



UNITED WAY WRC
CAUSE AREA

Strengthening Community Leadership

A healthy, vibrant community depends on building strong leaders and a robust social sector.

This area focuses on building the capabilities of our leaders (present and future), including young people, and those who have been marginalized; support volunteerism; and build capacity and resiliency in our local non-profit sector.

72% of respondents to the YMCA Work Well survey believe that feelings of **social isolation** have had a **negative effect** on their personal well-being during COVID-19. As a result of the pandemic, lockdown measures meant that those who were already marginalized felt even more alone. ¹



Meet Julie

Julie, a 40 something very fit individual, became isolated with mobility issues due to a severe illness. She met one-on-one with a team member from Volunteer Waterloo Region who was able to connect her with a volunteer position. She volunteered for a few months and then re-approached Volunteer Waterloo Region for additional volunteer opportunities as she was no longer employable. Julie has now been an invaluable resource for 4 different organizations. She credits Volunteer Waterloo Region with saving her life and has shared that she was suicidal when she stumbled upon the Centre. Connecting with organizations and feeling like she has value has gotten her back on track. By building Julie's capability to support organizations doing good work in the community, Volunteer Waterloo Region was able to give her the leadership skills to stay connected with her community through such a personally difficult time for her.



Local Solutions

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



Programs Changing Lives



- Leadership training or opportunities for practice
- Volunteer recruitment, training or opportunities
- Neighborhood volunteer leadership programs
- Youth leadership training opportunities
- Mentorship for adults and youth
- Collaborative community tables



¹ <https://www.ymcaworkwell.com/community-report>

Without you,
there is no way.

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United Way
Waterloo Region
Communities