases and scourges and drug abuse that may shutter dreams of the youth.

The Hi-Y programme

A school/college based church youth programme designed to enhance the process of developing the spirit, mind and body through activities that meet developmental needs of youths e.g. goal setting, mentoring and stress management.

Civic competence/subject to citizen

Is an initiative to empower young people with civic competence skills that can enable them have a credible voice, space and skills to engage constructively. Subject to citizen initiative aims at transforming young people from being subjects to citizens. The four components of S2C are youth action, youth justice, transformation masculinity and economic renaissance.

Youth Violence prevention

Aims to engage youth in civic education on peace development and create connections with peers and community development.

Green earth (environmental) programme

Entails education on environmental, clean up and tree planting activities aimed at saving the country from destruction associated with environmental degradation.



What is Kenya YMCA?

What Kenya YMCA does



YMCA is...

... an international Christian, ecumenical Voluntary, not for profit membership movement, Under Christian leadership serving the youth and Communities.

History

Young Men's Christian Association (YMCA) was Founded in London 1844 by George Williams, a young Christian. The Kenya YMCA

was founded in Nairobi on 8th Nov. 1910 by the former USA president Theodore Roosevelt. Since then the YMCA has spread from Nairobi to 25 branches and units all over

YMCA is one of the leading youth movements in Kenya It promotes gender equity, hence membership and Leadership comprises both men and women.

How can you get involved?

- Become a member
- Volunteer to serve
- Support in kind/ financially
- Offer leadership

Core values

The Holy Trinity, Quality Creativity, Volunteerism Equity, Integrity Professionalism

The Paris Basis

"The Young Men's Christian Association seek to unite those young men who regarding Jesus Christ as their God and Saviour, according to the Holy Scriptures, desire to be his disciples in their Faith and in their life, and to associate their effort for the extension of his kingdom amongst young Men."

Jesus a foundation for life

The first YMCA started from a prayer meeting and until today YMCA is a spiritual movement with strong Christian roots. We encourage people to use Christianity to create a solid foundation for the whole life of young people in devotions and bible

Studies .Members worship together, learn how to involve Jesus in the all day challenges of life and spread the kingdom of God. However, YMCA is an interdenominational movement and not a church on its own. It works close together with several churches

of different denominations. Together we will be able to help young people to Find a reliable foundation for Jesus!



Soul



Vocational Training

Vocational Training started in 1966 and is currently conducted in 6 local branches. Graduants attain marketable skills in commercial or technical skills for self-reliance in the otherwise high unemployment environment in Kenya today.

Early Childhood Education and Development

The programme was started 30 years ago and is operational in 6 branches. Support to this programme enables enhance poor rural/slum communities access this vital education.



The YMCA Triangle

We strive to develop young people in a holistic way. As symbolized in the YMCA triangle. YMCA Programmes are designed to develop Body, Mind and Soul

Mind Body

Recreation and Wellness

Programmes in place include; Sports and wellness, health fitness i.e. swimming, Aerobics, gymnastics.



Reproductive health and HIV/AIDS Programmes

Behavior change is the solution to curbing the further spread of the killer scourge. Through peer education Training, life skills development, advocacy, theatrical activities and video shows in churches and schools, youth are reached with behavior change communication which is the effective way of advocating for total behavior change.

Catering and accommodation

We offer affordable accommodation and catering services. These facilities are in place to support the actual youth programmes.