



**United Way
Centraide**

Stormont, Dundas
& Glengarry

INCOME

UNEXPECTED
ILLNESS

INTEREST RATES
ON UNPAID BILLS

EXPENSES

JOB LOSS

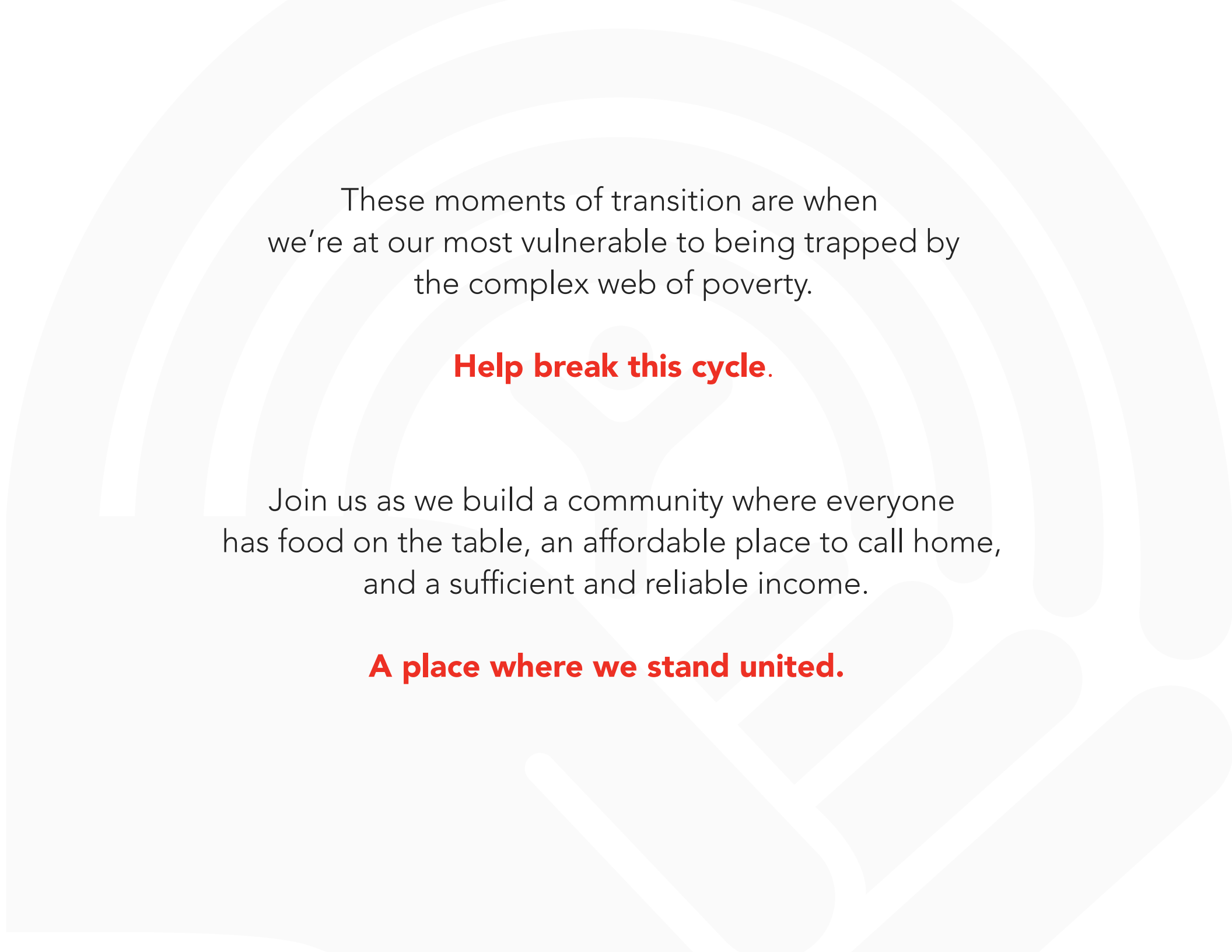
EVICTED

LIFE IS UNPREDICTABLE

It can throw many curveballs.

An unexpected illness.
A sudden job loss.
Loss of a family member.

End of a relationship.
Increase in cost of living.
Or even a global pandemic.



These moments of transition are when
we're at our most vulnerable to being trapped by
the complex web of poverty.

Help break this cycle.

Join us as we build a community where everyone
has food on the table, an affordable place to call home,
and a sufficient and reliable income.

A place where we stand united.

How your local love helps support our community:

\$26

\$1 per pay
x 26 weeks

Provides a senior with two warm meals delivered to their door from a volunteer who also checks in on them if they're feeling isolated.

\$52

\$2 per pay
x 26 weeks

Provides a teen in Cornwall, Winchester or Alexandria with a free after-school program that is a safe space to meet friends and learn new skills.

\$182

\$7 per pay
x 26 weeks

Provides a senior with specialized activities to stimulate their brain and get active while also finding community and belonging.

\$312

\$12 per pay
x 26 weeks

Provides one person with free essential skills training in small classes and one-on-one tutoring based on their goals to further education, advance in a job, or find new employment.

\$520

\$20 per pay
x 26 weeks

Provides one person with therapy sessions tailored to their mental health needs at a sliding fee scale towards their income, ensuring cost isn't a barrier for support.

\$1,300

\$50 per pay
x 26 weeks

Provides one person experiencing food insecurity three hot ready-to-eat breakfasts a week for a full year at a safe place to meet others, find community, and receive other supports.

Whatever you can give – however you can help – you are making an impact and helping us to build a stronger, more resilient, and caring community.

100% Local.

All money raised stays here.

For more than 80 years, the United Way has been at the forefront of poverty reduction in Stormont, Dundas & Glengarry by investing in a wide range of local programs tackling poverty on several fronts.

With your support, we invested in the life-changing work of **15 local agencies and 18 programs** in three focus areas.



Helping kids be all they can be

BGC Cornwall/SDG
Big Brothers Big Sisters of Cornwall & District
Équipe psycho-sociale



Moving people from poverty to possibility

Centre 105
Tri-County Literacy Council
Vista Centre Brain Injury Services



Building strong and healthy communities

Bereaved Families of Ontario – South Eastern Region
Canadian Mental Health Association
Centre Charles-Émile-Claude
Community Navigation of Eastern Ontario (211 East)
Diversity Cornwall
Inspire – Community Support Services
March of Dimes
Meals on Wheels
Sexual Assault & Support Services (SASS)

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