



**United Way**  
Halton & Hamilton

# **FOCUSED ON IMPACT** 2018-2019 IMPACT REPORT



**Burlington | Halton Hills | Hamilton | Milton | Oakville**



# DRIVING CHANGE

It all comes down to you. You are the reason, the hope and the inspiration driving change.

Our community has seen many changes as our municipalities continue to grow. Yet, far too many of our neighbours are being left behind. This past year, you demonstrated local love and improved the lives of those most vulnerable, by choosing to invest in vital programs that thousands have relied on.

Your gift, volunteerism and continued support, helped over 200,000 individuals overcome obstacles and enter a journey of transformation, filled with hope and possibility.


Your investment focused on several key areas: domestic violence, mental illness, unemployment, homelessness, child and youth supports, education inequality, social isolation, poverty and food insecurity just to name a few. All of these social issues are #UNIGNORABLE – you agreed, took action and stood united to drive change.

We continued to build long standing relationships with local partners, embrace evidence-based research, and provide quantitative measurement on areas of most need and impact.

As local experts, we were relentless in digging deep, uncovering the root cause of social issues that hold people back. Your United Way advocated and consulted with national, provincial and municipal governments, and, this past year, consulted and provided strategic advice for the newly launched Federal Government of Canada’s Poverty Reduction Strategy.

Together we are developing community-centric design labs focusing on solutions based programming and are forging strategic partnerships with labour, government, education and the private sector, to better understand where the strongest leverage is, for the greatest impact.

This Impact Report highlights the many ways that your investment is connecting our neighbours to the social supports they need to live and prosper. As we continue on our course, we thank you for spreading local love that inspires and builds stronger communities by changing the odds.



Anne Bermingham  
Board Chair



Brad Park  
President and CEO



## WHAT DOES LOCAL LOVE LOOK LIKE?

65 AGENCIES SUPPORTED	129 PROGRAMS SUPPORTED	202,421 PEOPLE HELPED
14,751 VOLUNTEERS	62,620 VOLUNTEER HOURS	\$1,441,335 VALUE OF VOLUNTEERING
\$3.6M Financial Empowerment Problem Solving – Previously unclaimed dollars back into community via tax clinics		
9,938 Calls to 211, a free hotline for connection to local social services		
\$23,461 Value of donated educational experiences in arts, history and culture for youth		
\$21,105 Value of donated sporting experiences for youth		



It's a typical Monday morning. It's time for school, but for many children, they are heading to a place of learning with empty tummies because there are no groceries in the refrigerator or simply no time to eat.

"I love being part of the breakfast program because I don't have to be hungry during class. When I'm hungry during class it's hard to focus."

Although this story is told far too often, the narrative still exists as 66,000 Halton and Hamilton residents live with food insecurity. Its negative impacts are far reaching. Studies have indicated that children who do not have a healthy breakfast are at a disadvantage from their peers.

School breakfast programs are made possible because of your support. You are helping children attend school with a full belly – bridging the learning gap between them and their fellow classmates.

**"I love being part of the breakfast program because I don't have to be hungry during class. When I'm hungry during class it's hard to focus."**

# ALL THAT KIDS CAN BE

## 84,016 CHILDREN & YOUTH HELPED

THE ISSUE	THE OUTCOME	CHILDREN & YOUTH HELPED
1 in 4 Ontario students experience bullying and/or cyber-bullying	Children and youth improved their emotional and physical wellbeing	38,652
1 in 4 Canadian children are not school ready prior to entering grade 1	Children and youth engaged in learning and improved their academic performance	32,084



"United Way helped me rebuild my life. I was at rock bottom and now I'm on top of the world."

There was a time Heather didn't have a bed to sleep in, or a roof over her head. Feelings of helplessness and depression constantly ran through her mind.

United Way brought hope back into Heather's life. Homelessness is a real localized issue. In our neighbourhoods, it's estimated that 1,000 youth are living on the streets. No shelter during our frigid winters. No sense of security under a roof of their own.

Together, we provided solutions by helping to shape the first-ever National Poverty Reduction Strategy and National Affordable Housing Strategy. Through locally-based programs, your generous investment has helped youth like Heather, sleep in a warm bed at night.

"The support has been great. It makes me feel comfortable knowing I have my own place and I'm not out on the streets."

"United Way helped me rebuild my life. I was at rock bottom and now I'm on top of the world."



# POVERTY TO POSSIBILITY

50,362 PEOPLE HELPED

THE ISSUE	THE OUTCOME	PEOPLE HELPED
In Ontario, 12% of households do not know when they will eat their next meal	People have increased access to healthy food	44,692
35,000 Canadians are homeless on any given night	People received support in securing and maintaining housing	1,232





From an early age, the odds were stacked against Gary. But through United Way’s network of support, he’s had no trouble knocking down pins, winning gold on the largest stage and securing meaningful employment.

At the age of two, Gary suffered a severe accident that left him hospitalized for over a year. Despite having only one functioning hand, Gary was determined to move on with his life.

Today, Gary lives a life filled with accolades many would envy. He’s a four-star bowler, part of the Special Olympics and has captured five gold medals for Canada throughout his bowling career.

While those are great personal accomplishments, because of your donations, Gary overcame many obstacles - providing him with the right supports to secure meaningful employment.

“Working has been a very good experience for me.”

“Thank you. United Way’s support has helped me become the person I am today.”

“Your donations have helped me thrive.”

# HEALTHY PEOPLE STRONG COMMUNITIES

67,593 PEOPLE HELPED

THE ISSUE	THE OUTCOME	PEOPLE HELPED
1 in 5 people struggle with mental illness and of those, only 1 in 3 seek help	People have improved mental health and are better able to handle life’s challenges	47,819
50% of Canadians over the age of 80 report feeling lonely	People are involved in their community and feel a sense of belonging	14,396



# MEET THE FAHEYS

For Paul and Janice Fahey, their commitment to United Way goes back decades for different reasons yet, with a singular purpose – to help their local community.

For Paul, his connection started when he was four, canvassing with his mother on behalf of the Red Feather Society (now United Way) and then in his later years, managing executive campaigns, while continuing to donate on a personal level.

“All my life I’ve been helping those in need. Being able to support United Way and their mission is truly gratifying,” said Paul.

Janice’s story is also connected to the Red Feather Society, as they found her a safe home, as a child, through their adoption services network.

“United Way gave me life and I am so appreciative for that, and to give back to help those in similar situations, brings complete joy to my life,” said Janice.

The Fahey’s are both inspiring and dedicated. And to this day, they continue to demonstrate their local love through giving to United Way.

“We enjoy giving back to our community, it’s in our hearts; we wouldn’t have it any other way. United Way helps so many individuals and families and we see the direct impacts, and that’s why we’ll continue to donate.”



# WOMEN UNITED™

Sparking change comes in many forms. One channel of impact is through a united group of leaders, who are willing to take risks to change the odds.

Women United™ is a consortium of women leaders, who support their community through action, partnerships, mentorship and volunteerism.

United Way Halton & Hamilton Women United continues to provide a forum to empower women to build strong,

independent lives and to be a powerful force for social change. It’s a network where women are leaders of philanthropy in local communities, across the country and around the globe through both giving and volunteering.

Being part of Women United provides opportunities to network with thought leaders, making a local impact while gaining access to exclusive opportunities to connect and engage.

# SENIOR ISOLATION

Thousands of seniors live in isolation across our region. Your neighbour, your friend and possibly even a family member may have nowhere to go and, once their front door is closed, they are alone.

Eileen was one of those seniors isolated from life outside her home until she accessed support from United Way. Your support and local love helped to make sure individuals feel included in their community.

Together, we opened the once closed doors of seniors like Eileen, to a vibrant life outside their homes that are now filled with enjoyment, friendships and purpose.

“The United Way supports me, helps me get out of my home so I’m not sitting there by myself crying, as I did when my husband passed away. I’ve realized I’m not alone anymore.”

Because of your support, seniors like Eileen feel rejuvenated and their smiles have once again returned.

**“Thank you, I now feel I have a reason to live.”**





# YOUTH EMPOWERMENT

Our future leaders continue to deal with daily problems that impact their self-worth. Society is vastly different from 20 years ago, resulting from pressures related to technology, lack of time, social pressures, among others. However, some challenges our youth encounter have not changed.

“Growing up, I had it really rough with bullying and not having self-confidence.”

Imagine, during the prime of your life, having no confidence and being petrified to attend school because of bullying - it would feel like the walls were collapsing in on you - that’s how Amliya felt.

“I felt like I was always in a box and it was getting smaller and smaller.”

Because of your local investments in summer youth programs, United Way provided Amliya with the courage to break out of that box and start living life.

“I thank you because I met amazing girls my age who taught me confidence and that my point is always valid. I started looking at things in a whole different manner after that summer program.”

“When you donate, you are investing in young women.”



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“Donate to the United Way Halton & Hamilton campaign and you become the reason that people with dementia get help, their families get support, and together they find new ways to cope, live, and experience joy in the time they have left together. Your support gets to the families in your community who need it the most.”

You fund important preventative programs meaning people get help before they face more complex and expensive problems - like social isolation. Your strategic investments mean more people get the help they need now, and then need less help later. It’s a win for everyone – our clients and our community.”

Melissa Cameron | United Way supported agency



# AREAS OF FOCUS

## ALL THAT KIDS CAN BE

Giving children and youth the support they need to get a great start in life, do well in school and reach their full potential.

## POVERTY TO POSSIBILITY

Helping meet the basic needs of our community’s most vulnerable people, giving everyone the opportunity to realize a better future.

## HEALTHY PEOPLE STRONG COMMUNITIES

Creating vibrant neighbourhoods, where everyone experiences a sense of belonging and connection to one another.

# COMMUNITY PARTNERSHIPS

United Way holds a unique position and rich history of community collaboration. Through an unparalleled and distinct ability to convene, the entire community benefits from driving dialogue together with labour, government, private sector, non-profit and volunteers, to mobilize change on our toughest issues.

Skilled facilitators use data-driven analytics to help the community define and understand the scope and scale of issues, reach into the community to understand local lived experience and points of view. We research evidence-based best practices, identify common ground, articulate

collaborative action, and hold stakeholders accountable to achieve desired change.

United Way has a longstanding and proud history spanning almost 100 years with labour partners. Together, building strong and resilient communities through support and workplace initiatives that have provided millions of dollars, transforming lives for thousands of residents.

Together, we advocate for those in need by identifying and addressing the root cause of social problems, and strengthening our collective role in developing public policy.

# RESEARCH & INITIATIVES

Armed with knowledge, we identify gaps, convene the right stakeholders and collaborate on results that address both short-term needs and long-term aspirations. By working from the ground up and from the top down, United Way plays a crucial role in identifying the biggest levers, that can provide the largest impact for every dollar raised.

Our evidenced-based research is founded in collaboration with Social Planning and Research Council of Hamilton, Community Development Halton and other research bodies.

Together with community, we are improving lives locally from all fronts: supporting children and youth, building healthy and strong communities and moving people from poverty to possibility.

United Way will continue to develop and invest in new, measurable programs that move the needle forward.

## CAN YOU SEE ME?

One in five Canadians will battle mental illness at some point in their life. A critical step to battling mental illness is to invest in vital support programs, tools and resources while eliminating stigma.

Can You See Me? is a free, four-week mental health awareness program, specifically designed for workplaces and community groups. This initiative provides attendees with confidential and compassionate help, so individuals and their loved ones receive the support they need.

## CONNECTED

United Way is a leader in pooling experts and sharing pertinent information while helping local charities navigate challenges.

ConnectEd is a series of educational sessions delivered by industry professionals to community agencies linking them to untapped external potential, improving both internal operations and delivery of programs.

## POVERTY REDUCTION STRATEGY

United Way has been part of wider discussions around poverty, contributing to Canada’s first ever Poverty Reduction Strategy. United Way believes that in order for our communities to be great they must be great for everyone. That is why, through a consultative process, it submitted six recommendations to build the national poverty policy. This included a call to create an independent national body with diverse leadership to champion poverty reduction and report on progress.

Poverty reduction is central to United Way’s investments to reduce homelessness, improve child and youth outcomes and build strong communities.

## NEW HORIZONS SENIOR PROGRAM

Seniors in our communities are feeling more and more isolated. Fifty percent over the age of 80 report feeling lonely, with one in three living below the poverty line. This leads to depression, anxiety and other mental health challenges, diminishing quality of life and overall wellbeing.

United Way supported 15,000 seniors through the New Horizons Senior Program and other outreach initiatives, that removed barriers of isolation and loneliness, while offering fulfilment and purpose through various inclusive programs.



# AGENCIES & PROGRAMS

AGENCY	PROGRAM	<div><div><div><div></div><div>B</div><div>Burlington</div></div><div><div></div><div>HH</div><div>Halton Hills</div></div><div><div></div><div>H</div><div>Hamilton</div></div><div><div></div><div>M</div><div>Milton</div></div><div><div></div><div>O</div><div>Oakville</div></div></div></div>				
		B	HH	H	M	O
Acclaim Health	Alzheimer Services Caregiver Support and Education					
	Alzheimer Services Adult Day Program					
	Bereavement Support					
	Friendly Visiting					
	Hospice Service					
	Memory Visiting					
	Tele-Touch					
ADAPT	Know The DEAL					
Alternatives For Youth	Counselling					
Ancaster Community Services	Assisted Volunteer Driving					
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 and Hamilton	Mentoring Programs Boys & Girls					
Boys & Girls Clubs of Hamilton	Children & Youth Character Development					
Canadian Hearing Society, Peel Region	Hearing Care Counselling					
Canadian Mental Health Association, Halton Region Branch	Health Promotion & Education					
	Free Walk-In Counselling					
Canadian Mental Health Association Hamilton	Evening Social Recreation Rehabilitation					
Canadian Red Cross, Burlington Branch	Meals on Wheels					
	Transportation					
Catholic Family Services of Hamilton	Credit Counselling					
	Individual & Family Counselling					
	Senior's Intervention and Support					
Catholic Youth Organization	Group Work Services					
Community Development Halton (CDH)	Community Development Halton (CDH)					
Community Living Burlington	New Horizons					
	Residential Services					
Community Living Hamilton	Supported Leisure					
Community Living North Halton	Drop In					
	Friday Friends					
	Saturday Centres					

AGENCY	PROGRAM	B	HH	H	M	O
Community Living Oakville	Residential Program					
	STEPP					
Community Youth Programs	Group Home					
Dawn Patrol Child & Youth Services	REACH - Rewarding and Enhancing the Lives of At-Risk Children					
Distress Centre Halton, Oakville	Crisis Chat & Text					
	Distress Line					
	Telecheck					
Dundas Community Services	Services for Seniors					
Elizabeth Fry Society of Peel-Halton	Building Resiliency in Girls					
	Empowering Girls Against Exploitation					
	Youth Now					
Elizabeth Fry Society, Southern Ontario Region	Opportunities for Women					
Empowerment Squared	Academic Mentoring & Tutoring					
Eva Rothwell Resource Centre at Robert Land	After School Program					
	Community Hub					
	Project Empower					
Food For Life	Food for Life Program					
Forestview Church	Next Door					
Girls Inc. of Halton	Action for Safety					
	Discovery Leadership					
	Friendly PEERsuasion					
	Media Literacy Program					
Halton Food For Thought	Student Nutrition Program					
Halton Multicultural Council	Evening and Weekend Settlement Support					
Hamilton Council on Aging	Improving Access					
Hamilton Literacy Council	Adult Literacy & Basic Skills					
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	Family Support					
John Howard Society of Peel-Halton-Dufferin	Community Services					
Lighthouse Program for Grieving Children	Program For Grieving Children					



AGENCY	PROGRAM	B	HH	H	M	O
Links2Care	Community Support					
Literacy North Halton	Read Spell Write					
Living Rock Ministries	OASIS Coffee House Evening Program					
Milton Community Resource Centre	American Sign Language Parenting					
	Family Resource Programs					
	Infant Food Bank					
Nelson Youth Centres	After School Treatment					
	Educational Support Program					
	Reconnecting Youth					
Oakville Meals on Wheels	Meals on Wheels					
Oakville Parent-Child Centre	Parent Education					
Radius Child & Youth Services	Child Abuse Prevention					
	Trauma Assessment & Treatment					
ROCK Reach Out Centre for Kids	Child & Family Outreach					
	Child and Family Services					
	Early Years Mobile Services					
	Family Engagement					
	Our Community Cares Burloak					
	Our Community Cares Warwick Surrey					
	Youth Aiding Youth					
SAVIS of Halton (Sexual Assault & Violence Intervention Services)	Community Youth Worker					
	Senior Sharing Circle					
	North Halton Counsellor					
S.E.N.A.C.A Seniors Day Program Halton Inc.	Adult Day Services					
Sexual Assault Centre Hamilton & Area (SACHA)	Abuse Prevention					
	Counselling and Advocacy					
	Crisis Support					
	Diverse Communities Outreach					
Social Planning & Research Council (SPRC)	Social Planning & Research Council (SPRC)					
St. John Ambulance Hamilton Branch	Therapy Dogs					
St. John Ambulance Oakville Branch	Paws 4 Stories					
	Therapy Dogs					
St. Joseph’s Villa	Adult Day Program					
St. Matthew’s House	Emergency Food Programs					

AGENCY	PROGRAM	B	HH	H	M	O
STRIDE (Supported Training & Rehabilitation in Diverse Environments)	Supported Employment					
Support & Housing Halton	Anxiety Management & Self-Esteem					
	CORE Program					
	Grace House Group Home					
	LifeHouse					
	Peer Facilitators					
	POSSE					
	Prince Charles Place					
	Ready4Life					
Threshold School of Building	Seniors Peer Support Program					
	Ready to Work					
	Caring Dads					
Thrive Counselling Services Halton Inc.	Individual, Couple & Family Counselling					
Welcome Inn Community Centre	Learning and Fun After School					
Wesley	All Youth Zone					
	Day Centre					
	Early Years Mobile					
	Multicultural Senior’s Outreach					
	Wesley Youth Housing					
Wever Community Hub	CORE Kids					
The Women’s Centre of Halton	Peer Counselling					
YMCA Hamilton/Burlington/Brantford	Beyond the Bell					
	Children & Youth Health & Fitness					
	Day Camp					
	Helping Hands					
	Underground Youth Centre					
YWCA Hamilton	Young and Young at Heart					
	After School Programs					
	Good Beginnings					
	Young Women & Girls Programs					
	Woman Alive					





**United Way**  
Halton & Hamilton

# IMPROVING LIVES LOCALLY

focused on impact.

IMPACT REPORT SPONSORED BY



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