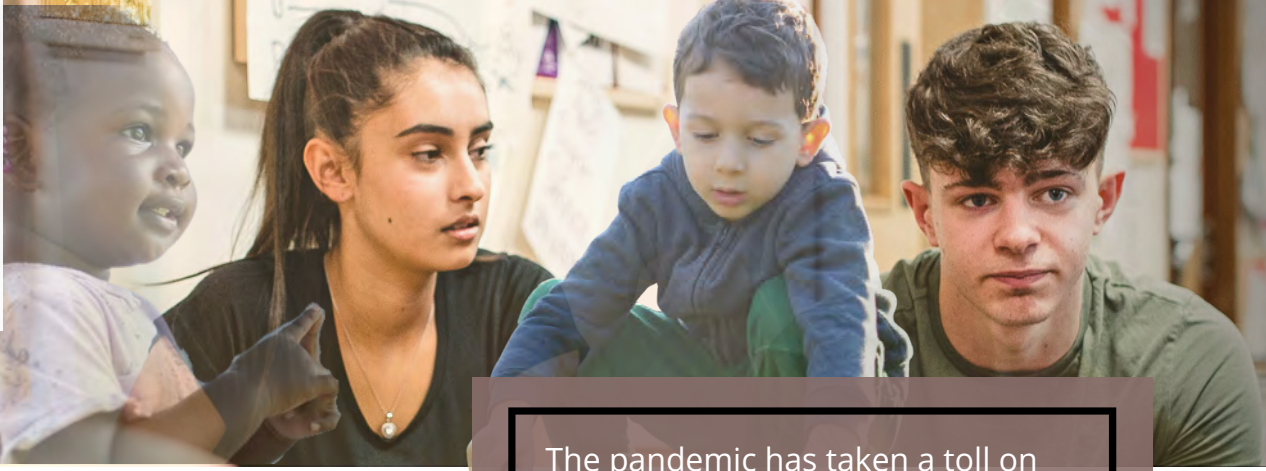# Supporting Children & Youth

Too many young people are feeling lonely, isolated, and are falling behind in school.

The pandemic has taken a toll on the children and youth in our community. They need supports for mental health, physical safety and overall health. As a community we have the power to set the next generations up for happy, healthy, and successful lives.

Only
55.3% of youth
felt like they were a valued member of their community.[1]

Indigenous Peoples make up only 4.3% of the overall Canadian population but **30.6% of the youth homeless population** are indigenous.[2]

Indigenous 30.6%

Non-indigenous 69.4%

A Message from Child Witness Centre
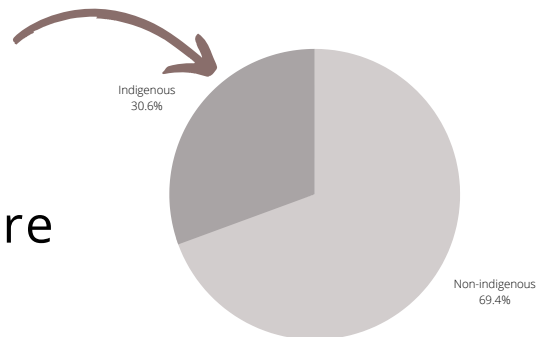
The impact of our work is immediate. Clients experience positive transformation in their mental health, emotional wellbeing, and resiliency to face tomorrow with hope. Without Child Witness Centre, there is no one else that does the work we do – and the long-term impact is tremendous. When unsupported, young people are: 4X as likely to report self-harm or suicidal ideation, 26X more likely to experience homelessness later in life. With early intervention, demand for downstream services related to family violence, mental health and addiction can be significantly reduced, resulting in a better community for everyone.
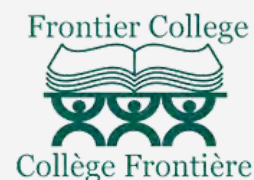
Local Solutions

Thanks to your support, here are a few of the frontline organizations that United Way WRC funded in 2021-2022 to support youth locally.

Adventure 4 Change

Langs
Community. Health. Wellness.

Programs Changing Lives

- Age specific counselling
- Mentorship programs
- After school & weekend food programs
- Homework help and tutoring
- Bullying prevention programs
- Community centre spaces
- Leadership and volunteer opportunities

Children and Youth Planning Table
of Waterloo Region

food4kids
WATERLOO REGION

Big Brothers Big Sisters
OF WATERLOO REGION

Frontier College
Collège Frontière

Child Witness Centre

Strong Start to reading
"Making a difference in the life of a child"

1 (CYPT. (2021). 2021 Youth Impact Survey-Age Snapshot Brief. Children and Youth Planning Table of Waterloo Region. Waterloo, ON. CYPT-YIS-AGE-SNAPSHOT.pdf (childrenandyouthplanningtable.ca))

2 https://www.homelesshub.ca/about-homelessness/population-specific/racialized-communities

Without you, there is no way.

United Way
Waterloo Region Communities

519-888-6100 | www.uwaywrc.ca