



As much as I love my independence, it's comforting knowing someone is always here.

REIGNITED

Despite having had a great childhood, Sarah is no stranger to tough times. In her own words, she says she has a lot of "lived experience". Struggling with depression, anxiety, Post-Traumatic Stress Disorder and addiction Sarah is like many people who rely on United Way supported programs.

In and out of hospitals, shelters and treatment centres, Sarah was "sick of feeling like just another patient. I needed someone who understood me" she said. Sarah found this in transitional living and recovery programs made possible by United Way.

"Sometimes people just need someone to talk to. If I had that a long time ago, I may not have had such a troubled life".

Now having been sober for over a year and a half, Sarah is utilizing her time in transitional living to the fullest. "There's always somebody here 24/7. This is nice

for me because as much as I love my independence, it's comforting knowing someone is always here".

Sarah believes that the programs she has accessed through United Way have given her hope for a brighter future. She is currently training to be a peer mentor and believes in giving back to her community. "There are so many people in need, and these programs give people hope; something I didn't have for a long time".

With a knowledgeable network of support, Sarah now has everything she needs to become successful.

"I have my spark back. I feel like I've been given a chance".



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