

United we can keep our rural communities strong.



United Way
East Ontario

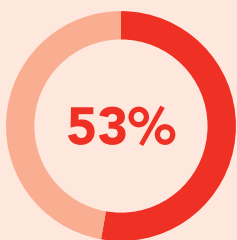


Candace found healing, safety, and stability through a Lanark County transitional housing initiative powered by United Way East Ontario.

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

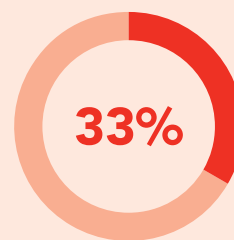
The local facts:*



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 or visit **UnitedWayEO.ca/**



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