FOR IMMEDIATE RELEASE
Friday October 3, 2025

Women United Waterloo Region Hosts "Stronger Together" Event Highlighting Mental Health and Community Leadership

WATERLOO REGION – Last night at Gowling WLG's Kitchener office, Women United – Stronger Together unfolded as an extraordinary evening that blended leadership, compassion, vulnerability, and generosity. Hosted by *Women United Waterloo Region*, a Leadership Giving committee of United Way, the event brought together community members in a spirit of connection, conversation, and inspiration, with a shared commitment to creating meaningful change for women and children in our region.

The event featured keynote speaker Grace Ibrahima, a celebrated author, advocate, and community leader, whose powerful storytelling inspired guests with her journey of resilience and her candid reflections on issues such as mental health, addiction, racism, and inequity.

"*Women United is more than a committee — it's a movement*," said Sara Cook, Co-Chair of Women United. *"Together, we combine our voices, our talents, and our resources to create real, lasting change for women and children in our community."*

Building on the success of its inaugural event in 2024, which raised $20,000 for Women's Crisis Services of Waterloo Region, this year's event was generously sponsored by TD Bank, Magnet Forensics, and Gowling WLG. Funds raised will directly support Food4Kids Waterloo Region and Nutrition for Learning, addressing urgent needs for local children and youth, as selected by the volunteer committee.

"*Tonight, we've heard powerful stories about resilience, courage, and the importance of creating spaces where women and children can thrive*," said Joan Fisk, CEO of United Way Waterloo Region. "*The challenges are complex, but not insurmountable when we come together. United, we are stronger, and together, we can build a community where every woman, every child, and every family has the chance to succeed*."

Women United Waterloo Region is part of a global movement of women philanthropists who are passionate about creating positive change through collective giving and community engagement.

For more information about Women United Waterloo Region or to learn how you can get involved, visit Women United – United Way Waterloo Region Communities

About United Way Waterloo Region

United Way Waterloo Region Communities believe that every person in every community deserves the opportunities, access, and connections they need to build a good life – regardless of their income, the neighborhoods they live in, or their social identity. Thanks to generous donors and partners, United Way Waterloo Region is privileged to collaborate with people, non-profits, and businesses to empower multiple innovative, impactful, and measurable solutions. United Way Waterloo Region fights local poverty by building and strengthening a network of local non-profit organizations that function as the region's social safety net.

For media inquiries, interviews, or additional information, please contact:

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