

UNITED WAY

# WOMEN UNITED™

## Women United

Women United brings together like-minded women who want to use their skills, talents and resources to contribute to their community in a significant way and show their local love. Women United builds on the strong legacy of Women in Leadership in our region. In 2018, 336 women gave at the Leadership level (\$1,200+) individually or with a partner, collectively donating \$957,000.

### Focus :

The Women United Committee works on events to highlight issues in our community. This year, they are focusing on the issues faced by women who are vulnerable in our region. KFL&A has a high rate of female homelessness, human trafficking, addictions and mental health among women of all ages. In line with these issues, Women United will organize events to highlight the work being done and ask for feedback on ways to assist and move forward,

### How to get involved:

Women Leaders of the Way, those who donate \$1,200+ annually, individually or with a partner, are automatically part of United Way's Women United initiative and will be invited to events that occur throughout the year.

### Other ways to get involved:

If you are looking for other ways to give back and show your local love, consider donating items and/or your time to these organizations:

## Donations

**Kingston Interval House and Lennox and Addington Interval House:** both have a full list of wish items on their websites [www.kingstonintervalhouse.com](http://www.kingstonintervalhouse.com); [www.intervalhousenapanee.ca](http://www.intervalhousenapanee.ca)

**Kingston Youth Shelter:** targeted donations through Amazon.ca - more info at - [kingstonyouthshelter.org](http://kingstonyouthshelter.org)

**One Roof, Rise@149, Home Base Housing:** Girls/women's clothing, food items, detergent more info at - [kingstonhomebase.ca](http://kingstonhomebase.ca)

**St. Vincent de Paul:** clothing donations - more info at [www.svdppkingston.com](http://www.svdppkingston.com)

**\*all of the above accept and need donations of feminine hygiene products, shampoo, deodorant and unopened packages of underwear**

**Dress for Success:** gently used, nearly-new professional attire - [kingston.dressforsuccess.org](http://kingston.dressforsuccess.org)

## Volunteering Opportunities

Girls Inc - after school program volunteers - [www.girlsinclimestone.ca](http://www.girlsinclimestone.ca)

Pathways to Education - tutoring, group mentors - [www.pathwaystoeducation.ca/pathways-kingston](http://www.pathwaystoeducation.ca/pathways-kingston)

Big Brothers Big Sisters - one to one or group mentoring, special events - [kingston.bigbrothersbigsisters.ca](http://kingston.bigbrothersbigsisters.ca)

Youth Diversion - mentoring, life skills teaching - [www.youthdiversion.org](http://www.youthdiversion.org)

Lennox and Addington Interval House - driving women to appointments, grocery shopping, helping residents and staff - [www.intervalhousenapanee.ca](http://www.intervalhousenapanee.ca)

Note: United Way KFLA can also help guide your donations and ensure that appropriate items find their way to those who need them most. Tel: 613-542-2674

## Impact statements:

Last year, **53,323** people were helped locally through the United Way KFL&A.



**483** women and their children left violent and abusive relationships by accessing safe emergency shelter, transitional housing and ongoing supports



**485** youth at risk of homelessness and struggling with mental health issues or family conflict got support through early intervention, mediation and basic shelter



**97** youth coping with sexual violence re-gained a sense of safety through supportive counselling



**335** women at risk of conflict with the law had access to support, advocacy, and referrals to community services

“ I feel a sense of duty to the women that have gotten us this far, and to the young girls and women that follow. There is something very special happening around the world right now and Women United is evidence of that right here in Kingston. ”

– Jane Lapointe, Women United KFL&A committee member



**622** young girls attended programs to increase their self-esteem and learn healthy behaviours

For more information on Women United  
Visit: [www.unitedwaykfla.ca/women-united](http://www.unitedwaykfla.ca/women-united)



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