

United we can keep our rural communities strong.



United Way
East Ontario

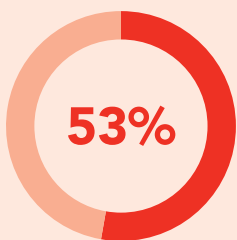


Candace found healing, safety, and stability through a Lanark County transitional housing initiative powered by United Way East Ontario.

By connecting women and children fleeing violence with secure shelter, counselling, and dedicated support, this rural initiative removes trauma-induced barriers, lifts up vulnerable families, and builds a more equitable community for everyone.

"From day one, I felt accepted, heard, and validated. Having a stable, affordable place to live gave me the peace of mind to focus on healing and being a good mom." —Candace, local program participant

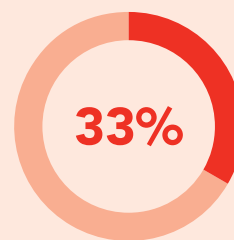
The local facts:*



53% of students in Grades 7–12 in rural East Ontario reported being bullied because of their weight or body shape.



\$5,200 is the difference in median income between rural (\$39,200) and urban centres (\$44,400) in Ontario.



33% of high school students in Lanark County had tried alcohol by the age of 13 or younger.

With the support of our donors, **89,662 people** received help across East Ontario in 2024-2025. Read our latest **annual report** to learn how we are building a brighter future for those in need.

*Visit UnitedWayEO.ca/Local-Issues for fact sources and more information.



United we can create possibilities.



We invest in community-based mental health care and crisis response services to close support gaps for vulnerable individuals and families across our region.



We power employment and skills-training programs that help local youth, people with disabilities, and marginalized groups break the cycle of poverty and land stable jobs.



We focus on prevention-first solutions for youth at risk of or experiencing homelessness by equipping them with social, emotional, and long-term supports.



We strengthen the social fabric of our rural communities by funding early years programs, critical-hours youth programming, and social connection initiatives for seniors.



Your gift makes a difference.

**\$20 a month or
\$240 a year**

provides essential groceries and supplies for a low-income family, including diapers, bottles of formula, and food staples.

**\$80 a month
or \$960 a year**

delivers coping and self-care tools to up to 15 rural residents through an eight-week resiliency or mental wellness workshop series.

**\$175 a month
or \$2,100 a year**

connects youth with autism in rural communities to inclusive group outings, providing transportation, activities, and socialization.

Please give today to help people build stronger, healthier lives. Donate through your workplace.



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