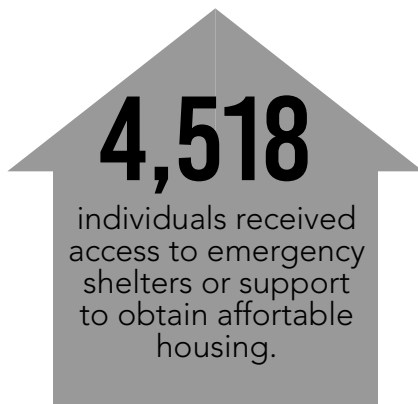


Did you know?

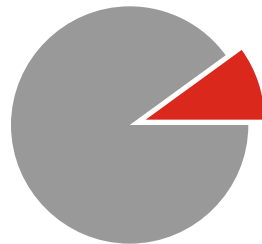
United Way Waterloo Region Communities ensures that funds raised locally stay local in order to improve lives right here in your community.

In 2017, local donations made all of this possible:



10,549

youth were able to access programs that helped them improve their coping skills, self-esteem, and sense of wellbeing.



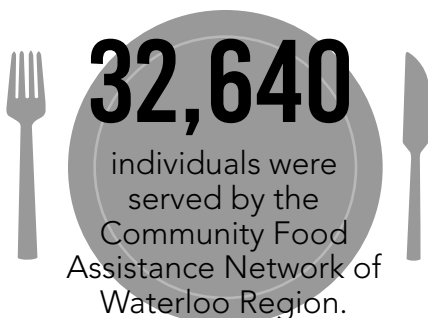
1 IN 10

young people between the ages of 15 and 19 report experiencing "quite a lot" of life stress.

Children's Planning Table - 2014 StatsCan, Canadian Community Healthy Survey

22,338

individuals were able to put food on the table through access to food hampers and education around healthy eating and cooking on a budget.



Foodbank of Waterloo Region

11,110

individuals experienced a decrease in psychological distress through supports that provide counselling to individuals, families and groups.



Over

440

individuals improved basic life skills, including the development of reading, writing and financial literacy.