



**FOR IMMEDIATE RELEASE**

Amy McNeil, Director of Communications  
E-mail: [a.mcneil@ymcanwnc.org](mailto:a.mcneil@ymcanwnc.org)  
Phone: 336-777-6252  
Fax: 336-777-6345

**YMCA And Goodwill Offer a Free Day of Fun and Support Services  
*Community Resources Day to be held May 9***

**WINSTON-SALEM, NC – April 29, 2009** – On Saturday, May 9 from 9 am – 12 pm, the Fulton Family YMCA will host “Roadmap for Hope: Community Resources Day” at its location, 385 West Hanes Mill Rd. YMCA of Northwest North Carolina and Goodwill Industries of Northwest North Carolina have partnered for the event to aid individuals facing economic uncertainty with a day of employment workshops, support resources, networking and family fun. Twelve community agencies will be on hand to provide services and information for the community including Job Search & Interviewing Skills, Application & Resume Writing, Budgeting and Coping Strategies. All activities are free of charge and childcare is provided for attendees.

“In these trying economic times, the Community Resources Day is a great opportunity for individuals to learn how to alleviate a stressful situation or prepare for the unexpected,” said Sherry Lee, Human Resources Director for the YMCA. “Throughout the day, attendees will enjoy free seminars, fitness mini-classes, chair massages and kids’ activities. Job seeking assistance from the mobile JobLink Career Center and an attended donation trailer from Goodwill will also be on hand.”

A keynote address will be given by Career Marketing Specialist Randy Wooden of The Wooden Group. Special resume writing workshops will be given by Damian Birkel of Professionals in Transition and Betty Butler of BB&T Employment Services. Participating agencies at the event include: YMCA of Northwest North Carolina, Goodwill Industries of Northwest North Carolina, Department of Social Services, Family Services Ways to Work, Consumer Credit Counseling Service and Casa Guadalupe.

“We are excited to be a part of this event which will provide much needed support to those who have been impacted by this economic downturn,” said Sherry Carpenter, VP of Workforce Development Services for Goodwill. “We want to let people know that there are places they can turn to for help.”

For more information on “Roadmap for Hope: Community Resources Day,” please visit [www.ymcanwnc.org](http://www.ymcanwnc.org) or [www.goodwillnwnc.org](http://www.goodwillnwnc.org) or contact Amy McNeil, YMCA Communications Director, at [a.mcneil@ymcanwnc.org](mailto:a.mcneil@ymcanwnc.org) or (336) 777-6252.

The Fulton Family YMCA is located at 385 West Hanes Mill Road in Winston-Salem. Call (336) 661-1093 for directions or more information. For those taking the bus, the Fulton Family YMCA is on Route 10, the Unemployment Office stop. More information can be found at [www.wstransit.com](http://www.wstransit.com) or by calling (336) 727-2648. Eligible Trans-AID riders can also request free pick-up and transportation to and from the YMCA by calling (336) 727-2000.

**About YMCA of Northwest North Carolina**

When the first YMCA was established in 1844 in London, England, its mission was to promote positive Christian values as well as healthy behaviors and activities. Today, the YMCA movement has spread to more than 130 countries around the world, supporting and influencing the lives of millions of men, women and children of all backgrounds. The YMCA of Northwest North Carolina association, a United Way agency, has been serving Winston-Salem and the surrounding areas since 1888. We have created a tradition of enhancing the lives of people in our community through an ever-growing list of programs and opportunities. We’re proud to serve the people of Northwest North Carolina by helping to build strong kids, strong families and strong communities.

**Administrative Offices**

**Winston Tower · 301 N. Main Street, Suite 1900 · Winston-Salem, NC 27101 · 336-777-8055**

[www.ymcawnc.org](http://www.ymcawnc.org)

Mission: Helping people reach their God-given potential in spirit, mind and body.

A United Way Agency





Our association currently serves more than 51,000 YMCA members and more than 100,000 people with our memberships and programs. The YMCA of Northwest North Carolina has adopted Healthy Community 2015 initiatives to prepare youth and teens to succeed, strengthen and support families, develop caring communities and adopt healthy living habits. The YMCA offers financial assistance for memberships and programs through the Open Doors Program. Learn more about the YMCA of Northwest North Carolina at <http://www.ymcanwnc.org>.

###

#### **Administrative Offices**

**Winston Tower · 301 N. Main Street, Suite 1900 · Winston-Salem, NC 27101 · 336-777-8055**

[www.ymcawnc.org](http://www.ymcawnc.org)

**Mission: Helping people reach their God-given potential in spirit, mind and body.**

**A United Way Agency**