

Your Impact in KFL&A



United Way KFL&A raises funds locally and invests them locally for maximum impact. Through your support:

74,083 people were helped locally through 61 agencies and 127 programs



29,647 children and youth accessed programs to reach their highest potential



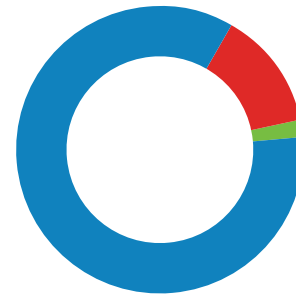
18,047 individuals and families were helped by programs and initiatives supporting personal wellbeing and safety



26,389 people were helped by our programs and initiatives in meeting their basic needs and moving out of poverty

Accountability

United Way is efficient and effective, maximizing the amount that is invested in the community through local agencies and programs.



90.7% Funds invested directly into programs and services

7.8% Fundraising costs

1.5% 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

What is United Way?

United Way Kingston Frontenac Lennox & Addington 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. Led by volunteers, driven by a small professional staff team, United Way KFL&A helps people get involved, supporting issues they care about through volunteering and giving.

Funded agencies in Lennox and Addington

Addictions & Mental Health Services - KFL&A

Almost Home

BGC South East

Big Brothers Big Sisters of KFL&A

Canadian Hearing Services

Canadian National Institute for the Blind (CNIB)

Centre for Abuse and Trauma Therapy

Community Navigation of Eastern Ontario

Dawn House Services and Housing for Women

Dress for Success Kingston

Elizabeth Fry Society Kingston

Epilepsy South Eastern Ontario

Food Sharing Project

Girls Inc. Limestone, Algonquin and Lakeshore

Independent Living Centre Kingston

KFL&A Public Health

Kingston 4Paws Service Dogs

Kingston Community Health Centres

Kingston Health Sciences Centre - Detoxification Centre

Kingston Military Family Resource Centre

Kingston Youth Shelter

Lennox & Addington Interval House

Lionhearts Inc.

Loving Spoonful

Maltby Centre

March of Dimes Canada

National Initiative for the Care of the Elderly

Resolve Counselling Services Canada

Ryandale Transitional Housing

Sexual Assault Centre Kingston

St. Lawrence Youth Association

Telephone Aid Line Kingston (TALK)

Trellis HIV & Community Care

Well Suited

Youth Diversion Program

YMCA of Eastern Ontario

“ Through the United Way, we're able to reach over 160 young people in our one-to-one community-based program - so, that traditional Big Brother Big Sister mentoring relationship. The funding that the United Way provides us allows us to have our mentoring coordinators support the matches and ensure that our mentors are being intentional with those developmental relationships with young people, and that the child is safe in our programs. We're very grateful for the United Way for providing the mentoring coordinators - another good reason to support the United Way every way you can! ”

- Kylie Filion, Big Brothers Big Sisters of Kingston, Frontenac, Lennox and Addington

**United Way of Kingston, Frontenac,
Lennox and Addington**

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