



**United Way**  
Halton & Hamilton

# BURLINGTON TOGETHER. STRONGER.

## WHY

In Burlington, too many children facing mental illness lack the supports they need to realize their full potential. Mental health challenges can disrupt a child's development and have long-term effects on relationships, functioning, and their course of life if not treated. However, most mental disorders can be successfully treated when help is sought. Investments in United Way support youth in education and mental health through specialized programming like counselling and mentorship. Together, we can help children and youth be all they can be.

**In Burlington, approx. 1 in 4 secondary students show signs of moderate to high anxiety and depression.**

## HOW



Investing in  
**54**  
Burlington-based programs



Helping  
**21,915**  
Burlington residents



## YOU

- \$75** Provides 1 youth with a self-care package to support their mental health and wellness.
- \$150** Provides access to a virtual cultural connections program to 3 children.
- \$1,200** Provides a psycho-educational session to over 400 families with loved ones experiencing addiction.

## MORE

Together, we can address the challenges of today and build a better, stronger tomorrow—for everyone who lives in our community.

Our collective work in ensuring people have access to the help they deserve has never been more important.

Scan this code to see your **Local Love** in action.



# AGENCY

# PROGRAM

# AREAS OF OUTCOMES

		Child & Youth Supports	Family Supports	Food Security	Employment & Financial Security	Mental Health & Safety	Community Inclusion
Acclaim Health and Community Care Services	Adult Day Programs					•	•
	Bereavement Support		•			•	
	Caregiver Support & Education					•	•
	Friendly Visiting		•			•	•
	Memory Visiting		•			•	•
ArtHouse	Tele-Touch		•			•	•
	Feed the Whole Child	•					
Big Brothers Big Sisters of Halton and Hamilton	Community Based Mentoring	•				•	•
	School Based Mentoring	•				•	•
	Vulnerable Population & Cultural Mentoring	•			•	•	•
Canadian Mental Health Association, Halton Region Branch	Free Walk-In Counselling					•	
	Health Promotion & Education					•	
Catholic Youth Organization	Camp Marydale	•	•				
	Crusader Athletics	•			•		•
Community Development Halton	Social Planning Program				•	•	
Community Living Burlington	New Horizons						•
	Residential Services						•
Community Living Hamilton	Supported Leisure						•
Distress Centre Halton	Distress Line					•	
	TeleCheck					•	
Dundas Community Services	Seniors Services					•	•
EFRY Hope and Help for Women	Youth Connect	•				•	•
Food For Life	Food Sourcing, Sorting & Sharing			•	•	•	•
Halton Alcohol And Drug Assessment Prevention And Treatment (ADAPT)	Know The DEAL	•				•	
Halton Food For Thought	Student Nutrition Program	•		•	•		•
Halton Multicultural Council	Crisis Specialist		•			•	•
HIPPY Halton	HIPPY (Home Instruction for Parents of Pre-School Youngsters)	•	•				
Hope Place Centres	Her Strength					•	•
	His Strength					•	•
	PATTERNS		•			•	•
John Howard Society of Hamilton, Burlington & Area	Family Support Program	•	•	•	•	•	
John Howard Society of Peel-Halton-Dufferin	Community Services		•			•	
	Hate Crime and Racialization Prevention	•	•		•		
	Helping Youth and Parents Plan Positively (HYPPP)	•	•			•	
Milton Community Resource Centre	She Can!	•	•			•	
Radius Child & Youth Services	Child Abuse Prevention		•			•	
	Child Abuse Trauma Intervention					•	
ROCK Reach Out Centre for Kids	Educational Support	•					
	Group Therapy for Youth	•	•				
	Our Community Cares Hubs		•			•	•
	Reconnecting Youth	•					
SAVIS of Halton (Sexual Assault & Violence Intervention Services)	Community Youth Worker	•				•	
	Senior Sharing Circle					•	•
	South Halton Counsellor					•	
STRIDE (Supported Training & Rehabilitation in Diverse Environments)	Employment Support Program				•	•	
Support House	Youth Supports			•		•	
The Lighthouse Program for Grieving Children	Peer Grief Support Groups	•	•			•	
The Women's Centre of Halton	Peer Counselling					•	•
Thrive Counselling Services Halton Inc.	Caring Dads		•			•	
	Individual, Couple & Family Counselling		•			•	
YMCA Hamilton Burlington Brantford	Beyond the Bell	•					•
	Children & Youth Health & Fitness	•					•
	Day Camp	•					
	Helping Hands						•