



United Way
Halton & Hamilton

IMPROVING LIVES LOCALLY
right here in

Burlington | Halton Hills | Hamilton | Milton | Oakville



United Way Halton & Hamilton



Why Your Investment Matters

When you give to United Way, you improve lives locally. United Way Halton & Hamilton works with nearly 100 local agencies and thousands of donors, to change lives in Burlington, Halton Hills, Hamilton, Milton and Oakville.

Our goal is to make measurable and important progress toward solving our community's most pressing problems. Specifically, United Way Halton & Hamilton funds programs that address three priorities: helping children and youth reach their full potential, improving neighbourhood health and personal wellbeing, and promoting financial security and independence.



All That Kids Can Be:

United Way invests in programs that lay the foundation for lifelong success. These initiatives, which address goals from early literacy to leadership development, give our youngest citizens the experiences, skills and inspiration they need to become engaged and productive adults.



From Poverty to Possibility:

United Way works on multiple fronts to break the cycle of poverty. Our investments help individuals and families in crisis, access basic needs like food and shelter, while also helping them develop knowledge and opportunities to increase their long-term stability.



Healthy People, Strong Communities:

We fund programs that provide everything from recreation to parenting supports, with the goal of helping people build skills for independent living, manage mental health and medical issues, and provide opportunities to be part of a connected and caring community.

Across Halton and Hamilton, a powerful network of not-for-profit organizations and institutional services supports people who need a little help, a lot of help, a one-time intervention or ongoing assistance. Every organization has its own focus and expertise, but United Way plays a unique role. We identify, measure and address the challenges that are most pressing today. Then, with your support, we invest your dollars right back into your community.

Burlington | Halton Hills | Hamilton | Milton | Oakville

Burlington COMMUNITY

INVESTMENT PRIORITY

Connectedness &
Community Involvement

OUTCOME/ WHY IT MATTERS

Engaging youth can
decrease problem
behaviour such as drugs
and alcohol use and
criminal activity.



6 MILLION
CANADIANS

meet the criteria for
substance use disorder
and



3.5 MILLION
CANADIANS

met the criteria for
mood disorder.

ALL THAT KIDS CAN BE



Misty-Lee's Story

GETTING TO BE THAT PERSON

Like a lot of young people, Misty-Lee struggled through her teen years. Also like a lot of young people, she challenged the authority of her parents and teachers and even tested the patience of her friends. Misty-Lee, however, went beyond typical teen struggles by getting into fights, drugs and even gangs. "I spent 80 percent of my time in detention or talking to a principal, counsellor or to someone who was to trying to fix me," she recalls. Despite her destructive behaviour, her family remained supportive and strong, and Misty-Lee even found success as a competitive dancer. She wasn't far from being able to find the right path. "In reality, I just needed someone to direct me," Misty-Lee says. "I needed a mentor."

A United Way supported agency provided the opportunity Misty-Lee needed and the new voice her mentor provided, helped her realize that she could change the destructive path she was on. "That mentorship was what I needed."

Misty-Lee's life today bears little resemblance to her troubled youth. She ended up staying in school, buying a home and raising a wonderful daughter of her own. She also runs a competitive dance studio that gives her the chance to work directly with young people at a time in their lives when they are finding their own paths. Misty-Lee has even become a mentor herself, as a community volunteer for more than a decade. "I'm 100 percent different," she laughs. "Whether it is impact presentations or dealing with youth one on one, I do whatever is needed," she says. "Now I get to be that person, and that, to me, is everything."

Halton Hills COMMUNITY

INVESTMENT PRIORITY

Employment &
Financial Security

OUTCOME/ WHY IT MATTERS

Helping people build their employment, financial and social skills can help them overcome poverty.



AN AVERAGE OF
103,000
PEOPLE

face long-term unemployment.

ONTARIO'S
UNEMPLOYMENT RATE IS
6.9%

which is higher than the
national average.

NEARLY
5 MILLION
CANADIANS

(14%) are considered low income.



Anne's Story

TAXES, TOYS AND A LITTLE TIME

Anne worked for an automotive supply company for years, making a good living and providing for her three children. When the company closed, leaving Anne without a job and income, she lost an ability she had long since taken for granted – she was no longer in control of her family's financial wellbeing. When Anne's employment insurance benefits ran out and she hadn't found a new job, she applied for social assistance, but still needed to make difficult choices for her family. One of those choices meant that she no longer paid to have her taxes completed.

That's when a United Way supported program made a big difference to Anne and her family. With a volunteer helping Anne complete and file her taxes, she began to receive a monthly tax credit worth more than a third of her rent. It was a small step, but an important one. From there, she was connected to a Holiday Hamper program which provided her family with clothing, winter coats and toys for the kids. On top of that, she was connected to another program, where the staff helped Anne complete an application for subsidized housing and connected her with employment services.

With her home life more secure and a link established back into the employment world, Anne was able to find a good and stable job. It took a little time, some volunteers, a caring local organization and the support of United Way, but Anne is back where she belongs – in control of her family's future.

Hamilton COMMUNITY

INVESTMENT PRIORITY

After-School Programs

OUTCOME/ WHY IT MATTERS

One of the most effective ways to keep kids in school is to involve youth in mentoring and after-school activities.



12%

OF STUDENTS IN CANADA
do not finish secondary school.

ALL THAT KIDS CAN BE



Katona's Story

MAKING GREAT FRIENDS

When Katona was a child, her family moved a lot, so she had a tough time making friends. By the time she was on her fourth or fifth new home, getting close to anyone had become a scary prospect.

As a teen, Katona moved with her family to a community with United Way supported programs that gave her a part-time job, homework help and the opportunity to go on summer canoe trips. These programs connected Katona to mentors who supported her, inspired her and pushed her to work hard in school. She began to get "amazing" grades and find stable social connections for the first time in her life.

Katona says she was able to laugh and cry through tough times with the support of her "agency mom," a mentor at one of the programs she attended. "You're welcome from the jump," she says. "You get shown love."

When the family moved again, Katona made the difficult decision to stay in the community that had become a real home to her. At 18, Katona is now a community engagement outreach worker, helping young people connect to the same kinds of programs and services that changed her life. Katona plans to use the leadership and time management skills she acquired from United Way supported programs when she attends college in the fall.

United Way mentors Katona has met have played a big role in her life through instilling stability, success and ambition. "My mentors gave me tiny bits of themselves."

Milton COMMUNITY

INVESTMENT PRIORITY

Community Inclusion

OUTCOME/ WHY IT MATTERS

Enabling individuals to stay connected to their community is a social determinant of health that relates to positive self-perception.



Lee's Story

THE GOOD LIFE

Known as “the famous one” in her community, Lee’s smile and energy are contagious. Always looking for a hug, she loves being connected to others.

At 35, Lee lives with her parents, but with the help of United Way supported programs, she is expanding her sense of independence and connection to her community. She has learned life skills ranging from ordering in a restaurant, to using public transportation and she’s now a weekly fixture at bowling, crafting and bingo events. A Special Olympian, Lee has a strong drive to stay active and engaged. She’s doing that in part by taking on a number of jobs including serving as a receptionist for two community agencies.

Lee, however, isn’t the only person in her family to benefit from United Way supported programs. Lee reports that when she is out participating in a program, her parents “get to sit back with their feet up and watch T.V., just like other moms and dads.”

Knowing what United Way supported programs have done for her family, Lee is passionate about giving those same kinds of opportunities to other people in her community. Unfortunately, the drop-in programs she attends have long waitlists. That inspired Lee to become a United Way volunteer so she could play a role in helping her “friends learn life skills too.” She has made more than 100 presentations in the community, to tell the story of what she calls her “good life” and the role that community supports play in making that life. “We can make more room,” she says, “if we raise more money. That’s why I love helping United Way.”

OVER 15%
OF ONTARIO'S POPULATION,
1.85 MILLION
PEOPLE HAVE A DISABILITY.



ONE IN SEVEN PEOPLE.



Oakville COMMUNITY

INVESTMENT PRIORITY

Housing Stability

OUTCOME/ WHY IT MATTERS

Providing support to those dealing with mental health and addiction issues can help them transform their futures and attain meaningful employment.

PEOPLE WITH A
MENTAL ILLNESS ARE
**TWICE AS
LIKELY**

to have a substance use problem compared to the general population.

AT LEAST
20%
OF PEOPLE WITH A
MENTAL ILLNESS
have a co-occurring
substance use problem.



Sarah's Story

REIGNITED

Sarah had a great childhood, but then what she calls her "lived experience" altered the trajectory of her life. She began struggling with depression, anxiety, post-traumatic stress disorder and addiction. She found herself drifting through hospitals, shelters and treatment centres without finding what she needed. "I was sick of feeling like just another patient. I needed someone who understood me," she says. Sarah found that understanding in transitional living and recovery programs made possible by United Way support.

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

Now sober for more than 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. It's a future she's working to change as she trains to be a peer mentor in order to give 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. I have my spark back. I feel like I've been given a chance."

Agencies & PROGRAMS

AGENCY	PROGRAM	B	HH	HAM	M	O
Acclaim Health	Alzheimer Services Adult Day Program				●	●
	Alzheimer Services Caregiver Support and Education				●	●
	Bereavement Support				●	
	Friendly Visiting	●	●		●	●
	Hospice Service				●	
	Memory Visiting	●				●
	Tele-Touch	●			●	●
Adapt	Know the Deal		●		●	●
Alternatives For Youth	Counselling				●	
Ancaster Community Services	Assisted Volunteer Driving/Transportation				●	
ArtHouse	ArtHouse at the Y					●
Bereaved Families of Ontario - Halton/Peel	Child Loss, Grief, Support & Education				●	
	Living with Grief, Share & Support				●	
Big Brothers Big Sisters of Halton	Adventure Canada Club				●	
	Go Girls and Game On					●
	Group Recreation		●			●
	The Homework Club				●	●
	In School Mentoring		●		●	●
	Matching Services Boys & Girls	●				
Big Brothers Big Sisters of Hamilton & Burlington	One to One Mentoring		●		●	●
	Matching Services Boys & Girls				●	
Boys & Girls Club Hamilton	Children & Youth Character Development				●	
	Let's Get Moving After-School Physical Activity				●	
Canadian Hearing Society, Halton Region Branch	Hearing Care Counselling					●
Canadian Hearing Society, Hamilton Region	Hearing Care Counselling				●	
Canadian Mental Health Association, Halton Branch	Free Walk-In Counselling				●	
	Health Promotion and Education	●	●		●	●
Canadian Mental Health Association, Hamilton Branch	Evening Social Recreation Rehabilitation				●	
Canadian Red Cross Hamilton/Wentworth, Burlington	Meals on Wheels	●			●	
	Transportation/Friendly Visiting				●	
Catholic Family Services	Credit Counselling				●	
	Individual & Family Counselling				●	
	Senior's Intervention and Support				●	
Catholic Youth Organization	Group Work Services				●	
Children's International Learning Centre (CILC)	Hamilton Youth Steel Orchestra				●	
CNIB, Halton/Peel Branch	Counseling & Referral	●				
	Rehabilitation Services	●				
CNIB, Hamilton Branch	Counselling & Referral				●	
	Rehabilitation Services				●	
Community Development Halton	Social Planning	●				●
	Volunteer Halton	●				●
Community Living Burlington	Life Skills	●				
	New Horizons	●				
	Preschool Integration	●				
	Residential Services	●				
Community Living Hamilton	Supported Leisure				●	
Community Living North Halton	Drop In Centre		●		●	
	Friday Friends		●		●	
	Saturday Centre		●		●	
Community Living Oakville	STEPP					●
Community Youth Programs	Group Home					●
CYAN	Youth Civic Engagement					●
Dawn Patrol Child & Youth Services	REACH - Rewarding and Enhancing the Lives of At-Risk Children				●	

B Burlington | HH Halton Hills | HAM Hamilton | M Milton | O Oakville

AGENCY	PROGRAM	B	HH	HAM	M	O
Distress Centre - Halton	Crisis Intervention		●		●	
Distress Centre - Oakville	Crisis Chat & Text					●
	Distress Line				●	●
	Telecheck					●
Dundas Community Services	Community Development & Planning			●		
	Coordinated Services			●		
	Individual & Family Counselling			●		
	Information Dundas			●		
	Services for Seniors & People with Disabilities			●		
	Volunteer Services			●		
Elizabeth Fry Society of Peel - Halton	Building Resiliency in Girls				●	
	Empowering Girls Against Exploitation				●	
	Youth Now		●			●
Elizabeth Fry Society Southern Ontario Region	A Woman's Journey			●		
	Court Services			●		
	Opportunities For Women			●		
	Release Planning			●		
Flamborough Information & Community Services	Waterdown Seniors Club			●		
Food for Life Canada	Food for Life Program	●	●		●	●
ForestView Church	North Burlington Outreach	●				
Girls Inc.	Action for Safety				●	
	Discovery Leadership		●		●	
	Friendly PEERSuasion				●	
	Media Literacy Program				●	
Glanbrook Community Services	Meals Made Easy			●		
Halton Food for Thought	Student Nutrition Program	●			●	●
Halton Multicultural Council	Evening and Weekend Settlement Support					●
Hamilton & District Ostomy Association	Community Outreach			●		
Hamilton Council on Aging	Improving Access			●		
Hamilton Jewish Social Services	Casework			●		
	Seniors			●		
Hamilton Literacy Council	Adult Literacy & Basic Skills			●		
HARRRP	Social & Recreational Opportunities			●		
HIPPY Oakville	HIPPY (Home Instruction for Parents of Pre-School Youngsters)					●
Hope Place Centres	Her Strength					●
	His Strength		●		●	
	PATTERNS					●
John Howard Society of Hamilton, Burlington & Area	Community Services				●	
	Crisis Intervention & Reintegration Services			●		
	Family Support			●		
	Transportation			●		
Links2Care	Community Support		●			
Literacy North Halton	Read Spell Write		●		●	
Living Rock Ministries	OASIS Evening Program			●		
Lynwood Charlton Centre	Under the Willows			●		
Milton Community Resource Centre	American Sign Language Parenting				●	
	Family Resource Programs				●	
	Infant Food Bank				●	
Multiple Sclerosis Society of Canada, Hamilton Chapter	Health and Wellness			●		
Navy League of Canada, Hamilton Branch	Navy League Cadet & Royal Canadian Sea Cadet Youth			●		
Nelson Youth Centres	After School Treatment	●	●		●	●
	Educational Support Program					●
	Reconnecting Youth				●	
Oakville Kiwanis Meals on Wheels	Meals on Wheels					●
Oakville Parent-Child Centre	Parent Education					●
Radius Child and Youth Services	Child Abuse Prevention				●	●
	Trauma Assessment & Treatment	●	●		●	●

AGENCY	PROGRAM	B	HH	HAM	M	O	
Robert Land Community Association	Project Empower			●			
	Community Hub			●			
ROCK (Reach Out Centre for Kids)	Child and Family Services					●	
	Early Years Mobile Services	●					
	Family Engagement				●		
	Good Beginnings				●	●	
	Our Community Cares Burloak	●					
	Our Community Cares Warwick Surrey	●					
	Youth Aiding Youth		●		●	●	
	Adult Day Services					●	
S.E.N.A.C.A.	Community Youth Worker					●	
	Milton Sexual Assault Counsellor				●		
Sexual Assault & Violence Intervention Service (SAVIS)	Senior Sharing Circles	●					
	Abuse Prevention			●			
	Counselling and Advocacy			●			
	Crisis Support			●			
Sexual Assault Centre Hamilton & Area (SACHA)	Diverse Communities Outreach			●			
	Community Applied Research/Community Development			●			
	Dog Therapy			●			
	Paws4Stories				●		
St. John Ambulance Hamilton Branch	Therapy Dogs		●		●	●	
	Personal and Home Support Services			●			
St. John Ambulance Oakville Branch	Adult Day Program			●			
	Basic Needs & Practical Assistance			●			
St. Joseph's Home Care	Roxborough Food Bank			●			
	Roxborough Senior Centre			●			
	Employment Connections Program	●	●		●	●	
	Community Volunteer Action Group			●			
St. Joseph's Villa	Program For Grieving Children		●		●	●	
	Peer Counselling					●	
St. Matthew's House	Ready to Work			●			
	Caring Dads				●	●	
STRIDE	Individual, Couple & Family Counselling	●	●		●	●	
	Learning and Fun After School			●			
Student Open Circles	Day Centre			●			
	Early Years Mobile			●			
	Multicultural Seniors Outreach Program			●			
	Reading Buddies			●			
The Lighthouse Program for Grieving Children	WAVE (Wever Afterschool Ventures in Education)			●			
	Beyond the Bell	●					
The Women's Centre of Halton	Child & Youth Health & Fitness	●		●			
	Day Camp	●		●			
	Helping Hands	●		●			
	Seniors Keeping Connected	●		●			
	Underground Youth Centre	●		●			
	Young and Young at Heart	●		●			
	Employment Services			●			
	Girlspace			●			
Threshold School of Building	Good Beginnings			●			
	Kids Clubs			●			
	Leadership Training			●			
	Living Well			●			
	Woman Alive!			●			
	Thrive Counselling Services Halton Inc.	WAVE (Wever Afterschool Ventures in Education)			●		
		Learning and Fun After School			●		
Welcome Inn Community Centre	Day Centre			●			
	Early Years Mobile			●			
	Multicultural Seniors Outreach Program			●			
	Reading Buddies			●			
Wesley Urban Ministries	WAVE (Wever Afterschool Ventures in Education)			●			
	Beyond the Bell	●					
Wever Community Hub	Child & Youth Health & Fitness	●		●			
	Day Camp	●		●			
	Helping Hands	●		●			
	Seniors Keeping Connected	●		●			
	Underground Youth Centre	●		●			
	Young and Young at Heart	●		●			
	Employment Services			●			
YWCA Hamilton	Girlspace			●			
	Good Beginnings			●			
	Kids Clubs			●			
	Leadership Training			●			
	Living Well			●			
	Woman Alive!			●			



United Way
Halton & Hamilton

IMPROVING LIVES LOCALLY
focused on impact.

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HALTON

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