



How does your gift impact people in our community?



\$2 per pay cheque

- Provides three weeks of diapers and formula for one mother.
- Provides a frost prevention kit for two homeless individuals, including gloves, toque, and pocket warmers.



\$5 per pay cheque

- Provides pajamas and toiletry bag for a family of four entering a women's emergency shelter.
- Provides 20 food hampers to vulnerable pregnant women and parents of young children who are living in poverty.

\$10 per pay cheque

- Provides emergency shelter and services for one individual for ten nights.
- Provides art supplies, including paint, pencils, sketch books, and an easel for one youth participating in a visual arts program.

\$25 per pay cheque

- Provides five speech therapy sessions for someone with an acquired brain injury.
- Provides three weeks of employment preparation courses for one person to secure employment, including work boots, hard hat, and gloves.



\$50 per pay cheque—Leadership Giving

- Provides ongoing depression counselling for four people facing mental illness.
- Provides two months of fresh produce for twenty-four families

\$100 per pay cheque—Leadership Giving

- Provides five day overnight summer camp trip for four children.
- Provides a post-secondary scholarship for one Aboriginal youth to continue their education.



Changed lives. Made possible by you. Please give generously.



Jane's Story - Moving people from poverty to possibility

"Jane" came to our office from a transition centre. She was a mother whose children were in care with a significant amount of Ministry and Children and Family Development (MCFD) involvement. In addition, she was pregnant — pregnant and using drugs. She needed an abstinence-based program, safe housing and intensive supports. She got all of this at our office. We worked with Jane and MCFD so visits with her children could be arranged and she could still attend programs, giving her the opportunity to work on herself — to get healthy and remain committed to her recovery. She successfully completed the program while attending regular trauma therapy sessions to help her heal from her past. This was key in assisting her to move forward. Success is not achieved without hard work — and Jane has done the hard work.

Jane is now living in safe housing within our community and has sole custody of all her children — a family in our community has been reunited. United Way's investment in Jane gave her the opportunity to change her life and to build upon these changes so she could move forward with hope and optimism for herself and her children.



Riley's Story - Healthy people, strong communities

"Riley" was referred to us from a small city in British Columbia after living in a home which provided him with 24/7 support because of his neuro-cognitive deficits and substance misuse. The support provided was not one that fostered independence.

In January 2014, Riley moved to our low income supportive housing and apartment facilities. Here, life skill development is a key support to service. The goal is to integrate people into a more independent housing within a two year period by providing intensive support services to help manage their substance misuse and mental health issue. During Riley's residency at our apartments, he was connected to community supports through our programs and through an individualized reward/incentive program thrived. Riley is continuing to develop life skills and flourish in this more independent environment, and has made friends within the building. He is drinking very little, participating in pro-social activities, and doing day-to-day tasks on his own.

The United Way enables us to share information about Riley between our residential and support workers, ensuring we provide a cohesive, supportive range of services. He is more independent, safer, having a much higher quality of life, and is using fewer high-intensity community resources (hospital, RCMP, etc.) as a result. Alleviating poverty and improving quality of life for one of our most vulnerable citizens, thanks to United Way's contributions.



Sarah's Story - All that kids can be

The man who "Sarah" should have been able to trust as her stepfather became a monster. He undressed, touched and violated her. Sarah's mother did not believe her nor support her and sided with the abuser. Her childhood is a bad dream she could not wake up from. She finally found the courage to flee from Alberta to B.C with the assistance of her older siblings. It was then Sarah found the strength to report the abuse to the regional police. She was 15 years old. She escaped to Kelowna to reside with her biological father who she barely knew. The sexual abuse stopped after she made it to Kelowna. Sadly for Sarah she would begin to endure emotional and verbal abuse from her stepmother. It was not until she found our office that she could see a light of hope. We helped by providing her basic needs as well as trauma therapy, victim services support, ongoing emotional support and advocacy. It was through these supports Sarah found her inner power to build a better life.

It has been 3 years since Sarah has first walked through the doors of our office. She recently has completed her red seal culinary program and managed to pay for it entirely on her own. She is now living in her own place and for the first time knows what safe feels like. She has purchased her first car and is fully independent. We are currently working with Sarah as she awaits her trial outcome and hopefully sentencing.

The United Way assisted Sarah in her journey to heal by providing funding for the sexual abuse counselling program and the resources to be able to make such advancements in her life. She continues to work every day to not let her past dictate her future.

Visit www.unitedwaycso.com/what-we-do/community-impact for more information.