

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

Local Love ♥
in action

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%



United Way
Kingston, Frontenac,
Lennox and Addington

Since the start of the pandemic, the need for mental health and counselling programs has increased with



9,304 individuals received support for addictions and mental health throughout KFL&A



1,743 people improved social, relationship and coping skills by accessing affordable counselling



5,382 people had access to mental health supports and community supports to help them feel connected

“ I’ve struggled with housing throughout my life. I never really learned to get along with people because I didn’t have an opportunity to. Loneliness became my middle name and it has lasted my whole life. I really needed help and luckily, I was connected with programs and agencies funded by United Way. They helped me and now I have a beautiful home to live in. It is private and it is mine. My loneliness is still there, my mental health problems are still there, but this gives me a better way to manage those things. I am still lonely, but I have a cat to come home to and friends in the building and gardening which I really enjoy. I wouldn’t have any of this without United Way. The help I received allowed me to find stable housing and the confidence I needed to participate in my community. ”

- **John Dickson**

“ United Way funds our Individual and Family counselling and Children and Youth counselling programs, allowing us to waive fees for those in need of these services and helping people receive support for anxiety, depression, grief counselling, trauma and much more. I can tell you firsthand that your donations have impacted thousands and thousands of people in Kingston. We are really happy at Resolve to be able to offer these services with your support and United Way’s support. ”

- **Kim Irvine-Albano**, Clinical Director,
Resolve Counselling Services, Kingston

“ Through the positions funded by United Way, they allow us to reach the community in new ways and we are very appreciative of that support. We saw an increased need with the pandemic – everybody’s mental health has been challenged, but it is even worse if you struggle to begin with. United Way was able to give us tablets for isolating clients that may not have great supports, and something like a tablet is a lifeline. They have also helped us get phones for people so they can make appointments, connect to supports and they can feel less isolated. These are huge supports. We’ve also learned a lot through COVID about virtual care and client need and that some clients actually prefer virtual to office visits. We have had fewer missed appointments because travel is eliminated, and we can reach more rural clients as well and with continued support, we can take a lot of this with us and enhance services going forward. ”

- **Carol Ravnaas**, Executive Director of Client Services, Addiction and Mental Health Services KFL&A

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