

United we can keep our rural communities strong.

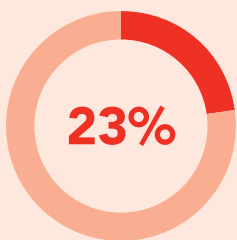


After years of feeling isolated, Denise found community, purpose, and lasting friendships through a program in Prescott-Russell powered by United Way East Ontario.

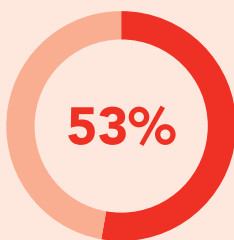
By connecting people living in rural communities who face mental health challenges and barriers to accessing services, this initiative breaks down stigma, reduces isolation, and helps build a more equitable community for everyone.

"I was very isolated and alone. I didn't know people. Now, because of this program, I've made connections. I feel like Hawkesbury has really become my home, my community, because of this." —Denise, local program participant

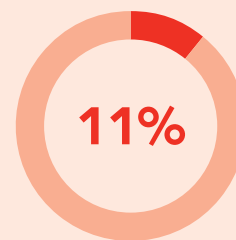
The local facts:*



23% of Prescott-Russell residents reported feeling socially isolated.



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



11% of Prescott-Russell residents indicated having recently experienced suicidal thoughts.

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 accessible, bilingual, and culturally safe mental health counselling to support families and individuals navigating crisis across our rural, remote, and urban spaces.



We advocate for rural economic development and poverty reduction, helping equity-deserving groups, newcomers, and youth access local skills training and employment supports.



We invest in homework clubs and safe after-school programming to prevent kids in our rural communities and low-income neighbourhoods from falling behind.



We partner with local networks to address the unique transportation challenges of our region, helping isolated seniors access vital health appointments, nutritious food, and community connections.



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 Prescott-Russell 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/**



United Way
East Ontario