

Your Impact



79,967

People Helped Locally

70 Agencies **220** Programs



16,069 children and youth accessed programs to reach their highest potential



24,023 individuals and families were helped by programs and initiatives supporting personal wellbeing and safety



39,875 people were helped by our programs and initiatives in meeting their basic needs and moving out of poverty

Accountable to you



90% Funds invested directly into programs and services

8% Fundraising costs

* 10% without Federal Government COVID relief funding

2% Related Administrative Costs

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

Local Love ❤️
in action



United Way
Kingston, Frontenac,
Lennox and Addington

Funded Agencies

Helping Kids Be All They Can Be

- ♥ Big Brothers Big Sisters of KFL&A
- ♥ Boys & Girls Club of Kingston and Area Inc
Family and Children's Services
- ♥ Food Sharing Project
- ♥ Girls Inc of Limestone, Algonquin & Lakeshore
KEYS
Kingston Community Health Centres
Kingston Kobura Karate Club
- ♥ Pathways to Education Canada
Psychology Clinic at Queen's
Rural Frontenac Community Services
Sistema Kingston
- ♥ Youth Diversion Program

Building Strong and Healthy Communities

- Addiction & Mental Health Services - KFLA
- AllSteps Child Care
- Alzheimer Society KFLA
- Autism Society Ontario
- Bereaved Families of Ontario - Kingston
- Boys and Girls Club
- Canadian Families and Corrections Network (CFCN)
- ♥ Canadian Hearing Society
- ♥ Canadian National Institute for the Blind
- ♥ Centre for Abuse & Trauma Therapy Inc
- ♥ Community Navigation of Eastern Ontario – 211
Dawn House Services & Housing for Women
- ♥ Epilepsy South Eastern Ontario

- Extend-A-Family Kingston
- Freeing the Human Spirit
- H'art Centre of Smiles
- HIV/AIDS Regional Services
- Hospice Lennox and Addington
- ♥ Independent Living Centre Kingston
KFL&A Public Health
Kingston Community Health Centres
Kingston Community Health Centres - Immigrant Services
Kingston & Area
Kingston Community Health Centres - Kingston
Immigration Partnership
Kingston Day Care
- ♥ Kingston Interval House
- ♥ Kingston Literacy & Skills
- ♥ Kingston Military Family Resource Centre
Lennox & Addington Seniors Outreach
- ♥ Lennox & Addington Interval House
Maltby Centre
- ♥ March of Dimes Canada
New Leaf Link
Ontario Society of Crippled Children
- ♥ Resolve Counselling Services Canada
- ♥ Rural Frontenac Community Services
Senior's Association Kingston Region
- ♥ Sexual Assault Centre Kingston
- ♥ Southern Frontenac Community Services
Special Olympics Ontario
St. Lawrence Youth Association
Start2Finish Canada
Telephone Aid Line Kingston (TALK)

♥ = Partner Agencies

For a detailed list of agencies and programs visit www.unitedwaykfla.ca/grants

Moving People from Poverty to Possibility

- Addiction & Mental Health Services - KFLA
- Dawn House Services & Housing for Women
- ♥ Dress for Success
- ♥ Elizabeth Fry Society Kingston
HIV/AIDS Regional Service (HARS)
Home Base Housing
Independent Living Centre Kingston
Islamic Society of Kingston
Isthmus
Kidney Foundation
- ♥ Kingston Community Health Centres
Kingston Community Health Centres - Street Health Program
Kingston Community Legal Clinic
Kingston Health Sciences Centre – Detox Centre
Kingston Home Base Housing
- ♥ Kingston Interval House
- ♥ Kingston Youth Shelter
Lionhearts Inc
- ♥ Loving Spoonful
Martha's Table Community Program
Morningstar Mission Relief
- ♥ Outreach St. George's Kingston
Partners in Mission Food Bank
Pathways to Education Canada
Resolve Counselling Services Canada
Rural Frontenac Community Services
- ♥ Ryandale Transitional Housing
Salvation Army - Kingston
Salvation Army - Napanee
Southern Frontenac Community Services
St. Vincent de Paul Society
VON - Greater Kingston & Napanee
YMCA of Eastern Ontario

United Way of Kingston, Frontenac, Lennox and Addington

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