

Local Love

Impacting Local Lives

53,323

People Helped Locally

42 Agencies

64 Programs



19,932

children and youth accessed programs to reach their highest potential



7,849

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



25,542

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

Accountable to You



84% Funds Invested Directly into Programs and Services

13% Fundraising Costs

3% Related Administrative Costs

Canada Revenue Agency's benchmark for fundraising and administrative cost ratio is under 35%.

“ There is need across so many sections of society and it is wonderful that United Way KFLA touches on lives across economic, social and cultural boundaries. ”

Impact of your gift

United Way KFLA supports a network of agencies in Kingston, Frontenac, Lennox & Addington. Your donation helps local people live with hope, dignity and a sense of belonging. Here is a list of agencies funded last year.

Helping Kids Be All They Can Be

Our goal is to ensure children and youth are valued and supported, with opportunities and resources to help them reach their fullest potential.

8 Agencies, 14 Programs

Big Brothers Big Sisters of KFL&A	Pathways to Education Canada
Boys & Girls Club of Kingston & Area	Rural Frontenac Community Services
Food Sharing Project	Southern Frontenac Community Services
Girls Inc. of Limestone, Algonquin and Lakeshore	Youth Diversion Program

Building Strong and Healthy Communities

Our goal is to help people connect to supports they need, have positive mental health, and increase personal safety.

24 Agencies, 31 Programs

Addiction and Mental Health Services KFL&A	Kingston Home Base Non-Profit Housing
Bereaved Families of Ontario	Kingston Interval House
Canadian Hearing Society	Kingston Literacy & Skills
Canadian Mental Health Association	Kingston Military Family Resource Centre
Canadian National Institute for the Blind	Lennox & Addington Interval House
Centre for Abuse and Trauma Therapy Inc	March of Dimes Canada
Community Information Centre of Ottawa 211	Martha's Table Community Program
Epilepsy South Eastern Ontario	Resolve Counselling Services Canada
H'Art Centre	Rural Frontenac Community Services
Independent Living Centre Kingston	Sexual Assault Centre Kingston
KFL&A Public Health	Southern Frontenac Community Services
Kingston and Area Seed System Initiative	
Kingston Employment & Youth Services	

Moving People From Poverty to Possibility

Our goal is to help people by reducing the impact of poverty and improving access to shelter and affordable housing.

10 Agencies, 19 Programs

Addiction and Mental Health Services KFL&A	Kingston Home Base Non-Profit Housing
Dress For Success Kingston	Kingston Youth Shelter
Elizabeth Fry Society of Kingston	Loving Spoonful
Kingston Community Health Centres	Outreach St. George's Kingston
Kingston Community Legal Clinic	St. Vincent de Paul Society of Kingston

United Way KFL&A is proud to be ranked a top 100 Canadian charity by Moneysense.ca



United Way
Kingston, Frontenac
Lennox and Addington



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