



United Way
Durham Region

Thanks to you... it's working!

Over **100,000** Meals on Wheels, food bank services and hot meals were provided for more than **40,000** people (**60%** of which were women and kids)

57,414 drives to medical appointments were arranged for seniors with no other means of transportation

7,934 Distress Centre calls occurred (**25%** suicide related, **43%** related to mental health issues)

5,319 community members celebrated Christmas with food and toys

More than **115,000** healthy snacks were provided for children, ensuring better nutrition

Adult mentorship was provided for more than **1,300** girls and boys

Over **3,300** hours of after school assistance was provided for young students

More than **12,000** nights of shelter were provided for women and children fleeing abuse

100,000 hours of counselling for employment, housing, and personal support for more than **14,019** people

More than **5,000** recreational hours were facilitated for children, ensuring a safe place to play

Build up the person. Build up YOUR community.

And More....