

**DISADVANTAGED YOUTH & FAMILIES**



"I joined a United Way-supported program a few months after my daughter was born, struggling with the fact I was a 17-year-old mom with poor mental health and stuck in a toxic relationship.

I was scared of everything and had lost my sense of hope. This program became my safe place. I learned that what I do *matters* and other strategies for daily life." - Robin

**HOW?**

Investing in  
**61**  
child, youth & family  
support programs

Helping  
**68,543**  
individuals access programs to  
empower youth and families

**FOOD INSECURITY**



"I was raised in a small village and when I moved here I needed help. That's what makes United Way so important—I realized it was something I could depend on.

I didn't have to sit around worrying, I could get the support I needed. I realized I needed help after the pandemic had been going on for a few months. This support means I don't have to wonder when I'm going to eat, or what I'm going to eat." - Chad

**HOW?**

Investing in  
**52**  
food security programs

Helping over  
**50,000**  
individuals and families

**MENTAL HEALTH & WELL-BEING**



"As a person with an intellectual disability, it's not always so easy for me to reach out. Yet, I know I have much to offer because I am sociable, friendly, and cheerful. It's important for me to have friendships. I have to overcome other obstacles because of my diminished vision and partial paralysis, but I find ways to look after my personal needs.

That is why I rely on United Way-supported programs. They help me with social interaction, learning and recreation. Since joining the program, I have gained more confidence." - Cindy

**HOW?**

Investing in  
**92**  
programs that address  
mental health & well-being

Helping  
**41,424**  
individuals, children  
and families

**POVERTY & HOMELESSNESS**



"I started using hard drugs in my twenties while attending university. But because of my drug use, after graduating I ended up living on the streets for four years. I always utilized any resources out there, like food banks, shelters, and drop-in centres.

At one food bank, I made a real connection with someone who was working there. She was so loving and caring and never judgemental. I began volunteering there after that. Today I have a place to live, and I'm no longer a hard drug user. I'm 62 years old, and I'm alive. So that's a success story." - Michele

**HOW?**

Investing in  
**89**  
programs addressing  
poverty and homelessness

Helping over  
**75,000**  
individuals, children  
and families