



United Way's Wishlist

For a city to be great, it has to be great for everyone. United Way works with local agency partners, government, stakeholders and thousands of donors like you, to change lives right here in our city. Through research, consultation and analysis we're able to identify where our community needs help the most and where our investments will show the greatest results.

Here's how you can help:

Help kids be all they can be

- \$10 a month will give 11 children access to a homework club where they can get help with their school work, have a nutritious snack and play sports.
- \$15 a month will keep book shelves stocked at a family homeless shelter.
- \$60 a month will help send a child to a week-long overnight camp for children from LGBTQ+ identities, families and communities.
- \$80 a month will provide sports equipment for 40 children and youth so they can take part in weekly recreation programs.

Support healthy people and strong communities

- \$10 a month will provide people with mental health issues access to community kitchen cooking classes and food to bring to their family each week.
- \$16 a month provides the seeds that will bring people from at-risk neighbourhoods together to plant a community garden or flower garden, as part of a community beautification plan.
- \$20 a month will provide a new immigrant with a professional wardrobe so that she can go to job interviews and get her career started on the right foot.
- \$40 a month provides support tools for independent seniors to prevent accidents in their homes.

Help someone get from poverty to possibility

- \$20 a month provides 10 hours of crisis counselling for vulnerable women.
- \$30 a month provides 26 care packages that include basic hygiene items for a homeless youth taking the first steps to get off the streets.
- \$40 a month provides a counseling session for a youth who is experiencing mental health difficulties.
- \$60 a month will help pay the phone bill to keep a 24 hour crisis line in operation 365 days a year.

Help change lives in our community. Make a donation at unitedwayottawa.ca/donate-today