

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



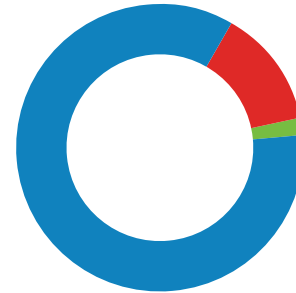
18,047 individuals and families were helped by programs and initiatives supporting personal wellbeing and safety



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

Helping Kids Be All They Can Be

- ♥ BGC South East - Partner
- ♥ Big Brothers Big Sisters of KFL&A Cycle Kingston
- ♥ Food Sharing Project
- ♥ Girls Inc. Limestone, Algonquin and Lakeshore Kingston Pride Inc
- ♥ Maltby Centre
- ♥ Pathways to Education Canada St. Lawrence Youth Association
- ♥ Youth Diversion Program

Building Strong and Healthy Communities

- ♥ Addictions & Mental Health Services - KFL&A Almost Home
- ♥ Canadian Hearing Services
- ♥ Canadian National Institute for the Blind (CNIB)
- ♥ Centre for Abuse and Trauma Therapy
- ♥ Community Navigation of Eastern Ontario Dental Treatment Assistance Fund
- ♥ Epilepsy South Eastern Ontario Independent Living Centre Kingston

John Howard Society of Kingston and District

KFL&A Public Health

Kingston 4Paws Service Dogs

Kingston Frontenac Public Library

Kingston Indigenous Languages Nest

- ♥ Kingston Interval House
- ♥ Kingston Military Family Resource Centre
- ♥ Lennox & Addington Interval House
- ♥ March of Dimes Canada National Initiative for the Care of the Elderly New Leaf Link (NeLL)
- ♥ Resolve Counselling Services Canada
- ♥ Rural Frontenac Community Services
- ♥ Seniors Association Kingston Region
- ♥ Sexual Assault Centre Kingston Southern Frontenac Community Services Telephone Aid Line Kingston (TALK) Victim Services of Kingston and Frontenac YMCA of Eastern Ontario

♥ = Partner Agencies

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

Moving People from Poverty to Possibility

- Battersea United Church
- Dawn House Services and Housing for Women
- ♥ Dress for Success Kingston
- ♥ Elizabeth Fry Society Kingston Trellis HIV & Community Care
- ♥ Kingston Community Health Centres Kingston Community Legal Clinic Kingston Health Sciences Centre - Detoxification Centre
- ♥ Kingston Home Base Non-Profit Housing Kingston Youth Shelter
- ♥ Lionhearts Inc.
- ♥ Loving Spoonful
- ♥ Martha's Table
- ♥ Outreach St. George's Kingston
- ♥ Ryandale Transitional Housing St. Vincent de Paul Society of Kingston
- ♥ Well Suited

United Way of Kingston, Frontenac, Lennox and Addington

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