

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 in Frontenac

Big Brothers Big Sisters

Canadian Hearing Services

Canadian National Institute
for the Blind

Centre for Abuse and
Trauma Therapy

Community Navigation
of Eastern Ontario – 211

Dress for Success

Epilepsy South
Eastern Ontario

Food Sharing Project

Girls Inc.

Independent Living
Centre Kingston

KFL&A Public Health

Kingston Youth Shelter

March of Dimes Canada

Psychology Clinic
at Queen's

Resolve Counselling
Services Canada

Rural Frontenac
Community Services

Sexual Assault
Centre Kingston

Southern Frontenac
Community Services

Youth Diversion

“ Rural Frontenac Community Services strives to provide opportunities that will enhance the well-being and self sufficiency of all community members, helping them to live rural life to the fullest. The United Way KFL&A helps us to reach our goal through the support of our youth programming and our counselling program. We are very thankful for the United Way and their support in helping to serve the people of our small community. Our local love is strong. ”

- Louise Moody, Executive Director, Rural Frontenac Community Services

United Way of Kingston, Frontenac,
Lennox and Addington

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