

Homelessness, food insecurity, declining mental health, addictions and isolation were all issues we faced a year and half ago – the pandemic only increased their urgency and impact on our community. Individuals and families who were already struggling were pushed further into hardship. This is unacceptable.



**1 in 10**  
Canadians experienced thoughts or feelings of suicide in 2020 and the number is even higher for those who identify as LGBTQ2S+, have an existing mental health issue, disability or who are Indigenous.



**1 in 7**  
Canadians reported experiencing food insecurity during the pandemic.



### DOMESTIC VIOLENCE

calls almost doubled during the pandemic because home hasn't been safe for Canadians facing abuse.



We cannot return to the pre-pandemic 'normal' or simply 'recover' when it comes to social issues.

**WE MUST COME TOGETHER TO SUPPORT A RADICAL RECOVERY TO BUILD AN EVEN STRONGER COMMUNITY.**

A radical recovery relies on the harnessed power of all parts of our community – **and that includes you.** Your action is at the heart of our momentum – by donating, volunteering, learning and unlearning – you fuel community change and help build an even stronger community that supports all who live in Guelph, Wellington and Dufferin.

## SHOW YOUR LOCAL LOVE AND DONATE TODAY.

**DONATE** through payroll deduction at your workplace or directly by mail, phone or online.

**HOST** a community fundraising event.

**SPONSOR** community events and initiatives or start a workplace campaign.

**GIVE** a donation of securities or mutual funds.

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Registered Charitable Number: 10745 7053 RR0001

With thanks to our sponsor 

We need a  
**RADICAL RECOVERY**



Let's build an even stronger community.



**United Way**  
Guelph Wellington  
Dufferin

# RADICALLY LOCAL

We know we can't return to the status quo – so our approach to recovery is anything but. We are thinking and acting radically local, with the goal of solving local problems with local solutions and empowering those closest to the issues.

United Way has been at the intersection of community services for the past 81 years. We are committed to facilitating and supporting a collaborative effort to recovery and will focus on building emotional wellbeing and resiliency, ensuring people are connected to supports to build connection and belonging and help individuals and families stabilize and recover by aligning supports for food, housing and financial security. We will put people at the centre of our work and work to address the inequities that equity and rights seeking groups experience.

And most importantly, we will mobilize a shared responsibility for social good. Together, we will build an even stronger community after COVID-19.

# WHAT YOUR LOCAL LOVE CAN DO

Every donation matters. Collectively we will make a radical recovery.



**\$25**

buys a nutritious food basket for one individual, including fresh fruit & vegetables, canned protein, eggs, pasta, skim milk powder, cheese and cereal.



**\$100**

provides a one hour counselling session for a woman experiencing domestic abuse or sexual assault.



**\$250**

trains 2 community members with valuable suicide prevention training, to help participants recognize when someone has suicidal thoughts and plan for their immediate safety.



**\$365**

provides 2-3 sessions of brief therapy for an LGBTQ2S+ individual struggling with their mental health.



**\$500**

pays for a monthly community food market, that offers a dignified, choice-based nutritious food program to older adults living with low-income.



**\$1000**

supports one child in a mentorship program for an entire year, to help them build healthy relationships and grow self-esteem and connection.

# LEAD THE WAY

Do you have the capacity to give \$1,000 or more this year? Become a Local Leader and demonstrate your deep commitment to our community's radical recovery from COVID-19. The collective investment of Local Leaders helps address the root causes of social challenges and creates long-term strategies to solve them.

Outside of making lasting change possible in our community, why should you become a Local Leader?



- Valuable tax benefits for your donation
- Invitations to community events and workshops that demonstrate your impact and help you understand local issues
- Recognition as a Local Leader in our annual report
- Receive monthly email updates on the impact of your support

Making a Leadership gift is easy:

- If your company runs a workplace campaign, participate in the payroll deduction plan at the \$20 per week level.
- Authorize monthly donations from your credit card or chequing account at the \$85 per month level.
- Give a one-time donation by cash, cheque or credit card. You can donate by mail, phone or [online](#).