

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.

BURLINGTON TOGETHER. STRONGER.



MORE

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

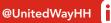
Our collective work in ensuring people have access to the help they deserve has never been more important.

Scan this code to see your Local Love in action.









PROGRAM

AREAS OF OUTCOMES

		Child & Youth Supports	Family Supports	Food Security	Employment & Financial Security	Mental Health & Safety	Community Inclusion
	Adult Day Programs Bereavement Support					•	•
Acclaim Health and Community	Caregiver Support & Education					•	•
Care Services	Friendly Visiting		•			•	•
	Memory Visiting		•			•	•
	Tele-Touch		•			•	•
ArtHouse	Feed the Whole Child	•					
Big Brothers Big Sisters of Halton	Community Based Mentoring	•				•	•
and Hamilton	Vulnerable Population & Cultural Mentoring	•			•	•	•
Canadian Mental Health	Free Walk-In Counselling					•	
Association, Halton Region Branch	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		•		•		•	•
Food For Life Halton Alcohol And Drug	Food Sourcing, Sorting & Sharing			•	•	•	•
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	•	•				
	Her Strength					•	•
Hope Place Centres	His Strength					•	•
John Howard Society of	PATTERNS		•			•	•
Hamilton, Burlington & Area	Family Support Program	•	•	•	•	•	
11 11 16 11 15	Community Services Hate Crime and Racialization Prevention		•			•	
John Howard Society of Peel- Halton-Dufferin	Hate Crime and Racialization Prevention Helping Youth and Parents Plan Positively	•	•		•		
ration Bandini	(HYPPP)	•	•			•	
Milton Community Resource Centre	She Can!	•	•			•	
	Child Abuse Prevention		•			•	
Radius Child & Youth Services	Child Abuse Trauma Intervention					•	
	Educational Support	•					
ROCK Reach Out Centre for Kids	Group Therapy for Youth	•	•				
	Our Community Cares Hubs Reconnecting Youth		•			•	•
	Community Youth Worker	•				•	
SAVIS of Halton (Sexual Assault	Senior Sharing Circle					•	•
& Violence Intervention Services)	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	Caring Dads		•			•	
Halton Inc.	Individual, Couple & Family Counselling		•			•	
VAACA II. II. D. II.	Beyond the Bell Children & Youth Health & Fitness	•					•
YMCA Hamilton Burlington Brantford	Children & Youth Health & Fitness Day Camp	•					•
	Helping Hands						•
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