

Philanthropy and Community Resources in Waterloo Region

Giving Back in Waterloo Region

Finding a cause you are passionate about, and the right vehicle for you to make a difference on that cause, can be daunting if you don't know where to start.

- [Volunteer Waterloo Region](#) is a great place to start. They host an online searchable database full of opportunities to give back locally through volunteering.
- Talk to your friends, family, and colleagues about their philanthropy and what they are passionate about.
- Check out the organizations in your neighbourhood and what's happening in your own backyard.

Wellness Supports

- [211 Ontario](#): 211 is a helpline and online database of Ontario's community and social services. When you don't know where to turn, turn to 211.
- [Wellbeing Waterloo Region](#): A community-led initiative working together across sectors to improve wellbeing
- [Here4Help](#): A new and complimentary library of curated, best practice-based resources to help manage the stresses of dealing with COVID-19, offered and refreshed regularly by CMHA WW and community partners
- [Counselling Collaborative of Waterloo Region](#): Community-based partnership between six community counselling service providers within the region
- [Family Compass](#): FamilyCompassWR.ca is your first step to finding community-based services and supports for parents, youth and children in Waterloo Region.

Connect with United Way

Volunteer

Some of the ways we can offer hope during this unprecedented community crisis is by spreading some #LocalLove. Explore our [virtual volunteer opportunities](#) to find out how you and your team can give back!

Give

As individuals we have so much power to make a meaningful difference in our community. Explore our [unique giving options](#) or become a Leadership donor today!

Learn More!

To learn more about what we're up to as we support our community in rebuilding and reimagining, click [here](#).