



# Addie's Resilience

Their YMCA story wouldn't be possible without you.

Addison unexpectedly lost her dad – the light of her world – in March 2021. Five-year-old Addie's mind was already full of things that most children think about, like learning to write their name and playing with friends. However, due to her loss, Addie was also dealing with an ADHD and anxiety diagnosis and additional behavior challenges.

Addie's mom, Megan, wasn't sure what to do. With the loss of her husband, transition to a new city, and change of employment she wanted to get Addie on a path of support and consistency. Megan called the YMCA looking for child care and was very transparent about Addie's current challenges. When the YMCA assured her that they would do everything in their power to help regulate her emotions and support her, Megan was relieved. Additionally, the YMCA offered her a scholarship to make payments more manageable.

Megan initially planned for Addie to start kindergarten in the fall of 2021, but instead enrolled her in preschool at the YMCA's Calvary Early Learning Center.

**As Megan had hoped, Addie thrived at the YMCA. Her teacher, Ms. Amanda, and the other staff showed her kindness, compassion, grace – and most of all, love.** They helped Addie find ways to positively express her emotions.

On days when she was overcome with grief they listened to her talk about her dad and gave her extra quiet time to process her feelings.

In the fall of 2022, Megan reached out to the West Fargo Public School District to see if it would be possible for Addie to jump directly into first grade. The school district set her up with a test and when the results came back, Megan was blown away. Addie excelled in all of the categories and proved she was ready for first grade. Megan had tears in her eyes, she was so proud of Addie. **"I truly believe Addie's growth was largely impacted by the staff at the YMCA," Megan said. "They are such caring and loving people. I couldn't be more thankful for what they've done for my daughter."**

