

# GIVE WHERE YOU LIVE!

## United Way Agencies, Programs and Grants

### Bethesda House Shelter and Community Outreach Services

- Transitional support & housing programs for women
- 24 hour telephone support, outreach counselling, community education

### Big Brothers and Sisters of Ajax-Pickering

- One-to-one match program, in-school mentoring & after school program, Big Bunch program
- Couples for Kids, site-based group programs (Go Girls!/Game On!)

### Big Brothers and Sisters of Clarington

- One-to-one match program, in-school mentoring & after school program, Big Bunch program
- Couples for Kids, site-based group programs (Go Girls!/Game On!)

### Big Brothers Big Sisters of Oshawa Whitby

- One-to-one mentoring, in-school mentoring program, Big Bunch program
- Couples for Kids, site-based group programs (Go Girls!/Game On!)

### Big Brothers Big Sisters Association of North Durham Region

- One-to-one match program, in-school mentoring, Mentoring through Literacy
- Couples for Kids, site-based group programs (Go Girls!/Game On!)

### Boys' and Girls' Club of Durham

- Building positive relationships & developing confidence & skills for life
- After school programs, special event evenings, aquatic programs, Tween Programs & summer camp

### CNIB

- Providing services to people who are blind or are partially sighted: counselling, independent living & travel services
- CNIB library, career & employment services, assistive technology

### Catholic Family Services of Durham Region

- Non-denominational programs including individual, couple & family counselling
- Victims of Violence, Dads Under Construction, parenting workshops, teen communication programs

### Community Care Durham

- COPE mental health program, In-Home Respite Program, Stroke Support Group
- Home Support Program, Home at Last Program, Meals on Wheels, Adult Day Program

### Community Development Council Durham

- Newcomer Settlement & in-school(s) program, language assessment, community development & research
- LEAP emergency financial assistance, rent bank, emergency energy fund, housing help

### Community Living Ajax-Pickering and Whitby

- Support for individuals with a developmental disability (programs): family support, community participation
- Group Home, Supported Independent Living, community employment programs

### Community Living Durham North

- Individuals with developmental disability programs: family supports, residential & respite services
- Adult Day Service, Youth Service, Community Access Program

### Cornerstone Community Association Durham

- Services for (individuals who are) homeless men: emergency shelter, transitional housing
- Permanent Rent-Geared-To-Income Housing, Community Residential Facility for community reintegration

### Distress Centre of Durham Region

- 24 hour Help Line Service to those in distress, confidential & anonymous service, resource referral
- LGBT PrideLine, Homicide/Suicide Survivor Support, training/education, Adolescent Suicide Awareness

### Durham Association for Family Respite Services

- Partnership with families with a member who has an intellectual disability/child with a physical disability
- Family Network, providing in-home respite & support, assists in obtaining funding

### Durham Deaf Services

- Services & education to promote self-reliance within the deaf, deafened & hard of hearing community
- Children's & senior's programs, computer classes, family communications program

### Durham Family YMCA

- Child care, employment services, health, fitness & recreation programs
- Camps, Youth Outreach & Youth Leader Corps

### Durham Farm & Rural Family Resources Centre

- Quality and flexible children's services and programs to farming and rural families in Durham Region
- Play to Learn, Toy Library, Parent Resources

### Durham Region Unemployed Help Centre

- Employment Resource Centre, Job Search Workshop for Newcomers, Initiative for Older Workers
- Resume & cover letter preparation, skills training & workshops

### Durham Youth Housing Support Services

- To address the needs of at risk and homeless youth in Durham Region
- Shelter, meals and food cupboard, shower and washroom, internet access

### FOOTPRINTS

- Respite & programs for families with children 13 years of age & under who have been diagnosed with Autism Spectrum Disorders (ASD)

### Girls Incorporated of Durham

- Empowers girls to believe in themselves & reach their full potential
- Weekly workshops, summer camps, PA day programs, March break camps, after-school drop in programs & in-school classes, Economic Literacy, Discovery Leadership, Operation SMART

### Information Durham

- Resource that connects people to the services they need
- Phone and Online database, [informdurham.com](http://informdurham.com)

### John Howard Society of Durham Region

- Active Parenting, Anger Management, DADS, Young Adult Anger Management
- Residential Housing, Housing Services & Eviction Prevention
- Employment Services, Learning Alternative, information & referrals
- Project X Needle, addictions counselling, pardons, Multisystemic Therapy

### Labour Community Service Program

- Liaison between organized labour and our community
- Educating organized labour on community services

### Learning Disabilities Association of Peterborough, Clarington Services

- Resource facilitation, computers for learning development program, educational seminars & workshops
- Advocacy & self-advocacy training, lending library, parenting your learning disabled child

### Literacy Council of Durham Region

- Literacy, numeracy & essential skills services, transition to employment goals
- Apprenticeship, secondary-school credit, post-secondary education

### My Sister's Voice

- Provides mentoring, support, counselling and education services to women who have been marginalized by abuse, violence, poverty, hate crimes or sexual orientation

### Navy League of Canada Oshawa Branch

- Cadet program for boys & girls, Navy League (youth 9-13), Royal Canadian Sea (youth 12-18)
- Leadership & team building opportunities, cadets participate as community ambassadors

### North House Shelter

- Rent subsidies in coordination with counselling support services, transitional housing
- Soup lunches, workshops related to cooking on a budget & a community garden

## United Way Agencies, Programs and Grants cont...

### Precious Minds Support Services

- Programs for families, children & youth with learning/developmental disabilities
- Respite, social skills, sibling support, summer camps, parent support, resource library, information sessions

### Project Next Step Support Services

- Helps families facing homelessness
- Assistance with vocational training housing support, household assistance

### Resources for Exceptional Children and Youth

- Special Children's Swim program
- Enhance child's community participation & support the family to advocate for services required

### Rose of Durham Young Parent Support Services

- Programs for young parents, individual counselling, crisis counselling for pregnant teens, prenatal classes
- Referral for legal, financial, educational, housing, nutrition, social & adoption services

### Salvation Army Community and Family Services Oshawa

- Community garden, anger management group, emergency food services, food bank, Thrift Store
- Children's day camps, emergency disaster services, Mobile Outreach Project, Christmas Cheer program

### Salvation Army Whitby Family Services

- Anger management, Emergency Assistance & Response Services
- Milk Program, summer camp, Christmas Hamper Program

### Simcoe Hall Settlement House

- Children's afterschool programs, Fitkidz, kids early life skills coaching, day camp, back to school supplies
- Food Bank, Christmas food & toy drive, seniors programs

### Sunrise Youth Group

- Individuals with developmental disabilities participate in social activities, outings, life skills and volunteering

### The Firehouse Youth Centre

- Drop-In Recreational Program for youth, resource centre
- Special Events & fundraising

### VON Canada Durham Region Site

- WIN mental health nurses, health promotion & education & health services
- Personal support/homemaking/home support services, SMART exercise program, volunteer visiting

### Volunteer Durham

- A searchable volunteer opportunities data base [volunteerdurham.net](http://volunteerdurham.net)

### YWCA Durham

- Programs for women & their families: Second Stage Housing, Interim Housing, outreach services
- Recreational & wellness programming, Y's WISH Shelter, Crisis Line, Ontario Early Years Centre



**United Way**  
Durham Region

[unitedwaydr.com](http://unitedwaydr.com)



**Build up the person. Build up YOUR community.**

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## Driving Donor Value

...is at the core of what we do. Making sure that your donation has the greatest impact in the most immediate, efficient and effective way possible, is our commitment to each and every donor.

Your contribution will be used in your community. It will help strengthen families, promote self-sufficiency, improve health and help people, including youth, senior citizens and those least advantaged.

### Build up the person. Build up YOUR community.

- The United Way campaign helps support a broad diversity of **local agencies** that help more than 200,000 people from within our community. Every dollar raised stays in Durham Region.
- Agency program reviews ensure that your donation helps in the most effective and immediate way, by addressing **priority community needs**.
- One annual campaign, a single effort, ensures great **economies and efficiencies** so 'Every Cent Is Well Spent'.
- United Way brings **partners** from the private and public sectors, labour, management and professionals as well as non-profit and human care agencies together.
- The great strength of United Way in our community is the tremendous breadth, diversity and commitment of our **volunteer base**.
- Supporting those less fortunate, helping to provide a hand to those who need a lift up is the cornerstone of what defines a **community**.

### BASIC NEEDS

- Programs to provide access to food
- Access to shelter
- Provision of clothing

### BETTER HEALTH

- Nutrition
- Safety and prevention
- Education and awareness



Thanks to You...

- \$3 per week or \$156 per year provides 3 homeless men food for a week.
- 705 men received 10,775 nights of shelter in Durham Region.
- With support programming, 38.5% of the homeless who used shelter programs have transitioned to permanent housing.

... and more

### BETTER EDUCATION

- Teaching social literacy and numeracy skills
- Teaching tolerance, respect and social obligation
- Teaching early life skills



It Makes a Difference...

- \$7 per week or \$364 per year will pay for 18 annual memberships in an after school program.
- 115,600 visits were made by 650 boys and girls to participate in activities including physical fitness and homework assistance.
- An effective after school program results in 25% reduced drug use and 27% improved school grades amongst youth. Those involved in mentoring programs are 70% less likely to rely on social assistance in adulthood.

... and more

### ACCESS TO TRAINING

- Teaching greater independence and self-reliance
- Improved accessibility to programs and resources
- Social integration and rehabilitation

### COMPASSIONATE CARE

- Care and relief for those with a physical or mental condition
- Support with life skills
- Assistance for daily life or social isolation



It's Working!

- \$20 per week or \$1,040 per year will provide 86 hours of In-Home Respite for a senior's caregiver, allowing the caregiver relief and reducing the risk of burn-out.
- 253 seniors received 34,055 hours of home support.
- 81% of the seniors who received support, were able to remain with their families, in their homes, maintaining their dignity and independence.

... and more!