

# STRENGTHENING FAMILY BONDS



When we asked Faith (not her real name) to tell us her story about the Y's Supervised Visitation Program, she did what many people do: She went to a coffee shop to write.

Type, delete. Type, delete. She just couldn't find the words.

Then Faith went to the Upper Room at the Y, the place where she had spent so much supervised time with her daughter. On the wall are the Y's Values: Caring, Honesty, Respect and Responsibility. These are values Faith has learned to hold dear.

Looking back scares Faith. She knows just how close she came to losing everything. Substances had a strong hold on her. She was court ordered to participate in supervised visitations as part of her case plan.

Childhood trauma, domestic violence and suicide attempts color her life's story. Her heart ached from the brokenness inside of her. She knew her children deserved better. "God was telling me something was wrong." While those initial supervised visits were Faith's rock bottom, members at the Y gave her inspiration to change her life.



The St. Cloud Area YMCA is one of only two Y's in the nation to provide supervised visitations to parents who have temporarily lost custody of their children or need a supervised, neutral environment to exchange their child(ren) without encountering the other parent, minimizing conflict.

Today, Faith is filled with faith, hope, love, security, strength and sobriety. Faith credits many people, organizations in the community and foremost God with helping her find a new path. She's re-building her life and her relationship with her children.

We're pleased that Faith found peace and solace at the Y and is in a better place.

On average, the Y works with 60-65 families each month through the Supervised Visitation/Supervised Exchange Program. Your donations will ensure we can continue to help more families in the future!

**To donate, go to  
scymca.org or contact  
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