

# Your Impact



Over **79,000** individuals in the KFL&A community were helped locally through **70 organizations** and over **220 programs**.

## What is United Way?

United Way KFL&A works closely with the community to ensure that people have the opportunity to reach their full potential and live with hope, dignity and a sense of belonging. This vision is realized by building on deep-rooted local community knowledge and relationships to empower people to make an impact.

Led by volunteers, driven by a small professional staff team, the United Way KFL&A provides inspiring opportunities for people to get involved and support issues they care about through volunteering, giving and being advocates for people who are in vulnerable situations.

## Leadership Challenge Grants

In 2021, donors have an opportunity to make even more of an impact thanks to Leadership Challenge Grants. Under the grants, supporters who boost their annual campaign contribution to \$1,200 or make a new \$1,200 gift (\$25/week) will have their donation matched. Donors who are already "Leaders of the Way" and add at least 10% to their previous year's gift will also see their increased donation matched. In addition, women who give at this level can also have their gift matched through the Women United Leadership Challenge Grant, with the grants then tripling their donation.

## Accountable to you



**90%** Funds invested directly into programs and services

**8%** Fundraising costs

**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)

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### ♥ = Partner Agencies

For a detailed list of agencies and programs visit [www.unitedwaykfla.ca/grants](http://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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[www.unitedwaykfla.ca](http://www.unitedwaykfla.ca)



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