



Strengthening the foundations of our communities...

"My first day at Project Sustain gave me hope, I met others like me fighting addiction, I learned to love myself and those around me. The Y provided me a home and the opportunity to nurture my own children and give them the love and wisdom that was given to. The YMCA and Project Sustain has become my family"
Former Project Sustain Resident

Project Sustain is a Mommy and Me program designed for pregnant women and women with infants/toddlers who are in recovery from addiction. Our six-month residential program provides a safe and stable environment for the women and their infants/toddlers children. Project Sustain members are provided with wrap around social services that help maintain their sobriety and stabilize their lives.

Madison House We provide temporary housing for heads of household females and their children in a safe and caring environment. Through this initiative we assist families in making small meaningful changes in their lives. Our nurturing staff provides the ongoing encouragement and tools needed to maintain a healthy and productive lifestyle. The Y has



The Step up Transitional Housing Program is an extension of the YMCA Madison House. The individuals or families in Step-Up receive extensive support through our continuum of care system. This program has strong emphases on employment and training. Our staff provides the assistance needed to transition from homelessness to self-sufficiency.

Supportive Housing Program is to assist homeless person in the transition from homelessness to permanent housing providing the members with apartments in the community, tuition support and transportation. Our goal is to make sure every family in our community develop the necessary tools needed to remain in permanent housing.



Sierra Gardens is located directly across the street from the Elizabeth Branch main building. It was created to provide families and individuals with low cost, affordable housing. The staff at the Y are here day-in and day-out to provide resources needed to address the most pressing social issues: employment preparation, life skills, education, and substance abuse prevention. Our goal is to make sure every family in our community develop the necessary skills

Men's Dormitory is a single room occupancy (SRO) unit for males 18 years old and older. Members have use of laundry facilities, air-conditioned lounge with cable television. The members in the men's dormitory receives wrap around social services to assist them in stabilizing their lives to obtain permanent housing.

The Y takes pride in giving back and providing on-going support to its community. Our commitment and dedication provides our members with a safe environment and opportunities to better themselves and their love ones. We proudly work hard to make sure every child, adult and family are put in the right path to achieve a better life.

For additional information please contact: Earnestine Brookins, Director of Social Services @ 908-355-9622 ext 1249.