

Highlights

April 2025 - Issue 92

Moments that Mattered

Between January and March, **447 psychotherapy and counselling sessions** were provided, with the majority of support sought by individuals aged 35-44 (28.9%) and 18-24 (26.7%). The most common challenges addressed included questions around life purpose (12.8%), anxiety (10.6%), and addictions (10.6%). Our youth-focused initiatives reached **540 young people**, while our Needs Support Program supported **64 vulnerable individuals** with food and basic essentials. Our Drop-In Centre recorded **2,530 visits**, offering social work support and targeted interventions to **29 roofless** individuals. Shelters received an average of 32 homeless referrals per month, with 55.6% being Maltese nationals, including three families and seven minors. In total, **71 individuals found refuge in our shelters**, made possible through financial support from the Ministry for Social Policy and Children's Rights.



Leadership Academy

Leadership Academy is a signature program tool, created by [YMCA Europe](#) to assist YMCA National Movements in developing talents and skills of their young leaders.

"Our aim is to empower young people by equipping them with relevant knowledge

so they live as active citizens, promote social change and strengthen their movements as bearers of democratic values and change-makers"

Between 7–12 April 2025, 29 young YMCA leaders from 19 countries met for the first International Activity ***Bridging Cultures*** in Malta. The training offered a hands-on exploration of cultural identities, their influence on behaviours and relationships, and their impact on community life – essential foundations for designing relevant and inclusive social projects.



To truly understand the complexities faced by vulnerable communities, participants of the Leadership Academy were immersed in YMCA's residential facilities: ***Dar Niki Cassar & Y Communal Home***. This hands-on exposure deepened their awareness of social realities, fostering empathy and preparing them to lead with compassion and a grounded sense of responsibility toward inclusive social change.



Bridge for Homeless

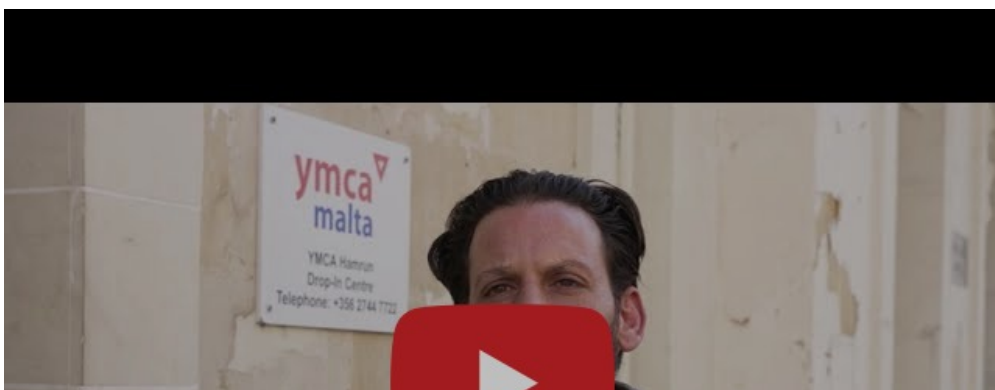


In collaboration with our esteemed partners, we proudly marked a significant milestone - that of **raising €18,000 in support of our mission**. This initiative extended beyond CSR; it represented a united effort toward a shared commitment to social impact. The funds directly contributed to the expansion of our shelter capacity and the enhancement of essential services, including professional social support, daily meals, access to showers, and laundry facilities. Every contribution, every effort, and every partnership was instrumental in achieving this progress. Together, we are not merely supporting a cause - we are advancing meaningful and lasting change.

The sum of €18,000 was donated by [Bridge Advice](#), [Bank of Valletta plc](#), [Boston Link](#), [Radix](#), [Malta Digital Innovation Authority](#), [Corpay](#), [Ganado Advocates](#), [Kihew Consulting & Research](#) (Living Sky), [VallettaPay](#), [Liquiditas](#), [NOTO - 360 Fraud and Compliance](#), [Multitude Bank](#), [Scenic - Luxury Cruises & Tours](#), [Xace](#), [NM Group](#), [SysPay](#), [TPF | The Payments Factory](#), and [Weavr.io](#).
A heartfelt thank you to everyone who made this journey a success.

Bridge for Homeless Campaign is ongoing with this year's target of reaching €30,000 to consolidate our Drop-In Centre facilities and create further support to individuals who are experiencing rooflessness.

Join Bridge For Homeless





Campacity



The YMCA Camp Europe “Campacity” Conference, a joint initiative by YMCA Europe and the YMCA of the USA, hosted by CVJM Germany, brought together 80 camp leaders and professionals from across Europe and the U.S., including representatives from YMCA Malta. ***The event aimed to strengthen the capacity of YMCA camps through the development of innovative, trauma-informed programmes focused on mental health, life skills, refugee integration, and conflict transformation.*** Participants exchanged best practices, gained practical tools for camp management, and explored approaches to support war-affected youth, particularly Ukrainian IDPs and refugees. YMCA Malta actively contributed to these discussions, sharing its experience in community-based interventions and resilience-building. The conference also fostered deeper international collaboration, reinforcing a transatlantic network of YMCA camp leaders.

Join us



UNIFY is a global YMCA initiative that seeks to strengthen the Movement's Christian identity in a way that resonates with today's young people and communities. It encourages unity and loving fellowship, while promoting a spirit of service, solidarity, and compassion toward those in need. Through UNIFY, YMCA aims to remain rooted in its ecumenical values, respond to the spiritual and social needs of its members, and inspire a renewed confidence in living out its mission.

[Apply Here](#)

Philanthropy in April



Book Sale, from our Head Office in Valletta.



Easter Celebrations Donation Drive, Smart City





Easter Lidl Food Drive, Lidl Mosta

[Support Facelift My Shelter](#)

Thank you/Grazzi ħafna



Donors that supported YMCA through April

- Hartons
- Victory Kitchen
- Malta Food bank
- The Alfred Mizzi Foundation

- Black Bull
- Maypole

An enormous thank you to these organisations. Your philanthropy is much appreciated.

If you or an organisation you work for would like to contribute towards our cause, please do not hesitate to contact us.



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