



## The power to give

Join thousands of donors who choose to change lives everyday, right here in KFLA, by giving to our community through the United Way.

### Ways to Give:

There are many options available when it comes to giving to United Way. Every dollar you give makes a difference in your community.

- Donate online
- Call or email
- Visit us and make your donation in person

Gifts can be made by cash, credit card, cheque or payroll deduction.

### Online Donations:

Supporting the United Way is made easy by clicking the "Donate Now" button online using your computer, tablet or smartphone. You can make a one-time donation or monthly payments through credit card.

[www.unitedwaykfla.ca/donate](http://www.unitedwaykfla.ca/donate)

For more information call 613-542-2674  
uway@unitedwaykfla.ca or visit [www.unitedwaykfla.ca](http://www.unitedwaykfla.ca)



**United Way**  
Kingston, Frontenac  
Lennox and Addington

United Way of KFL&A

Changing Lives Locally



**United Way**  
Kingston, Frontenac  
Lennox and Addington

**Change starts here.**

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@unitedwaykfla

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## Changing Lives Locally

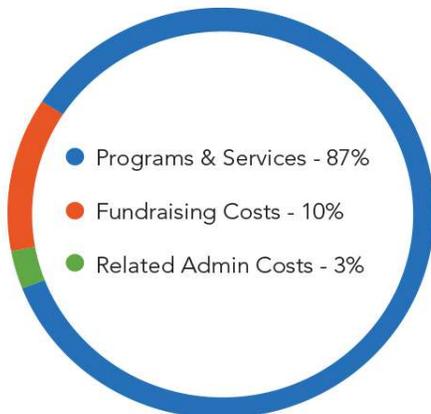
You have the power to change lives right here in your community.



## Making a difference every day

When you give to the United Way, your gift will be invested where it has the most impact.

## Accountable to You



Our fundraising and administration costs are among the lowest in the charity sector. Canada Revenue Agency's benchmark for fundraising and administrative cost ratio is under 35%.

## Local Impact

# 58,000

People were helped locally, right here in KFL&A



# 20,852

### Helping Kids

Children and youth accessed programs to reach their highest potential



# 11,152

### Healthy Communities

Individuals and families were helped by programs and initiatives supporting personal wellbeing and safety



# 26,554

### Poverty to Possibility

People were helped by our programs and initiatives in meeting their basic needs and moving out of poverty

Here are some examples of how your donation helps people in our region:

### Helping Kids Be All They Can Be

Rasha and over 1,800 children and youth developed positive interpersonal skills by participating in after-school social, recreational and educational activities.

Cara was being bullied, but like 798 other girls aged 9 to 13, learned coping skills and gained resilience and confidence through in-school intervention workshops.

Tyrone was struggling at school and is now on track to graduate, along with 325 other high school students from Rideau Heights and the Inner Harbour.

### Building Strong and Healthy Communities

Padma and over 2,300 others accessed community services by calling 211. She and 60% of callers live on low income and need help navigating services.

Grant and Nnedi, who lost their hearing or vision along with 753 others like them, learned coping skills to help them with daily living challenges.

Jason, who has epilepsy, is one of 330 people who received support, information and services that helped him and his family.

### Moving People From Poverty to Possibility

Susan and 1,223 others at risk of eviction received support, advocacy, and legal aid to remain housed.

Mimi and over 12,200 others got fresh produce and prepared meals to improve their access to healthy food.

Ava and over 2,200 other children and youth from families struggling to make ends meet, started the school year with school supplies and backpacks.