



UNITED WAY

WOMEN UNITED™

Programs for vulnerable women in the community

In Canada, 44% of women who have ever been in an intimate partner relationship—or about 6.2 million women aged 15 and over—reported experiencing some kind of psychological, physical, or sexual abuse in the context of an intimate relationship in their lifetime. The majority of the victims from human trafficking are women and girls and Ontario has the second highest rates of human trafficking in Canada. Women also make up 27% of the overall homeless population in Canada. These issues affecting women in our community require specialized services and supports. With your support, United Way KFL&A works with agencies and programs in the community to help women get the support they need.

How United Way KFL&A Helps

Here are some of the programs funded through United Way that support the issues of Human Trafficking, Inter Partner Violence (IPV) and women's Homelessness. For a full list of programs please visit: www.unitedwaykfla.ca/grants

Centre for Abuse and Trauma Therapy: provides short and long-term professional psychotherapy and support to anyone of any age who has experienced recent and/or past abuse or trauma.

- **Client Assistance Program:** this program provides subsidized psychotherapy to people who live in poverty or close to the poverty line by offering specialized trauma counselling to youth, men and women who have both witnessed and been victims of violence and trauma.
- **STAR Kids: Supporting Therapy Access & Resources:** supports children in overcoming the developmental impacts of trauma, which will help ensure they are able to learn and meet their developmental trajectories; where they can thrive and reach their full potential. Through therapy, children learn essential coping skills and develop resilience, which will help increase their sense and self-worth and confidence. Extends therapy support to caregivers, fostering connectedness within families, reducing conflict and facilitating positive relationships.

Kingston Interval House: provides a safe space with assistance and programs for women and children leaving abusive situations.

- **Emergency Shelter:** provides emergency shelter to women and children leaving abusive relationships. The emergency shelter provides a 24-hour crises line, safety planning, counselling support and general information.
- **Robin's Hope Transition House:** is a Second-Stage Transitional Housing unit with 18 one and two bedroom rent-geared-to-income, supportive housing units for women and children who are leaving the Interval House emergency shelter. At Robin's Hope, women gain skills enabling them to move into the community to permanent housing. This helps bridge the gap between emergency shelter and finding affordable housing.

Sexual Assault Centre Kingston: provides supportive services for survivors of recent or childhood sexual violence.

- **Diverse Communities Program:** addresses the service gaps for underserved communities (i.e. women, non-binary persons, people of colour, newcomers, etc.). United Way funds a staff position to reduce barriers to these communities seeking services and allows them to access safe, culturally appropriate services.
- **First Response for Youth:** Provides 1:1 counselling to youth ages 12-19 years of all genders who have experienced sexual violence. It prioritizes rapid response to recent sexual assaults and youth in crisis. Counselling takes place in schools and alternative education programs.
- **Reducing the Waitlist:** Aims to address the growing demand for services, and ensure that all survivors maintain access to essential support services within a rapid timeline. The goal is to ensure that clients are connected with a counsellor within three weeks or less, and remove the waitlist.
- **A service Delivery System that Hears You:** is an adapted crisis line Service Delivery System that integrates a new platform to improve response time, client satisfaction, and service referral. The project helps address the increased demand for the crisis line service that has been seen as a result of the COVID-19 pandemic.

Victim Services of Kingston & Frontenac: provides 24/7, confidential support, practical assistance, referral, and advocacy to individuals who have been victimized as a result of crime, tragic circumstance, or disaster. Community-based program working with emergency and community services in Kingston and Frontenac County.

- **Anti Human Trafficking Program:** combats human trafficking through education and awareness presentations and bringing together supports and resources for those at risk, or for those who are survivors of trafficking.
- **Human Trafficking Protocol:** was developed to eliminate duplication of services and allow community and justice partners to provide stable, predictable and safe levels of service through a wraparound approach. The protocol provides support to victims/survivors of human tracking by helping them exit their situation, recover from trauma, integrate back into society and reduce/eliminate the possibility for re-victimization.
- **Safe with Milli:** is a mobile application in the Kingston area with a comprehensive support platform for survivors of Gender-Based Violence (GBV), that provides survivors with accessible resources, safety planning tools, and support services to empower them on their journey to safety and healing.

The Impact of United Way KFL&A

Last year, **71,000** people were helped locally through the United Way KFL&A.

- **83** individuals, at risk or survivors of human trafficking, accessed no-cost support, resources and advocacy, reducing victimization and improving quality of life
- **73** women and children were supported in Second Stage transitional housing
- **273** women and children left violent and abusive relationships by accessing safe emergency shelter

For more information on Women United
Visit: www.unitedwaykfla.ca/women-united



United Way
Kingston, Frontenac,
Lennox and Addington