

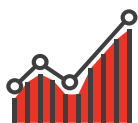
# United. We do more.



Support and care for 100,000 Victorians in need.



## Strong communities | Developing the capacity of individuals to care for themselves



### Trend

Healthy individuals and families are the backbone of strong communities. When people have the opportunity to connect with others and access services in their neighbourhoods they are more likely to overcome life's challenges. However, there are a growing number of people across the Capital Regional District that suffer from social isolation and do not know where to turn.



### Goal

To build the overall health and well-being of our communities by ensuring that people have access to the resources they need to lead healthier lives. United Way works to create lasting change by addressing the social conditions that leave people vulnerable.



### Strategy

United Way funds critical social programs that improve peoples' lives – like mental health and addiction services, programs that address domestic violence, supports for people who face isolation (especially seniors and people with disabilities), and initiatives that help newcomers settle into their new lives.



### Our Investments

We fund programs and services that:

- Support individuals to overcome mental health and addiction challenges
- Address domestic violence
- Provide community connections for isolated people and persons with disabilities
- Support people to become active in their neighbourhoods



### Impact of Investment

With community support in 2016, United Way invested over \$1,455,645 to improve the quality of life for individuals and families facing challenges of isolation and personal crisis. As a result, individuals and families accessed 53 programs to enhance their life skills, address mental health and addictions, and provide opportunities to connect with others.

#### Some results from our 2016 funding cycle:

- 12,218 individuals were involved in their neighbourhoods and increased their sense of belonging
- 10,958 individuals were supported to live independently and actively participated in their community while reducing loneliness and isolation
- 10,196 individuals and families were offered tools to better cope with life's challenges



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