



UNITED WAY
WOMEN UNITED™

Programs exclusively serving females:

Dress for Success

- Boutique and Success Centre: Helps women with employment by providing clients with work appropriate clothing, interview support and ongoing career advice.

Elizabeth Fry Society Kingston

- Women Empowered (WE) Hub: Provides a gender-specific safe space for women, including those who are marginalized, isolated, criminalized, and homeless, helping them to access programs that promote independent living.

Girls Inc

- Girls Ed: Programs help girls with self confidence and empowerment, to mitigate gender, economic and social barriers. Girls are supported to thrive academically, lead healthy and physically active lives.

Kingston Interval House

- Emergency Shelter: Provides a safe emergency shelter, assistance and programs for women and children leaving abusive situations.
- Robin's Hope Second Stage Housing: An 18-unit apartment building with income based apartments available to women and children leaving the emergency shelter.

L & A Interval House

- Community Outreach and Support Services: A community based program that provides supportive counseling as well as living skills development and housing supports to women who are struggling with the issue of domestic violence.

Programs including females

Addictions and Mental Health Services

- Housing Loss Prevention: Provides housing loss prevention services for persons with possible mental illness and/or an addiction who are at risk of homelessness.
- Youth Addiction & Mental Health Outreach: Provides a mobile service, meeting youth where they are to help them navigate the mental health system.

Centre for Abuse and Trauma Therapy

- Client Assistance Program: Subsidized psychotherapy offering specialized trauma counselling to those who have both witnessed and been victims of violence and trauma.

Kingston Community Health Centres

- EarlyOn: Programs for families with children from 0-6 years to help get the best start in life
- L&A Youth Hub: Located in Napanee and is part of the community's plan to prevent and end youth homelessness by addressing the unique needs of rural youth

Kingston Home Base Housing

- One Roof Youth Services: Promotes collaboration amongst agencies which prevent young people from entering the homelessness system and/or decrease the duration of their homelessness by connecting them to various supports.
- Lily's Place: Emergency shelter specifically for families that also provides programming for children in residence and support to help clients obtain permanent housing

Kingston Youth Shelter

- Emergency Shelter and Transitions: Provides emergency shelter for youth ages 16-24; two residences for youth transitioning between homelessness and permanent housing.
- Family Mediation Project: Program provides outreach services to prevent youth from entering the homeless system, or assists them with returning home or living independently.

Martha's Table

- Social Supports and Connectedness Program: Provides access to a trained social service professional on site.

Outreach St. George's Kingston

- Lunch By George: Provides nutritious food in a warm and friendly atmosphere and encourages social opportunities for those less fortunate.

Pathways to Education

- Pathways to Education Kingston: Programs offer concrete academic, social and financial supports to help youth stay in school and graduate, helping to end the cycle of poverty.

Resolve Counselling Services

- Child and Youth, Family and Women's Counselling: Provides counselling to those who are experiencing social, emotional or relationship problems.

Rural Frontenac Community Services

- Family Counselling Program: Ensures families they have quick access to mental health services close to home.
- Rural Youth Hub in Sharbot Lake: Provides programs to support and address the unique needs of rural youth who are experiencing or are at risk of homelessness.

Sexual Assault Centre

- First Response for Youth: Provides one-on-one counselling, support and advocacy services to youth who have experienced sexual violence.
- Counselling for survivors of sexual abuse: Pilot program intended to provide timely counselling services to survivors of sexual abuse who currently are waiting 3-4 months.

Youth Diversion Program

- CHANCE Mentoring Program: prevention program that matches youth to adult volunteer mentors who help support them in accomplishing goals
- Kairos Substance Use and Addictions Counselling: Specializes in the treatment of youth with substance use and addictions issues.