Donations are needed to grant scholarships for BOLD & GOLD, purchase Leaders Club project supplies, and provide role models for these leadership programs.

**GIVE HOPE FOR THE FUTURE:**
- **$800:** Ensures a teen in need can experience 1 week of BOLD or GOLD
- **$400:** Supports a scholarship assisting a teen to attend BOLD or GOLD
- **$100:** Helps provide supplies for Leaders Club service projects

Donate today at ymcakpt.org/give!

**THE SOLUTION?**

**BOLD & GOLD**

Boys/Girls Outdoor Leadership Development is a teen wilderness leadership program designed to promote emotional intelligence, confidence, courage, community, and a sense of wonder. BOLD & GOLD builds self-esteem through challenging outdoor activities and interactions with positive role models. The goal of BOLD & GOLD is to reduce and remove barriers for all youth and teens—regardless of experience, ethnicity or socio-economic status—to build leadership values through wilderness adventure and unplugging from everyday life. Studies have shown there are significant mental health benefits experienced through outdoor adventure programs, including stress and anxiety reduction, resilience, and well-being. (Journal of Adolescence)

**LEADERS CLUB**

Leaders Club is a year-long character development program for middle school and high school teens. It is organized for the purpose of providing knowledge, leadership training and volunteer opportunities that support the YMCA and serve the community. Leaders Club fosters an attitude of service to others, encourages healthy lifestyle in spirit, mind, and body, and prepares teens to become future Y leaders.

**THE PROBLEM**

Today’s teens are molded by social media, resulting in a lack of interpersonal communication skills and positive influences. Research states they have a high rate of depression and negative self-image, due to virtually no technology-free time. Many teens do not have an adequate guidance to ensure a successful future.