



News Release

United Way Waterloo Region

For Immediate Release – Wednesday, January 20th, 2026

UNITED WAY ANNOUNCES \$500,000 DONATED TO LOCAL NON-PROFITS AND CHARITIES IN NEED THIS QUARTER ALONE

WATERLOO REGION: United Way Waterloo Region (UWWR) has announced \$500,000 in community investments for its fourth quarter (Q4), spanning January–March 2026. Under its new model, this recent round of United Way funding supports local organizations that receive grants for 12 months. This quarter's funding supports organizations working under the specific issue areas of Mental Health, Addictions, and Food Insecurity.

Each quarter, a new round of 12-month grants is awarded to organizations working through other specific issue areas that are critical to the wellbeing of Waterloo Region, such as affordable housing and homelessness (Quarter 1), Children and Youth, addressing Hate, Gender-Based, and Family Violence (Quarter 2), and Community & Social Supports, such as Literacy, Employment Skills, and Assistive Devices (Quarter 3).

“We are living through a very challenging social and economic moment, and the local non-profit organizations in our network are bearing a heavy burden,” says Joan Fisk, CEO of UWWR. “We are incredibly grateful for the community leadership shown by our donors and corporate partners, because their funds are going where the need is truly great: improving mental health supports, addiction services, and filling more bellies in our neighbourhoods to address the growing crisis of food insecurity.”

Through the Q4 funding review process, 29 applications were assessed, representing total funding requests of more than \$2.1 million. As a result, UWWR approved funding for 9 successful applicants and 3 strategic partnerships, supporting a total of 17 organizations and initiatives across Waterloo Region.

“The need in our community is skyrocketing,” adds Fisk. “When it comes to mental health, addictions, and food insecurity, needs are rising at the same moment we see our donations falling drastically. Although we are glad we are able to distribute over \$500,000 to our partners, the reality is that this amount is simply not enough. We are



sounding the alarm bells to our community members that the time to help others and stop the growing cycle of social crisis unfolding in front of us, is now. We need your help."

Investments in Mental Health & Addictions focus on improving access to counselling and mental health supports across the region, particularly for populations experiencing barriers to care. This includes continued support for the Counselling Collaborative of Waterloo Region, a coordinated network of six local counselling organizations serving urban and rural communities, racialized populations, youth, and individuals experiencing homelessness and addictions.

Food Insecurity investments this quarter support organizations addressing rising demand for food access, with a focus on seniors, children and youth, and underserved geographic areas including Cambridge and the Townships.

Q4 Community Investments – Funded Organizations:

United Way Waterloo Region's Q4 investments support the following organizations and initiatives addressing Mental Health & Addictions and Food Insecurity across Waterloo Region:

- [Cambridge Food Bank](#)
- Counselling Collaborative of Waterloo Region, including the following member organizations:
 - [Porchlight Counselling & Addiction Services](#)
 - [Camino Wellbeing + Mental Health](#)
 - [Interfaith Counselling Centre](#)
 - [Muslim Social Services](#)
 - [Shalom Counselling](#)
 - [Woolwich Counselling Services](#)
- [Community Care Concepts of Woolwich, Wellesley and Wilmot Townships](#)
- [Community Support Connections](#)
- [Food4Kids Waterloo Region](#)
- [Langs](#)
- [Nutrition for Learning](#)
- [Thrive HIV Prevention and Support](#)
- [Wilmot Wellesley Resource Centre](#)



About United Way Waterloo Region

United Way Waterloo Region is a non-profit organization with a unique mandate, defined by the Government of Canada as an 'umbrella organization': we raise funds for a large number of charities working across many social issues, such as homelessness, mental health, addictions, food insecurity, literacy challenges, and support for children, youth, and seniors, among others. Funds raised by United Way are then strategically allocated to local groups and charities where the greatest impacts can be made, and donor dollars can be used most efficiently to make the greatest local impact. We help build our community by supporting a wide network of non-profit organizations, whose programs and services are locally focused and deeply invested in helping people reach their full potential. We help people in need *today*, while also addressing the systemic issues impacting *tomorrow*. To learn more, connect with us at www.uwaywrc.ca.

Digital Assets:

Please visit www.uwaywrc.ca/about-us/communications/ to download our digital assets and further information, including photos, CEO bio and photo, and other United Way materials.

For more information or for media interviews, please contact:

Scott Hamilton

Senior Director, Community Engagement & Communications

United Way Waterloo Region

519-888-6100 ext. 203

shamilton@uwaywrc.ca