



Having a positive

IMPACT

on our community!



**United Way
Centraide**
Stormont, Dundas
& Glengarry

YOU helped 10,255 people face & overcome personal challenges

840 Volunteers provided 44,668 hours to support change in our community

All That KIDS Can Be



Improving access to early childhood learning and development programs.

Poverty to POSSIBILITIES



Moving people out of poverty by meeting basic human needs such as food, shelter & jobs

**Healthy PEOPLE
Strong communities**



Improving access to social and health related support services- supporting community integration



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All That KIDS Can Be

Together, we are helping kids be all that they can be
We put children and youth on a path to success by investing in their development from early childhood to young adulthood- ensuring they have the skills and opportunities to become successful adults.

ORGANIZATION	PROGRAM	COMMUNITY IMPACT	PEOPLE
GIAG –Glengarry Inter Agency Group	Dundas Youth Program	<ul style="list-style-type: none"> This program promotes healthy lifestyles, positive attitudes, encourages participation in physical activities and nutritious cooking programs There are also workshops on stress & time management and healthy relationships Youth programs are offered in Winchester, Morrisburg & Chesterville 	93 Youth 35 Volunteers 2350 Hours 196.5 Vol Hrs.
GIAG –Glengarry Inter Agency Group	Glengarry Youth Program	<ul style="list-style-type: none"> This program provides a safe haven for children ages 9-17 years of age Youth have the chance to engage in workshops & services for employment considerations Youth programs are offered in Alexandria, Green Valley and Williamstown 	178 Unique Youth 64 Volunteers 2110 Hours 350 Vol Hrs.
Big Brothers Big Sisters Cornwall	One to One Mentoring Program	<ul style="list-style-type: none"> Children from low income, one parent homes are matched with a volunteer mentor The “Bigs” and “Littles” spend time together weekly doing everyday activities 	63 “LITTLES” 94 Volunteers 15,260 Hours
Équipe Psycho-Sociale	Article 23 Project-Francophone Mental Health Intervention Program	<ul style="list-style-type: none"> This is a francophone mental health intervention program This program encourages overall success at school and in the community Participants are engaged in art, music and health programs. The children benefit from positive recognition and relationship building. 	14 Youth 10 Teens
Boys & Girls Club of Cornwall SDG	Club House Program	<ul style="list-style-type: none"> The Club House program is a safe & positive environment where kids can find support to explore interests, build positive relationships with peers and adult role models The participants develop skills to overcome personal challenges and gain confidence that will sustain them throughout life The program also provides physical activities, promotes healthy eating, personal well-being, leadership and homework support 	1,153 Children (ages 4-17) 198Volunteers 5928 Hours



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Poverty to POSSIBILITIES

Together, we are moving people from poverty to possibility
We support and empower people who are vulnerable to falling into poverty, by ensuring, they have access to the support and skills they need to succeed.

ORGANIZATION	PROGRAM	COMMUNITY IMPACT	PEOPLE
Counselling & Support Services of SD&G	Social Work Program	<ul style="list-style-type: none"> Counselling services are provided to people who have children and may require advocacy support and education A focus on skill development in areas of; parenting, problem solving, parent-child conflict, blended family issues, separation, post-divorce issues, parental conflict and communication 	410 Individuals
Tri-County Literacy Council	Volunteer Coordinator	<ul style="list-style-type: none"> Recruiting and training of all volunteers to meet learners' needs in all programs, including one on one learning, private tutoring and the CHAT program for children 	188 Individuals 133 volunteers 11,000 volunteer hour

**YOUR GENEROSITY MEANS THE WORLD TO SO MANY PEOPLE.
BY COMBINING OUR FINANCIAL RESOURCES, TIME, INFLUENCE
AND VOICES, WE ARE CREATING CHANGE FOR TODAY ...
AND HOPE FOR TOMORROW.**





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Healthy PEOPLE Strong communities

Together, we are building strong communities

We improve access to social and health-related support services in order to create healthy people and strong communities.

ORGANIZATION	PROGRAM	COMMUNITY IMPACT	PEOPLE
Glen Stor Dun Lodge OUTREACH Service	MEALS ON WHEELS	<ul style="list-style-type: none"> This program provides home delivered, hot nutritious meals to frail seniors, seniors with disabilities or cognitive impairments, chronically ill or convalescing individuals With this service, a daily security check promotes safety for the vulnerable and an opportunity for social interaction 	243 individuals 29,640 meals 240 volunteers 6840 total hrs
SD&G Developmental Services	Independent Relief Services	<ul style="list-style-type: none"> This program connects families who are caring for a loved one with developmental challenges with a worker for respite It also provides consistent support for the transition from high school to adulthood where many other programs and funding sources stop 	20 individuals served
March of Dimes	Assistive Devices Programs	<ul style="list-style-type: none"> This program assists those with physical disabilities living on a low income With secured funding, clients have to opportunity to acquire assistive devices, enabling them to have increased mobility and functional independence 	24 individuals 18 volunteers 60 vol. hours
Canadian Mental Health	Mental Health Promotion-TAMI program	<ul style="list-style-type: none"> This program provides a 3-5 day program for high school students, designed to increase awareness about mental health issues and decrease stigmatism The promoter of this program also delivers and facilitates information session for parents and organizes mental health promotion events throughout the year 	7699 individuals reached 6 volunteers 80 volunteer hours

ORGANIZATION	PROGRAM	COMMUNITY IMPACT	PEOPLE
Beyond 21	Social network program for developmentally challenged adults 21 and older	<ul style="list-style-type: none"> This program provides an opportunity for its participants to socialize and build relationships The program focuses on engaging individuals with complex needs through meaningful activities, involving other peers and community connections 	42 participants 50 volunteers 1,000 volunteer hours
Canadian Hearing Society	Counselling Services	<ul style="list-style-type: none"> The needs of individuals with hearing loss are addressed through; problem solving, accessing community resources and activities in order to manage daily lives and participate in their community Advocating for communication and accommodation is also in practice to reduce the risk of disempowerment, isolation and depression 	42 individuals 2 volunteers 40 volunteer hours
SASS Sexual Assault & Support Services	Mobile Outreach Support Service	<ul style="list-style-type: none"> The service provides sexual assault support services and counselling for those who are unable to access services in their area due to lack of transportation, distance, financial restraints or other barriers. 	76 Individuals

LAST YEAR, **YOU** HELPED 10,255 PEOPLE FACE AND OVERCOME PERSONAL CHALLENGES

LAST YEAR, **840 VOLUNTEERS** PROVIDE **44,668 HOURS** TO SUPPORT CHANGE IN OUR COMMUNITY



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& Glengarry

UNITED WAY CENTRAIDE OF STORMONT, DUNDAS & GLENGARRY
405, RUE FORTH STREET WEST(OUEST)
P.O.BOX 441
CORNWALL, ONTARIO K6H 5T2
613-932-2051
www.unitedwaysdg.com

How you can make an **IMPACT** in our community

PAYROLL DEDUCTION

What are the benefits of payroll deduction?

How you can make an **IMPACT** in our community:

- It is the most convenient way to contribute to the United Way
- You are able to spread your gift over the course of a year
- You can change your amount at anytime by contacting your payroll office
- It is easy! Your donations comes directly off your pay cheque and your donation appears on your T4 slip – no receipt to worry about!
- You are making a difference each week to those in need right here in our own community

Example of what your donation can do:

Think about it! For as little as:

- **\$2 per pay (\$52 per year)** will provide 9 warm meals to an elderly or sick person who is not able to shop or cook for themselves
- **\$4 per pay (\$104 per year)** will provide a sign language interpreter for one hour for a deaf person
- **\$10 per pay (\$260 per year)** will purchase a bath seat to help someone bathe independently in their own home

CORPORATE GIVING

- Investing in the community in which you do business is an investment that pays valuable dividends.
- Your **BUSINESS** generosity will have an impact by growing and enhancing our community, creating opportunities for a better life for everyone.
- Challenging your business employee's payroll deduction by matching theirs by a matching percentage /or dollar amount
- It's easy to invest in our community – simply download our corporate giving form and return it my mail or in person at www.unitedwaysdg.com

- Ex: Employee Payroll Contribution:
Department Staff / 25 employees

25 employees x **\$5.00 per week** payroll contribution x 52wks
\$125.00@wk x 52wks = **\$6,500.00 DONATION**
\$260.00 a year per employee

- Flat rate donation to the United Way from your business



You Can Change Lives Today!

A simple donation can change the lives of people in your community, TODAY!

DONATE NOW!