

Change Starts Here

Directory of United Way Funded Programs 2011-2012



Give. Volunteer. Act.

United Way
Kingston, Frontenac
Lennox and Addington
Change starts here.

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**EVERYDAY
HEROES
ARE AMONG US**

EVERYDAY HEROES ARE AMONG US

Last year's accomplishments – and there were so many – would not have been possible without the Everyday Heroes in our community.

- Volunteers led the way in our annual campaign, crossing a historic \$3 million for the first time in this United Way's history, on the heels of 11 other record-breaking years.
- United Way staff, volunteers and agencies reviewed and developed Impact Areas that provide a framework for funding local programs and then measuring impact.
- 211 was launched last year, providing access to local services through a free, easy-to-remember confidential, bilingual service that connects a caller to a live Information & Referral agent.
- Working in partnership with the City of Kingston and the Kingston Community Roundtable on Poverty Reduction, the United Way embarked on a project to develop community strategies to reduce poverty. This is being done through extensive community consultation, research and a thoughtful process to develop action items and recommendations.
- We continued with the implementation of action items identified in our 2009 Community Plan on Homelessness and Affordable Housing. Among other action items:
 - The Community Leadership Group, a multi-sectoral group of strategic thinkers, who are united in their interest in addressing homelessness, and have developed key principles around the development of affordable housing in Kingston.
 - The Coordinated Case Management Committee, made up of service providers and professionals, worked through a number of diverse processes and will provide recommendations on how to ensure that those who are homeless or at risk of becoming homeless have access to streamlined, client-centric support.

In addition to these accomplishments, our United Way continued the important work on building capacity in the voluntary sector through workshops, investing donor dollars strategically where they have the most impact, supporting prevention through early years and youth programs and assisting agencies to measure and communicate program outcomes.

Through these collaborative processes, we are impressed by everyday heroes - our donors, volunteers, staff and community partners - who work and volunteer on the frontline, providing vital services to residents of KFL&A.

VISION

“Our vision is a community with a strong social services network where individuals can develop their potential for self sufficiency and personal well-being.”

MISSION

“To support and strengthen the organized capacity of our community to care for one another”

To this end...

we continually raise funds, striving for annual growth to meet vital community needs,

we allocate donor dollars in response to current and changing human care needs,

we strengthen the non-profit sector by providing organizational and other support services to community organizations.

FUNDING PHILOSOPHY

The United Way will consider funding programs and services that meet the intent of our Funding Philosophy.

Funds will be allocated to support local human care needs through programs and services in the City of Kingston and the counties of Frontenac, Lennox & Addington.

Recognizing the uniqueness of the communities in the area we serve, our United Way will strategically invest in services that:

- will enhance the capacity of people to care for themselves and one another
- give people the opportunity to have input into decisions that affect them
- are accountable, inclusive, responsive to the needs of the communities, and eliminate barriers that prevent people from accessing services
- are preventive, growth-oriented and directed to strengthening communities and individuals of all ages
- will help people live with hope, dignity and a sense of belonging

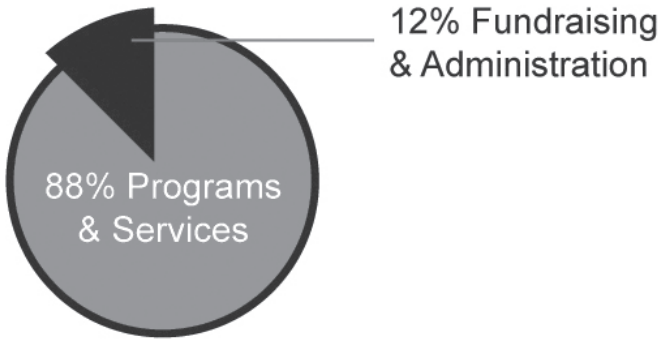


UNITED WAY IS ACCOUNTABLE TO YOU AND THE COMMUNITY

At the United Way, we promote responsible stewardship of our community's resources. Our fundraising and administration costs are among the lowest in the charity sector. In 2010, they were 12%, well below the average cost of fundraising and administration.

Our United Way also actively solicits in-kind donations, pro bono services and the support of over 2,000 volunteers to keep expenses as low as possible – to ensure that as much as possible of every donor dollar goes directly to programs in the communities we serve.

2010 EXPENDITURES



DONOR CHOICE OPTION

In some cases, donors may wish to designate a portion of their contribution to a specific United Way community or a specific agency.

Donors can choose from the following options when making their decision:

- To the Community Investment Fund
- To impact areas
- To specific registered Canadian charities

A minimum donation of \$20 is required for designations.

All designations are paid over and above any allocation an agency receives.

To cover some of the costs incurred in tracking and processing the donation, a 10% processing fee applies to all designations, except to other United Ways.

UNITED WAY PROVIDES OPPORTUNITIES FOR PEOPLE TO CARE FOR ONE ANOTHER BY MEETING URGENT NEEDS AND ADDRESSING ROOT CAUSES

- We make a difference every single day (individual level)
- We're working to address the root causes of social issues (community-wide)
- We bring together people from all walks of life to build a better community (mobilization)

United Way's Community Investment Fund provides funding to improve social conditions.

In the short-term:

- By meeting immediate needs through stable funding to a network of frontline agencies
- By providing grants to meet changing needs

In the long-term:

- By addressing the root causes of social issues

Since 1941, our United Way has worked to strengthen lives by bringing together the financial resources of the region in support of a network of social service and health agencies. Through these agencies and their programs, people have found help and, in many cases, opportunity for a better life.

We recognize that, as a community, we continue to face complex social challenges.

In addition to funding programs and services delivered by funded agencies, we are working on a second approach. This model focuses on mobilizing people from all walks of life and gathering resources through unique engagements, volunteerism and partnerships.

Our United Way is working closely with key partners, individuals and organizations to develop a long term strategy to address many local issues. Our community partners, including education, government, policymakers, businesses, labour, not-for-profits and others, are working together to change the conditions of individuals, neighbourhoods and the community. This approach is what we call **Community Impact**.

Give. Volunteer. Act.

SECTION 1

WE MAKE A DIFFERENCE EVERY SINGLE DAY

United Way funds a network of programs and services that cover a wide range of human care needs. Over time, our United Way's role has evolved from fundraising and fund distribution to community building, and working with partners on community initiatives in three identified key impact areas.

The impact of United Way funded programs and services is measured against these three areas:

BELONGING TO COMMUNITY

From Poverty to Possibility

From Poverty to Possibility targets poverty, homelessness and neighbourhoods. The goal is to help people engage in their community by strengthening neighbourhood revitalization efforts, reducing poverty, and improving access to affordable housing.

TURNING LIVES AROUND

Healthy People, Strong Communities

Healthy People, Strong Communities targets vulnerable people, people with barriers and in need of support, seniors and victims of violence and abuse. The goal is to improve opportunities for people to access programs and supports that empower them to overcome barriers, build resilience, reduce isolation and be part of a caring, inclusive community.

GROWING UP GREAT

All That Kids Can Be

All that Kids Can Be targets early years, children & families and youth. The goal is to ensure children and youth are valued and supported members of the community with opportunities and resources to help them reach their fullest potential.

COMMUNITY INVESTMENT FUND

The United Way strategically invests your donation in programs, services and initiatives that meet immediate needs. United Way also invests in long-term solutions to address local issues.

United Way is a major funding organization that delivers ongoing support to social service agencies through its Community Investment Fund, supporting a network of programs and services. This base support of funding to member agencies provides stability and allows them the flexibility to develop and respond to the emerging needs of the communities they serve. It allows them to make long-term plans, knowing they have a stable source of funding.

Your one gift to the United Way Community Investment Fund will reach every sector of the community and address multiple needs throughout KFL&A.

CITIZENS REVIEW PROCESS

United Way member agencies and demonstration grant agencies receive annual funding for specific programs and services through the Citizens Review Process. Community volunteers work with United Way professionals to review agencies and rigorously assess their performance and results. This process is designed to support critical services that are efficient, well managed, accountable and effective.

Allocations are evaluated using established criteria for funding. These are: need in the community, efficiency in management, accountability, effectiveness, accessibility, need for United Way funding and support of United Way. For more information and to volunteer, please call the Director, Community Investment at 613-542-2674.

IMPACT OF YOUR DONATIONS

THANKS TO YOUR GENEROSITY:

Belonging to Community: From Poverty to Possibility

- Over 33,000 meals were served and groceries made available to the most vulnerable people in our community, improving their nutrition and food security
- 1,039 people found stability with a place to call home through emergency, transitional or permanent housing
- 450 kids started the school year off right with school supplies and backpacks
- 130 low-income or working-poor families were able to keep the heat on in the winter
- 171 homeless kids and adults had the basic necessities provided and a place to sleep

Turning Lives Around: Healthy People, Healthy Communities

- More than 200 seniors found a new sense of safety with the help of peer support for elder abuse
- 564 women and their kids were able to start again, free from violence and abuse with the help of safe accommodation, counseling and supports
- 188 people living in rural and isolated communities enhanced their well-being with help for family or personal issues through free local counseling and social programs
- 353 people improved their literacy skills, giving them a chance to earn more money, improve their health and enjoy a stronger future
- 268 physically disabled kids and adults were able to move more freely after acquiring basic mobility devices
- 266 people with vision loss were able to maintain their independence and stay active by learning daily living skills, specialized vision skills and safe indoor and outdoor travel methods

Growing Up Great: All That Kids Can Be

- 12,000 elementary and high school students had nutritious in-school snacks and meals, helping them to improve their concentration and engagement
- 761 youths between the ages of 9 and 19 received counseling and intervention support for gambling and substance abuse, enabling them to make better life choices
- 221 kids developed healthy attitudes and social skills through positive relationships with adult mentors
- 117 low-income adults and kids in Napanee strengthened their sense of belonging by taking part in affordable family-oriented community activities
- 1,427 children and youth had the opportunity to develop confidence and learn new behaviours, attitudes and social skills through educational, social and recreational programs

YOUR DONATIONS MAKE A DIFFERENCE EVERY DAY

\$2-\$4 PER WEEK

- provides two to four children, aged 4 to 12, with an opportunity for a better future by helping them develop healthy behaviours through educational and recreational programming
- helps one or two individuals experiencing hearing loss to improve their coping skills through counselling and effective supports
- enables two to four seniors to increase their personal well being through access to peer support for elder abuse
- assists one or two adults to improve their literacy skills and increase their potential for greater earnings, better health and a stronger future

United Way provides opportunities
for people to care for one another.

\$4-\$10 PER WEEK

- helps up to 170 elementary and high school students improve their behaviour and better engage in learning by providing them with nutritious snacks and meals
- helps one to four individuals to improve their interpersonal relationships and learn coping and communication skills through affordable, solution-focused professional counselling
- better prepares up to 90 children for our winter weather by providing them with warm winter boots
- assists up to 18 people gain stability in their lives by helping them find a place to call home

\$10-\$20 PER WEEK

- enables one to three children to increase their feelings of self-worth and develop healthy attitudes and social skills with an adult mentor
- helps one or two homeless youth, aged 16 to 24, to stabilize their lives through the provision of emergency overnight shelter, food and supports
- helps up to 50 disadvantaged individuals to improve their nutrition and food security by having access to free coffee, soup and lunch in a safe, warm and friendly place
- enables four to seven youth, aged 9 to 19, to make better life choices through interventions and counselling for substance and gambling addictions

\$20 AND MORE PER WEEK

- helps seven homeless adults and children, sometimes whole families, gain stability and dignity by providing emergency shelter and basic needs
- enables five at-risk youth make positive changes in their lives by improving their coping strategies, behaviours and attitudes through early intervention programs
- assists 10 low income adults to improve their health by having access to needed or emergency dental services
- assists six women and their children to increase personal safety and rebuild their lives free of violence and abuse by providing secure accommodation and counselling

COMMUNITY INVESTMENT FUND 2011-2012

Big Brothers Big Sisters Kingston, Frontenac, Lennox & Addington

Big Brothers/Big Sisters/Couples Matching Program
In School Mentoring Program

Boys and Girls Club of Kingston & Area

Club House Program
Community Outreach Programs

The Canadian Hearing Society

General Support Services
Hearing Care Counselling Program
Ontario Interpreter Services

Canadian Mental Health Association

Children's Mental Health Programs and Volunteer Program
Information and Referral Services
Public Education Program

Canadian National Institute for the Blind

Independent Living Skills
Low Vision Services
Orientation and Mobility Program

Elizabeth Fry Society of Kingston

Community Residential Support Program

Epilepsy & Seizure Disorder Resource Centre

Direct Client Services
Client Support Services

Food Sharing Project

Food Sharing Project

Frontenac-Kingston Council on Aging

Program Coordination Support

Girls Incorporated of Limestone, Algonquin and Lakeshore

Girls Ed Program

K3C Community Counselling Centres

Family Counselling Program
Youth Counselling Program

Katarokwi Native Friendship Centre

Cultural and Traditional Support Services

Kingston Home Base Non-Profit Housing

Housing Help Centre
Joseph Street Support Services
Youth Services

Kingston Interval House

Emergency Shelter
Robin's Hope Transition House

Kingston Literacy & Skills

Literacy and Basic Skills Program

Kingston Military Family Resource Centre

Child and Youth Development Program

Kingston Youth Shelter

Kingston Youth Shelter

Loving Spoonful

Loving Spoonful Program

Lennox and Addington Interval House

Community Outreach Support Services

Northern Frontenac Community Services

Family Counselling Program

Ontario March of Dimes

Assistive Devices Program

Outreach St. George's Kingston

Lunch by George

Ryandale Shelter for the Homeless

Emergency Shelter and Resident Support Services
Transition House

Sexual Assault Centre Kingston

Group Counselling and Support Program

St. John Ambulance

Community Services Mobile First Aid Posts

St. Vincent de Paul Society of Kingston

Hospitality Centre and Warehouse

Youth Diversion Program

CHANCE Mentoring Program
Rebound Program
Kairos Substance Use and Addictions Counselling Services

Directory of 2011-2012 Agencies and Programs

Big Brothers Big Sisters Kingston, Frontenac, Lennox & Addington

1344 Princess Street, Kingston, ON K7M 3E2

Phone: 613-544-1621

E-mail: info@bigbrothersbigsisters.ca

Executive Director: Tracy Holland

Website: www.bigbrothersbigsisterskingston.com

Big Brothers Big Sisters provides children with adult mentors enabling them to experience new opportunities and activities. Children aged 6-16, mostly living in single-mother-led households, are referred to the matching program by parents and professionals for positive friendship, support and guidance. Children develop positive relationships with their mentors that increase their feelings of self-worth and encourage development of healthy attitudes and social skills.

Programs funded by United Way:

Big Brothers/Big Sisters/Couples Matching Program matches young boys and girls with a Big Brother, Big Sister or couple who commit to being a mentor for 3-4 hours a week for a minimum of a year.

The **In School Mentoring Program** provides children with positive friendship for an hour a week in their school environment, serving as an important building block in their healthy development.

Boys and Girls Club of Kingston & Area

559 Bagot Street, Kingston, ON K7K 3E1

Phone: 613-542-3306

E-mail: bgclub@kingston.net

Executive Director: Harold Parsons

Website: www.bgckingston.ca

The Boys and Girls Club provides opportunities for children and youth to improve social interaction and life skills, and develop positive mental and physical health. Programs assist children and youth to reach their full potential by increasing their confidence and self-esteem while having fun participating in educational and recreational activities.

Programs funded by United Way:

The **Club House Program** at the Robert Meek Community Youth Centre operates after-school programs, summer and school break day camps. Programs consist of structured activities and events five days a week, such as art club, cooking club, computer and homework clubs, and more. The Centre also provides a nutritious meal through their daily supper program. The Robert Meek Centre includes a library, gymnasium, musical instrument and lesson room, and basketball courts.

Community Outreach Programs are designed to meet the needs of children 4-12 years old in their own neighbourhoods and community centres through educational and recreational programs provided in locations in Kingston and Amherstview.

The Canadian Hearing Society

Frontenac Mall, 1300 Bath Road, Unit D4, Kingston, ON K7M 4X4

Phone: 613-544-1927;

E-mail: doakley@chs.ca

TTY: 613-544-2765

Regional Director: Brian McKenzie

Website: www.chs.ca

The Canadian Hearing Society provides services to individuals who are culturally deaf, oral deaf, deafened and hard of hearing. They remove communications barriers, advance hearing health and promote equity. Clients enhance their independence, safety and communication skills, increasing their confidence in managing their daily lives.

Programs funded by United Way:

General Support Services serve individuals age 16 and older by providing personal counselling, guidance and restoration service to enhance independence, referral services and advocacy.

The **Hearing Care Counselling Program** provides professional counselling, communication support and hearing care information to adults age 55+ with acquired hearing loss to help them manage daily activities independently and overcome challenges. Services are also provided to young adults over age 19 who have other health challenges that require in-home services

Ontario Interpreter Services provide qualified American Sign Language (ASL) / English interpreting services that enable communication between Deaf and non-Deaf consumers.

Canadian Mental Health Association – Kingston Branch

6 Ordnance Street, Kingston, ON K7K 5T9

Phone: 613-549-7027

E-mail: cmhstaff@kingston.net

Branch Manager: Michael Borges

Website: www.kingston.org/cmha

Canadian Mental Health Association programs provide clients with improved access to information and effective supports, enabling them to enhance or maintain their mental and emotional well-being. The agency provides public education, advocacy, social action, community development and direct service on mental health issues.

Programs funded by United Way:

Children's Mental Health Programs and Volunteer Program offer creative programs such as Please Listen, Kids on the Block and the Jelly Bean Gang to promote positive mental health and provide children, teachers and caregivers with important resources. Volunteers who deliver these programs to children are highly motivated individuals trained in mental health issues.

Information and Referral Services offer an extensive and current resource library of audiotapes, videos, books, print materials, fact sheets and brochures on various mental health issues, at no charge.

Public Education Program provides speaking engagements, workshops and resources that create awareness and a better understanding of mental health issues.

Canadian National Institute for the Blind
826 Princess Street, Kingston, ON K7L 1G3

Phone: 613-542-4975

E-mail: donna.norman@cnib.ca

Regional Supervisor, Client Services: Donna Norman **Website:** www.cnib.ca

CNIB promotes vision health and provides services and support to individuals with vision loss to maintain their independence enabling them to remain active and engaged in daily activities, key factors for enjoying a good quality of life.

Programs funded by United Way:

Independent Living Skills offer life skills training for managing essentials of daily living, including specialized computer-based communication skills and Braille, safe and effective methods of cooking, everyday household tasks and personal care, banking, and leisure activities

Low Vision Services form a transition point to vision loss. A service plan is provided and, based on this assessment and other medical information, options are explored as to what will best assist with maximizing residual vision.

The **Orientation and Mobility Program** teaches clients how to travel safely and independently in indoor and outdoor spaces. Clients learn to cross streets, use public transportation and learn protective techniques to prevent accidents and injuries. Family members and caregivers are also taught sighted guide etiquette.

Elizabeth Fry Society of Kingston

127 Charles Street, Kingston, ON K7K 1V8

Phone: 613-544-1744

E-mail: elizabethfry@cogeco.net

Executive Director: Trish Crawford

The Elizabeth Fry Society offers services to women in conflict with the law and those facing financial and social barriers that may put them at risk of coming into conflict with the law. Through the Society's services, women experience a safe environment, have an alternative to incarceration, have their food and basic needs met and can connect to community resources.

Programs funded by United Way:

The **Community Residential Support Program** at Joyce Detweiler House is a 10-bed accessible residential facility that provides a home for women and their children who are transitioning from prisons and the court system back to the community. The objective is to locate them in affordable housing, re-establish basic needs, and develop life skills and the resources needed to achieve safe reintegration and stability. Counselling, referrals to community resources and transitional advocacy are also provided.

Epilepsy & Seizure Disorder Resource Centre

100 Stuart Street, Kingston, ON K7N 1L6

Phone: 613-542-6222 / 1-866-EPILEPSY

E-mail: admin@epilepsyresource.org

Transition Manager: Lindsey Belch

Website: www.epilepsyresource.org

The Epilepsy & Seizure Disorder Resource Centre provides support and advocacy programs to improve the quality of life for individuals who are living with or impacted by epilepsy. The agency provides direct services for those affected, and proactively addresses the need to understand epilepsy through education, awareness and support.

Programs funded by United Way:

Direct Client Services provide individual, group and family counselling, advocacy and referrals to people living with or affected by epilepsy, filling the gap that can occur between physician and pharmacist and addressing non-medical challenges.

Client Support Services provide access to one-on-one, peer and group counselling, information and access to resources such as books, videos and tutorials.

Food Sharing Project

140 Hickson Avenue, Kingston, ON K7K 2N6

Phone: 613-530-3514

E-mail: fsp@kingston.net

Administrator: Pamela Richmond

Website: www.foodsharingproject.org

The Food Sharing Project provides daily school nutrition programs. Hunger is a barrier to learning and is exhibited by lethargy, irritability, aggression, poor problem solving abilities, below average grades and low self esteem. Students who participate in the meal and snack programs improve their engagement in school and learning, and display improved behaviour.

Programs funded by United Way:

The **Food Sharing Project** receives United Way support for the provision of breakfast, lunch and nutritious snack programs to over 12,000 children annually through 130 programs in 80 elementary and secondary schools throughout the Limestone District and the Algonquin and Lakeshore Catholic District School Boards.

Frontenac-Kingston Council on Aging

230 Brock Street, Kingston, ON K7L 1S4

Phone: 613-542-1336

E-mail: admin@councilonagingkingston.org

President: David Swerdfeger

Website: <http://councilonagingkingston.org>

The Frontenac-Kingston Council on Aging enhances the quality of life for seniors in Frontenac County and Kingston through research, community consultations, public education, advocacy and elder abuse prevention strategies. The agency works with all levels of government, and develops innovative pilot projects that assist seniors in leading useful, safe and rewarding lifestyles.

Programs funded by United Way:

Program Coordination Support is provided to assist with all agency programs to ensure sustainability of services such as Elder Abuse Prevention, Public Education and Awareness workshops, Peer to Peer Telephone Support, and continued coordination and expansion of the Oasis Supportive Living Program for seniors.

Girls Incorporated of Limestone Algonquin and Lakeshore (Girls Inc.)

993 Princess Street, Suite 201, Kingston, ON K7L 1H3

Phone: 613-542-9202

E-mail: admin@girlsinlimestone.ca

Executive Director: Lindsey Belch

Website: www.girlsinlimestone.ca

Girls Inc. provides long-term, prevention-based education programs that enable girls to develop healthier behaviours and attitudes by improving their social skills, self esteem and confidence. Girls Inc. is committed to promoting emotional, physical and social well-being of young girls through the friendship and guidance of responsible, mature and caring women.

Programs funded by United Way:

Girls Ed Program is the agency's core program providing life skills education for girls aged 9-14 who are coping with a number of issues including housing, finances, poor self esteem, behaviour or learning disorders, or violence. This intervention-based program is delivered through a series of weekly workshops.

K3C Community Counselling Centres
417 Bagot Street, Kingston, ON K7K 3C1

Phone: 613-549-7850
Executive Director: Ron Tulloch

E-mail: kccc@k3c.org
Website: www.k3c.org

K3C Community Counselling Centres provide high quality professional counselling and community education programs. Through their programs, families, couples and individuals learn coping and communication skills and how to improve their interpersonal relationships.

Programs funded by United Way:

The **Family Counselling Program** provides short-term, solution-focused counselling for families, partners, parents and individuals who are experiencing social, emotional or relationship problems. This service is an affordable way to access professional counselling when needed.

The **Youth Counselling Program** offers assistance to youth who are in social, emotional or relationship difficulties due to parent/child relationships, independence issues, school problems, addiction problems, peer relationships, mental health issues and family abuse. The program helps youth deal with their problems in a positive and constructive manner and attempts to keep youth involved with their families or significant others.

Katarokwi Native Friendship Centre
50 Hickson Avenue, Kingston, ON K7K 2N6

Phone: 613-548-1500
Executive Director: Ann Marie Wilson

E-mail: knfc@cogeco.net
Website: www.knfc.ca

Katarokwi Native Friendship Centre provides social services, holistic and culturally appropriate programs and referral services that help bridge the gaps in services faced by the off-reserve aboriginal community. Aboriginal families and individuals have increased access to supports for improving parenting skills, healthier living and nutrition options, and cultural exposure for the whole family at the Centre.

Programs funded by United Way:

Cultural and Traditional Support Services provide support to parents and families within the aboriginal community that are in a high risk, low income situation. Programs include family violence prevention workshops, parenting programs, Men's Circles and Women's Circles.

Kingston Home Base Non-Profit Housing

417 Bagot Street, Kingston, ON K7K 3C1

Phone: 613-542-6672

E-mail: info@kingstonhomebase.ca

Executive Director: Tom Greening

Website: www.kingstonhomebase.ca

Kingston Home Base Non-Profit Housing provides supportive, affordable housing and housing-related services to at-risk youth and low-income single adults in Kingston who are homeless or at risk of being homeless. Through a range of supports and housing options, homeless youth and adults are able to gain stability and independence in their lives. Services are delivered in a manner that promotes dignity, independence and integration into the community.

Programs funded by United Way:

The **Housing Help Centre** located at 426 Barrie Street, offers friendly, confidential and non-judgmental assistance to people who require emergency shelter, transitional or permanent affordable housing. Resources include a drop-in centre, free voice mail, internet access, laundry and shower facilities, and listings of affordable housing.

Youth Services provide affordable housing, counselling and outreach services to homeless youth age 16-24 through a high-support transitional home that offers a short-term, goal-oriented program with 24-hour support. Youth graduate to other residences as they are able to live more independently.

Joseph Street Support Services are provided for residents of a 14-unit apartment building housing formerly chronically homeless individuals. Tenants who may be struggling with various life challenges receive support from professional staff to increase their ability to maintain their housing.

Together, we will bring lasting, positive change to help people live with hope, dignity and a sense of belonging.

Kingston Interval House

P.O. Box 21042, Kingston, ON K7L 5P5

Phone: 613-546-1833

E-mail: kih@kingston.net

Crisis Line: 613-546-1777 or 1-800-267-9445

Executive Director: Joanne Young **Website:** www.kingstonintervalhouse.com

Kingston Interval House is a 25-bed emergency shelter for abused women and their children. Through the provision of safe, secure shelter and support both at Interval House and through their outreach program, women and children have the opportunity to rebuild their lives free from violence and abuse.

Programs funded by United Way:

The **Emergency Shelter** provides women and children with safe accommodation, crisis intervention and counselling when they are at the crossroads of leaving violent, abusive relationships and are in need of support in a life free of violence. The Shelter has a 24-hour crisis and support line and provides free and confidential services 24 hours a day, 7 days a week.

Robin's Hope Transition House provides 19 one and two bedroom, rent-geared-to-income supportive housing units. This secure and affordable second stage transitional housing enables women and children to leave the emergency shelter and move towards full, independent and violent-free lives. Programming for the residents includes supportive counselling and facilitated groups.

Kingston Literacy & Skills

859 Princess Street, Kingston, ON K7L 1G7

Phone: 613-547-2012

E-mail: admin@klandskills.ca

Executive Director: Carynne Arnold

Website: www.klandskills.ca

Kingston Literacy & Skills promotes adult and family literacy in Kingston and neighbouring communities by providing services, support and encouragement for reading, and by increasing public awareness of literacy issues. In today's information-rich society, people with low literacy skills face greater health, safety and economic challenges, significant barriers to sustaining employment, and daily living difficulties. Adults improve their literacy skills, self-confidence, and odds for increased earnings, better health and a stronger future by accessing the agency's services.

Programs funded by United Way:

The **Literacy and Basic Skills Program Kingston, Napanee and South Frontenac** provides personalized literacy programs for adults and families delivered by staff and volunteer tutors. Tutoring is often on a one-to-one basis, especially necessary where a person has had a negative experience in school or community, and without which some people would not get the help they need. The program is comprised of information and referral, assessment, training plan development, training and follow-up.

Kingston Military Family Resource Centre

CFB Kingston, Batoche Community Centre, 32 Lundy's Lane, Kingston, ON K7K 5G3

Phone: 613-541-5010 ext. 5195

E-mail: info@kmfrc.com

Executive Director: Donna Perrin

Website: www.kmfrc.com

The Kingston Military Family Resource Centre offers programs and services designed to promote community development, social, educational and volunteer opportunities to meet the unique needs of military families in the Kingston area. Programs build peer support, reduce isolation and enhance the health and well being of military families.

Programs funded by United Way:

The **Child and Youth Development Program** offers social and recreational activities for military family children and youth including those living off base. Greater access to this agency's programs and services improves the quality of life for military children and youth who may experience high levels of stress and challenges integrating into communities due to the unique nature of their situation.

Kingston Youth Shelter

234 Brock Street, Kingston, ON K7L 1S4

Phone: 613-544-3400 ext. 2246

E-mail: staff@kingstonyouthshelter.com

Director: Jason Beaubiah

Website: www.kingstonyouthshelter.com

The Kingston Youth Shelter aims to keep vulnerable youth, for whom homelessness may not yet be ingrained, away from the older, streetwise homeless population. It is easier to change the path of a homeless youth's life than it is to rehabilitate a chronically homeless adult. Homeless youth, age 16 to 24, learn daily life skills at the Shelter to help them live independently and to make more positive lifestyle changes.

Programs funded by United Way:

The **Kingston Youth Shelter** provides a safe and supportive emergency overnight shelter, food, counselling and referral services. Services are provided by trained Child and Youth Worker counsellors in an environment that encourages growth and provides support to access community resources.

Lennox and Addington Interval House

P.O. Box 113, Napanee, ON K7R 3L4

Phone: 613-354-0808

E-mail: intervalhouse@kingston.net

Crisis Line: 613-354-1010 or 1-800-667-1010

Executive Director: Sue Weir

Lennox and Addington Interval House, a 16-bed emergency shelter, provides shelter and support services to women and their children in L&A county whose lives are impacted by violence. Statistics show that one out of four Canadian women is a victim of domestic violence. Lack of affordable, safe housing and poverty cause many women to return to abusive partners. Women have an opportunity to rebuild their lives free of domestic abuse through services provided at L&A Interval House, including counselling, support services, information and referrals, transitional housing, a communal living centre and a used clothing store.

Programs funded by United Way:

Community Outreach Support Services provide short and long term supportive counselling, life skills development, housing support, advocacy, information and referrals to community services for women struggling with issues of domestic violence. Services are offered regardless of whether or not women are residing at the shelter. This outreach support program recognizes that the changes women face when escaping from domestic abuse are not short term and cannot be completed in the time they are in the shelter. Supportive outreach is offered to women prior to leaving their abusive situation and after they have left.

Loving Spoonful

140 Hickson Avenue, Kingston, ON K7K 2N6

Phone: 613-546-4291 ext. 1871

E-mail: info@lovingspoonful.org

Coordinator: Susan Belyea

Website: www.lovingspoonful.org

Loving Spoonful began as a food reclamation project of Partners in Mission Food Bank to distribute surplus commercial food to local food providers and shelters. While they continue to provide locally grown fresh food to soup kitchens and shelters in Kingston, the organization has expanded its services from simple food reclamation and distribution to food preservation and teaching gardening and preserving skills. Their purpose is to increase the community's access to healthy food in an environmentally sustainable way through a variety of programs.

Programs funded by United Way:

The **Loving Spoonful Program** supports the overall service delivery needs of the agency's various programs. Programs include: Food Reclamation and Grow a Row, for sourcing fresh perishable food and encouraging gardeners to plant and donate extra produce for distribution to meal/food providers; Community Gardens, to support and promote community gardening; Community Kitchens, for preserving surplus produce for use in meal programs, and to teach food preservation skills; Educational Activities, such as a children's gardening and healthy eating series, classroom presentations, university lectures, and a film series.

Northern Frontenac Community Services

1020 Elizabeth Street, P.O. Box 250, Sharbot Lake, ON K0H 2P0

Phone: 613-279-3151

E-mail: core@frontenac.net

Executive Director: Don Amos

Website: www.nfcs.ca

Northern Frontenac Community Services (NFCS) is a multi-service agency located in Sharbot Lake that provides locally delivered social services programs. Individuals and families living in rural and isolated communities are able to enhance their well-being and self-sufficiency through the agency's services. NFCS fills gaps not serviced by other agencies largely due to geographic distance.

Programs funded by United Way:

The **Family Counselling Program** provides services to the community of Northern Frontenac, offering counselling on family and individual issues such as financial management, relationships, addictions, grief, emotional, mental health and crisis management. This service is free of charge to any resident of the community.

Ontario March of Dimes

920 Princess Street, 3rd Floor, Kingston, ON K7L 1H1

Phone: 613-549-4141

E-mail: eastregion@marchofdimes.ca

Regional Employment

Services Manager: Terry Leclair

Website: www.marchofdimes.ca

The Ontario March of Dimes assists people with physical disabilities to achieve greater mobility, independence and integration into the community. Clients are enabled to remain in their own homes, perform self care tasks, seek or return to employment and participate in educational, developmental and community activities. The agency provides programs and services dedicated to creating a society inclusive of people with physical disabilities.

Programs funded by United Way:

The **Assistive Devices Program** maximizes the independence of physically disabled people by assisting them to pay for basic mobility devices, such as wheelchairs, walkers, lifting mechanisms, augmentative communication aids and environmental controls such as light switches and door openers. This program assists clients who are in financial need to access available subsidies and grants to offset the cost of expensive equipment that can increase their mobility and functional independence.

Outreach St. George's Kingston
131 Wellington Street, Kingston, ON K7L 3C9

Phone: 613-548-4617 ext 30

E-mail: info@osgk.org

Coordinator: Jenny Hurd

Website: www.osgk.org

Outreach St. George's Kingston provides support to disadvantaged, alienated or marginalized persons in our community making their lives a little bit better. The agency provides a safe drop-in room every weekday morning to anyone needing respite, friendship, free clothing and personal items.

Programs funded by United Way:

Lunch by George offers free coffee, nutritious soup and meals in a warm, friendly place to those in need every weekday, 51 weeks of the year.

Ryandale Shelter for the Homeless

23 Elm Street, Kingston, ON K7K 1M8

Phone: 613-548-8466

E-mail: ryandale@istar.ca

Executive Director: Terri Fleming

Website: www.ryandale.org

Ryandale Shelter for the Homeless provides shelter and support to hundreds of individuals and families each year, helping them to stabilize their lives and gain a sense of dignity. Ryandale's services are provided in a non-judgmental, supportive and caring environment. The agency works with other community organizations to help individuals establish more secure lives for themselves.

Programs funded by United Way:

Emergency Shelter and Resident Support Services provide a year-round emergency shelter and support services to homeless individuals and families with children who are in a housing crisis. The shelter has nine beds plus a family unit which can house a family of six. The shelter provides residents with a safe place to stay, a real bed, shower, personal needs like soap and shampoo, two nutritious meals each day and a homelike atmosphere.

Transition House fulfills a long term housing need for individuals who are transitioning to permanent, affordable housing. The program offers basic housing amenities for eight people for up to one year, providing a safe room, a shared kitchen and a living area for adults. Staff support is also available to enable residents to determine what they need to do to move forward.

Sexual Assault Centre Kingston
P.O. Box 1461, Kingston, ON K7L 5C7

Phone: 613-545-0762

E-mail: sack@sackington.com

24 Hour Crisis line: 613-544-6424 / **Toll Free:** 1-877-544-6424

Executive Director: Kim Allen

Website: www.sackington.com

Sexual Assault Centre Kingston (SACK) provides survivors of sexual violence with emergency, crisis, short term and long term supportive counselling, information, referral and advocacy services enabling them to increase their coping skills. The agency also provides public education on sexual violence issues and advocates for social change that will contribute to the eradication of violence against women and children.

Programs funded by United Way:

The **Group Counselling and Support Program** provides group counselling to women who have experienced sexual violence. This counselling may complement the one-to-one counselling that women are receiving at SACK or elsewhere, or it may be the only counselling support they are receiving. Group counselling support focusing on crisis management is also offered to women who are waiting for long term counselling.

St. John Ambulance

541 Days Road, Unit 6B, Kingston, ON K7M 3R8

Phone: 613-384-8062

E-mail: kingston@on.sja.ca

Toll Free: 1-877-512-7525

Branch Manager: Gord Hunter

Website: www.sja.ca

St. John Ambulance provides community services and training to residents of KFL&A and surrounding areas that improve their safety, health and quality of life. The agency's goal is to meet all service requests from the community for event coverage, ensuring the provision of professional First Aid support. They focus on providing practical health care and training to not-for-profit, charitable and community groups who otherwise would have to incur considerable costs for the same services if obtained commercially.

Programs funded by United Way:

Community Services Mobile First Aid Posts provide trained volunteers and appropriate transportation and facilities from which to deliver First Aid services for community event venues.

St. Vincent de Paul Society of Kingston
85 Stephen Street, Kingston, ON K7K 2C5

Phone: 613-546-3333

E-mail: stvdepkingston@cogeco.net

Administrator: Deb Greer

Website: www.svpkingston.com

St. Vincent de Paul Society offers practical assistance and support to economically disadvantaged individuals and families for whom meeting their most basic needs is a daily challenge. Through the provision of hot meals, groceries, clothing and household items, individuals are able to lessen the impact of poverty. The agency's Hospitality Centre serves as a drop-in place for socializing, and a source of information and referrals regarding other available community resources. Services are delivered in a compassionate and respectful manner, reflecting and reinforcing the dignity and humanity of all persons.

Programs funded by United Way:

The **Hospitality Centre and Warehouse** serves free hot meals 5 days a week from September to June. The Warehouse is open all year (limited to one day a week in July and August) to provide individuals in need with free household items and clothing. The Hospitality Centre is available to community groups for their meetings when the Centre is not in use.

Youth Diversion Program
559 Bagot Street, Kingston, ON K7K 3E1

Phone: 613-548-4535

E-mail: info@youthdiversion.org

Executive Director: Daren Dougall

Website: www.youthdiversion.org

Youth Diversion provides prevention and early intervention programs for at-risk youth, age 10 to 17, to learn to take responsibility and make amends for their actions. Youth improve their behaviours and attitudes resulting in positive changes in their lives. The agency works in partnership with the community to deliver programs and services that strive to reduce the likelihood of youth coming into conflict with the law and to reduce the incidence of victimization in the community. The agency also provides outreach support to youth engaged in substance use, gambling, and gaming following a harm reduction approach.

Programs funded by United Way:

CHANCE (Community Helping Adolescents Cope Effectively)

Mentoring Program matches high-risk youth with adult volunteer mentors who work intensively with them to accomplish specific goals directly linked to their own situation within a time limited relationship, usually 6 months. The objective is to reduce risk factors, such as delinquency, substance use, school dropout, homelessness or other maladaptive situations, faced by these youth and assist them to overcome the challenges they face in life. Youth are referred to the program from a variety of sources.

The **Rebound Program** offers youth age 12-17 the opportunity to learn 10 important life skills over a 10-week program. The program activities inspire positive experiences and active participation.

Kairos Substance Use and Addictions Counselling Services specialize in the treatment and prevention of youth addictions. This is an outreach counselling and education service provided at most area schools, juvenile programs, Quinte Detention Centre and at their offices.

SECTION 2

GRANTING: TYPES OF GRANTS

One-Time Grants – Funding Streams

Recognizing the ever-changing needs of agencies, United Way provides one-time grants through the year. These provide one-time support for small capital and program needs, enabling agencies to respond to new emerging needs and issues, often leveraging other sources of funding.

For Guidelines and Application Forms, visit www.unitedwayfla.ca

Innovation Grants

- there is an annual call for applications in June
- grants are provided only to non-member agencies
- the maximum grant amount is \$2,500
- an agency can apply for two consecutive years, after which they can apply for Community Impact or Demonstration Grant funding. If the agency is not approved for either of these, they will need to wait two years before applying again.

Community Impact grants

- there is an annual call for applications in September
- grants are provided to member and non-member agencies
- the maximum grant amount is \$25,000
- a site visit is required as part of the granting process for applications for amounts greater than \$10,000. Member agencies are exempt from site visits as these have been conducted during the annual allocations process.

Success By 6 Grants

- there is an annual call for applications in May
- any licensed child care provider or registered charity with a mandate to serve young children can apply for Success By 6 grants
- the maximum grant amount is \$5,000

Healthy Community Fund/Community Investment Fund

United Way serving KFL&A partners with the City of Kingston to administer the Healthy Community Fund (HCF) at no charge to the City. This fund is designed to foster projects that support the health of the community's youth, neighbourhoods, seniors, heritage and volunteers. A team of volunteers and carefully reviews all requests in accordance with criteria and guidelines provided by City Council.

UNITED WAY ONE-TIME GRANTS IN 2010

United Way distributes grants periodically throughout the year to meet needs as they are identified. **In 2010, 48 One-Time Grants totaling \$415,957 were distributed within three impact areas for the following programs and projects.**

BELONGING TO COMMUNITY: FROM POVERTY TO POSSIBILITY

Elizabeth Fry Society of Kingston

(613-542-4178)

Women Building Bridges Out of Poverty:

Funding was provided for resources and associated costs for peer-based learning sessions to assist criminalized women to participate economically and socially in their community (\$12,400)

Kingston Community Health Centres

(613-542-2949)

- *Dental Services Assistance:* This grant provided assistance for low income adults unable to afford dental care who were in need of emergency dental treatment. (\$5,000)

- *Operation Warm Feet:* Funding enabled the purchasing, collection and distribution of winter boots for children whose families were unable to provide them. (\$2,500)

Kingston Roundtable on Poverty Reduction (613-546-2843)

Youth Conference on Poverty: Support was provided for the annual Youth Conference on Poverty intended to increase youth awareness and understanding of local poverty issues. (\$2,500)

Kingston Youth Shelter

(613-544-3400 ext. 2246)

Safety Upgrade: Funding was provided to assist with the installation costs of a fire alarm system that enabled the agency to operate at its full capacity of serving 15 youth per night. (\$10,000)

Partners in Mission Food Bank

(613-544-4534)

Food Collection and Delivery

Enhancement: A grant helped the agency to purchase a panel truck, enabling a more efficient and cost effective food pick-up/delivery method needed to meet the Food Bank's growing client demands \$25,000)

Partners in Mission Food Bank

(613-544-4534)

Loving Spoonful Grow a Row Project:

Funding was provided to assist with coordination costs for the Grow a Row project that encourages gardeners to plant, harvest and donate extra produce to support food and meal providers. (\$16,500)

Ryandale Shelter for the Homeless

(613-548-8466)

Residents' Resources Upgrade:

A grant was provided for computer upgrades to allow residents to access community resources information and for staff to improve efficiencies of client support and data collection. (\$5,921)

Salvation Army Napanee

(613-354-7633)

- *Community Garden Project:* Assistance was provided to implement, maintain, harvest and sustain a garden project to support the local food bank. (\$2,000)

- *Eviction Prevention Worker Pilot Program:* Funding assistance was provided for a part-time Eviction Prevention and Housing Help Officer for L&A to provide housing services and enable collection of data needed for future long term funding proposals. (\$17,580)

Winter Warmth Initiative

This partnership of the United Way and Union Gas provided financial assistance for working poor or low-income families and individuals in arrears or at risk of going into arrears on their energy bills to maintain their energy source. This program worked with community agencies to assist residents throughout KFL&A. (\$42,075)

- Southern Frontenac Community Services (613-376-6477)
- Kingston Community Health Centres (613-542-2949)
- Salvation Army Napanee (613-354-7633)

BELONGING TO COMMUNITY: HEALTHY PEOPLE, STRONG COMMUNITIES

Almost Home

(613-548-8255)

Equipment Upgrade: Funding was provided to upgrade equipment to meet children's health needs at the residence for families whose children are receiving medical treatment in Kingston area hospitals. (\$1,000)

Alzheimer Society of Kingston

(613- 544-3078)

At Home and Safe Program: A grant helped with the purchase of reusable home safety and information kits to assist individuals and families coping with Alzheimer's disease and related disorders. (\$10,000)

Easter Seals Ontario, KFL&A Region

(613-547-4126)

Assistive Devices Program: Funding assisted with the cost of purchasing assistive devices for children with disabilities. (\$4,000)

Hospice Lennox and Addington

(613-354-0833)

Bereavement and Palliative Care Resources: Support was given to expand a lending library of bereavement and palliative care materials to help those grieving a terminal illness diagnosis or loss of a loved one. (\$1,500)

Independent Living Centre Kingston

(613-542-8353)

Accessibility Project: Funding assisted with the renovation costs of a barrier-free entrance to the Centre for individuals with disabilities. (\$2,000)

K3C Community Counselling Centres

(613-549-7850)

Community Mediation: Funding was provided to develop an outreach strategy and provide access to pre-charge mediation to help individuals dealing with conflict. (\$15,000)

Kingston Family YMCA

(613-546-2647)

Y-Knot Abilities Swim Program: A grant was provided to enable children with physical disabilities to participate with able-bodied children in swimming and physical activities, providing opportunities to strengthen their minds, bodies and spirits and build self-confidence. (\$15,000)

Kingston Interval House

(613-546-1833)

Robin's Hope Transition House: A grant assisted with the hiring of a Transitional Support Worker to provide program support to women moving from Interval House to Robin's Hope transitional housing before progressing to independent living in the community. (\$12,500)

Lennox and Addington Resources for Children (613-354-6318)

Neighbourhood Improvement Support: Support was provided to address the need for affordable, family-friendly activities for low-income families. (\$1,100)

Lennox and Addington Seniors Outreach Services (613-354-6668)

55 Plus Seniors Activity Centre Program: Funding was granted to assist with the operational costs of providing educational, social and recreational activities at the Nananee Centre. (\$20,000)

MS Society Frontenac, Lennox & Addington Chapter (613-384-8500)

Communications and Client Coordination: Funding was provided to improve the agency's database and phone systems to increase their capacity to serve clients, coordinate volunteers and deliver programs. (\$2,000)

Southern Frontenac Community Services (613-376-6477)

Rural Women's Life Program: A grant provided assistance with transportation and program costs for rural women's groups to increase their knowledge of local resources and gain skills to deal with issues impacting their daily lives. (\$1,000)

GROWING UP GREAT: ALL THAT KIDS CAN BE

The Child Centre - Northern Frontenac Community Services

(613-279-2244)

• *Breakfast Bunch:* Funding provided for transportation and childcare support for parenting groups for low income families to decrease mothers' social isolation and increase parenting skills. (\$686)

• *CPR Training:* This grant assisted with a CPR course and training of life saving skills to low-income parents of infants/young children residing in a large rural area where emergency medical services are up to an hour away. (\$375)

• *Great Outdoor Adventure:* A grant was provided for an event that encouraged children and parents to use their rural outdoor environment and promoted activity from an early age. (\$375)

Community Response to Neighbourhood Concerns

Shannon Park Skate Park: Funding assisted with the costs for the design phase of the Skate Park project at Shannon Park located in Kingston's north end (\$45,000)

Complex Cooperative Nursery School (613-546-4483)

• *Green, Growth and Active Outdoor Play:* Assistance was provided for the Centre's programming which served many immigrant families learning English, and for an outdoor garden for children's hands-on learning through lesson plans and outdoor play. (\$500)

• *School Readiness Program:* Grant assisted with purchasing updated and enhanced math and science early learning and school readiness materials. (\$1,788)

Frontenac Children's Aid Society

(613-542-7351)

• *Counselling Support Program:* Funding assisted families, involved with FCAS who are often living in poverty, to attend counselling programs in the community. (\$2,000)

• *Parenting Your Teen Program:* Assistance was provided for transportation costs and learning materials for preventive workshops geared to families caring for teenagers in care of Children's Aid Society. (\$3,744)

Hotel Dieu Child Development Centre

(613-544-3400)

Tumble and Play Group: Funding was provided for modified gymnastics sessions in a fun, safe environment for children on a wait list for physiotherapy. (\$1,000)

Katarakwi Native Friendship Centre

(613-548-1500)

Aboriginal Community Action Program:

Grant funds helped provide food, transportation and childcare to meet growing demands in the monthly family make and take meals program. (\$2,000)

Kingston Community Health Centres

(613-542-2949) (Partner Agency)

• *Back to School Program:* Funding was provided for backpacks and school supplies to families in KFL&A unable to afford these items to better equip children for learning. (\$7,500)

• *Better Beginnings for Kingston Children:* Funding assisted with food and transportation to address the major barrier of a lack of transportation that prevents clients from attending needed programs such as parenting and nutrition workshops. (\$15,000)

KFL&A Public Health

(613-549-1232) (Partner Agency)

• \$20,600 grant provided breast pumps and breast milk collector kits, weigh scales, transportation assistance and milk coupons for these programs:

- *Healthy Babies Healthy Children*
- *Food For You Food For Two*
- *Baby Talk Drop-Ins*

• \$5,000 grant was provided for *Preschool Speech and Language* programs to produce learning aids and plaques that assist service providers.

Kingston Family YMCA

(613-546-2647)

Arbour Heights Child Care Centre: Three grants assisted with purchasing indoor and outdoor equipment and furnishings for a new child care centre in Kingston's west end, increasing opportunities for children to learn and build physical health, wellness and early development. (\$10,000)

Kingston Literacy & Skills

(613-547-2012)

Let's Read!: Funding assisted with purchasing 400 books to meet the demand for newborn literacy kits distributed to parents throughout KFL&A. (\$2,500)

Kingston Military Family Resource Centre (613-541-5010 ext.5195)

Let's Talk Science Program: Grant funds provided the inquiry-based Wings of Discovery science program for children 2.5-6 years of age that focuses on exploration in science, technology, the environment and early years focused initiatives. (\$2,000)

Lennox and Addington Family and Children's Services (613-354-9744)

Kool Kamp Summer Day Camp: Funding assisted with transportation costs and materials that enabled children from low-income families in L&A County to attend a weekly camp in Napanee, improving their social and skills development. (\$4,000)

Lennox and Addington Foster Parent Association

Literacy Camp: This grant helped children in the agency's care to attend a summer Literacy Camp. (\$2,500)

Limestone Advisory for Child Care Programs (613-384-5188)

• *Basic Shelf Plus Program:* Funding was provided to assist with 14-week program delivery, food, child care and transportation costs for life skills and nutrition workshops. (\$5,000)

• *Mothers Helping Mothers Postpartum Adjustment Disorder Support Group:* Grant assisted with transportation for a weekly program for women who would not otherwise have been able to attend. (\$1,000)

• *(TLC) Teens Loving Children Program:* Transportation assistance was provided for adolescents who were pregnant or parenting to attend support groups. (\$2,000)

- *Multicultural Programming:* Funding helped with purchasing multicultural resources and play/learning materials to provide culturally relevant materials to families in their first language. (\$2,000)

Oakwood Preschool Education Centre
(613-548-8008)

Children's Programming Enhancement: Grant funds assisted with purchasing equipment and activity items to expand and enhance programming and ensure that children with special needs can be included. (\$423)

Pathways for Children and Youth

(613-546-8535) (Partner Agency)

- *KFL&A Wraparound Program:* Funding was provided for the Wraparound Program that offers children, youth and

their families a unique, practical and supportive way to deal with complex needs through a team approach that coordinates a broad range of community services. (\$40,000)

- *Community Based Parent Workshops:* Grant funds assisted with transportation for early intervention and prevention education groups for parents in need. (\$2,000)

Ryandale Shelter for the Homeless

(613-548-8466)

Children's Space Enhancement: Funding assisted with the furnishings for the children's room in the shelter's family unit, providing children with their own space. (\$390)

**WE BRING PEOPLE TOGETHER FROM ALL
WALKS OF LIFE TO BUILD A STRONGER COMMUNITY**

During the year, a number of special opportunities are available through the United Way. Call 613-542-2674 to participate.

Speakers Bureau

We've assembled an inspiring group of agency employees, service users and volunteers from United Way funded agencies. These inspirational speakers will come to your workplace and share their stories with your employees.

Seeing is Believing Agency Tours

The Seeing is Believing Bus will take your employees on a special tour of some of our funded agencies, giving you a behind-the-scenes look at your donor dollars at work. In addition to the bus tours, custom tours can be arranged upon request.

United Way Day of Caring

Held every June, this is your chance to make a difference for the people who make a difference in our community every day. We send workplace teams to our funded agency offices to tackle light construction or maintenance chores and see how their contributions impact the lives of others.

**Thank You for making a
difference in your community.**

SECTION 3

WE'RE WORKING TO ADDRESS THE ROOT CAUSES OF SOCIAL ISSUES

Our Community is a vital, vibrant place. Our most pressing needs change from season to season, from year to year. United Way works with the community to identify issues that matter the most to the people of KFL&A, now and into the future.

United Way invests in research to identify the challenges facing our community. We collect data, consult with the community and research best practices to develop reports on issues that we believe are critical in the community.

UNITED WAY STRATEGIC INITIATIVES

HOMELESSNESS

The United Way coordinated "A Place First", a community plan on homelessness in Kingston. The United Way and the City are working together to implement the recommendations from this plan. One of the recommendations was to bring together a Community Leadership Group, another was to coordinate an Intensive Case Management Committee.

The United Way also coordinated a Report on Housing and Homelessness in Lennox and Addington. This Report was released in June 2010.

COMMUNITY PLAN ON POVERTY REDUCTION

We see first hand the impacts that poverty has on the people and families we serve, the cascading effect it has on the community as a whole. The City of Kingston, United Way and Kingston Community Roundtable on Poverty Reduction have started the process of facilitating the development of a comprehensive plan to establish a long term and collaborative community poverty reduction strategy. This coordinated strategy will focus on improving quality of life while reducing the impacts of poverty.

The plan is based on the experience, the reality and the solutions of our community organizations, agencies and individuals. It builds on the existing work that is already being done to lessen the impacts of those living in poverty.

ACTION FOR NEIGHBOURHOOD CHANGE

United Way's Action for Neighbourhood Change, a poverty reduction initiative, brings the City and community groups and individuals together to engage residents and revitalize neighbourhoods. By creating a Residents Advisory Group and working with a Community Advisory Group, the United Way facilitates a long-term process to develop leadership in neighbourhoods in Kingston.

UNITED WAY SUCCESS BY 6

We all know that it takes a community to raise a child. Through Success By 6, funds are distributed to support early childhood development, parenting, transportation and access to programs designed for children 0-6 years, their parents and caregivers.

“Take the time, make the moments matter™”.

By working towards making KFL&A child friendly, we hope to increase the time parents and caregivers spend with their children. A “child friendly” focus is designed to heighten awareness about the importance of early childhood learning and care, ensuring that our young children are a priority in our community. Success By 6 Week reminds people in our community about the importance of early years in development.

COMMUNITY PROFILES

The Community Profiles Report is the result of collaborative efforts and input from the Children’s Services Planning Tables in the South East Region, the United Way serving KFL&A and the project lead team.

It includes 35 indicators to measure how well children and youth are doing in various neighbourhoods across the South East Region.

The report provides specific information that will support service providers, parents, professionals, and organizations by identifying areas of strength and vulnerability in the population of children and youth.

VOLUNTEER LEADERSHIP DEVELOPMENT SERVICES (LDS)

United Way’s Volunteer Leadership Development Services (VLDS) initiative helps non-profit boards of directors navigate through the voluntary sector’s ever-changing landscape. Through assessment, training and follow-up, VLDS matches trained facilitators with non-profit boards in search of expertise.

2011-2012 Leadership Development Services Workshops

Board Governance Series – geared to board members and senior staff

- Risk Management
- Legal Structure, Duties and Liabilities
- Introduction to Board Roles and Responsibilities

Professional Development Series – geared to staff and volunteers

- Social Media for Beginners
- Managing Volunteers
- Are you Bill 168 Compliant?

UNION COUNSELLING

A partnership between the United Way and the Kingston and District Labour Council, the Union Counselling program helps workers to find effective solutions and community support for issues outside the scope of their collective agreements. Union Counsellors are often the first contact for co-workers with problems.

Workers Help Centre

The Help Centre is designed to help both union and non-union workers with access to community resources. This service benefits those who have lost their jobs due to layoffs, downsizing or closure. It also helps with personal issues or other problems affecting workers. The Centre is located in the Steelworkers Union Centre at 105 Sutherland Drive.

211: UNTANGLE LIFE'S CHALLENGES

On June 25, 2010, 211 services launched in Kingston, Frontenac, Lennox & Addington. Serving 184,407 citizens, 211's easy to remember phone number will help residents access thousands of programs and services with one call. When residents do not know where to turn in a situation, speaking to a live, trained person helps them understand possible options and can prevent a worse crisis from occurring.

211 services include a three-digit phone helpline (2-1-1) and website (www.211ontario.ca).

In addition to the benefit to residents, 211 also provides a very convenient and efficient resource for disaster management.

VOLUNTEER SERVICES - NEW IN SPRING 2011

United Way Volunteer Services supports individuals and organizations in the not-for-profit sector to develop and enhance their capacity to address community needs in the area of Kingston, Frontenac, and Lennox & Addington through volunteerism.

According to 2007 Statistics Canada, approximately half of all Canadians volunteered their time and energy with charities and/or not-for-profit organizations. The coordination and organization of these volunteers is a critical role. Without the help of these dedicated volunteers many not-for-profit organizations such as youth groups, sports teams, museums, and social service agencies would not be able to operate and serve the members of the community who desperately need their services.

The United Way serving Kingston, Frontenac, and Lennox & Addington has implemented a volunteer services coordination role, as of spring 2011. The United Way deals with volunteering opportunity enquiries from the public in person. Individuals are advised about volunteering opportunities and are matched up with the needs of not-for-profit organizations in our region.

A searchable online database for volunteering opportunities is also being developed to collect volunteering opportunities which are posted directly by local organizations and share information about individuals who are interested in volunteering their time.

UNITED WAY COMMUNITY INVESTMENT FUND

Big Brothers Big Sisters KFL&A	613-544-1621
Boys and Girls Club of Kingston & Area	613-542-3306
The Canadian Hearing Society	613-544-1927
Canadian Mental Health Association	613-549-7027
Canadian National Institute for the Blind	613-542-4975
Elizabeth Fry Society	613-544-1744
Epilepsy & Seizure Disorder Resource Centre	613-542-6222
Food Sharing Project	613-530-3514
Frontenac-Kingston Council on Aging	613-542-1336
Girls Inc.	613-542-9202
K3C Community Counselling Centres	613-549-7850
Katarokwi Native Friendship Centre	613-548-1500
Kingston Home Base Non-Profit Housing	613-542-6672
Kingston Interval House	613-546-1833
Kingston Literacy & Skills	613-547-2012
Kingston Military Family Resource Centre (ext 5195)	613-541-5010
Kingston Youth Shelter (ext 2246)	613-544-3400
Lennox and Addington Interval House	613-354-0808
Loving Spoonful (ext 1871)	613-546-4291
Northern Frontenac Community Services Corp.	613-279-3151
Ontario March of Dimes	613-549-4141
Outreach St. George's Kingston (ext 30)	613-548-4617
Ryandale Shelter for the Homeless	613-548-8466
Sexual Assault Centre Kingston	613-545-0762
St. John Ambulance	613-384-8062
St. Vincent de Paul Society of Kingston	613-546-3333
Youth Diversion Program	613-548-4535

Change starts here.



United Way
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