

# WHAT DO YOU SEE?

## Opportunity or **barrier**



**Behind thousands of doors in Niagara are people struggling with issues you can't see.**

Think about all the doors you have passed through along life's journey. Each one a gateway to the experiences and opportunities that shaped you.

**For many, a door symbolizes a world of possibilities. For others, it represents impossible barriers.**

Behind thousands of doors in Niagara, people are struggling with invisible barriers. Issues like income, food insecurity or mental health challenges can be difficult to see from the outside. You may not know that your neighbours have not been able to pay their rent in two months, or that the father of two down the street is battling addiction. You may not see the single mom of three from the bus stop skipping meals to make sure her kids get enough to eat, or the teenager who rides her bike past your house stuffing everything she can into a backpack because home is no longer safe. **You don't see these challenges because they often happen behind closed doors.**

The challenges people are facing in our community are complex and often connected. In order for whole communities to thrive, the needs of *every individual* living there must be met. Your support strengthens the social safety net as a whole, providing access to nutritious food, safe housing, stable income and crucial social connections.

**You can be the key that turn barriers into opportunities. PLEASE DONATE TODAY.**

See how your donation will help on the reverse. 





## FOOD

**43,588** individuals improved their overall food security

**2,797,711** meals and snacks served to students

**53,611** meals delivered to seniors

Emergency food provided **60,136** times

*"The comfort we feel knowing dad is getting nutritious meals and being checked on every day is the only reason we are comfortable with him continuing to live independently. Dad wants to stay at home, where he and mom spent the last 60 years and Meals on Wheels makes that possible for him. We aren't able to visit every day, so when we would call and he didn't answer, it was incredibly stressful."*



## MENTAL HEALTH

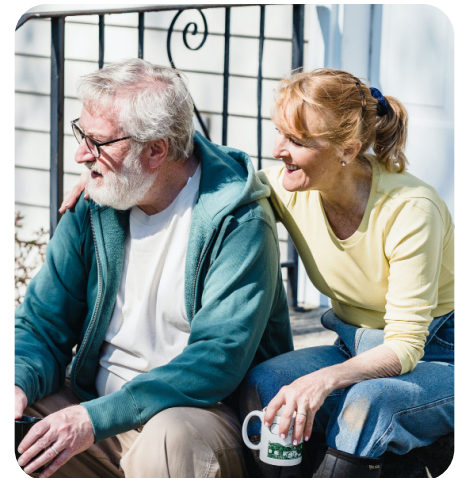
**50,301** individuals received support for well-being

**19,921** individuals received in-person mental well-being support

**13,869** individuals received immediate crisis support

**1,124** individuals accessed in-person counselling

*"Our son was diagnosed with borderline personality disorder. We have missed work, lost friends and become distanced from family over the last 10 years trying to cope with our situation. Our 1:1 sessions with our counsellor provided us with the tools and the hope to move forward. We realize that our journey with mental illness will not end anytime soon but now know that there are resources we can call upon for guidance and direction. Thank you for funding this program because it has improved our son's life and given us some hope for even greater gains on his part in the future."*



## HOMELESSNESS

**11,562** individuals at-risk of or experiencing homelessness were supported last year

**323** individuals helped through transitional supportive housing programs

**12,079** emergency shelter nights supported

**1,204** individuals accessed homelessness prevention programs

*"Being homeless is very isolating. Before connecting with this group - I was in a terrible place mentally. Attending this program has given me a support system when I had none. I have met people struggling with every day life, just like me, and I know I'm not alone. I make improvements every day now and even found a place I can call home. I feel supported and I know I can make it through this."*

