



2017 - 2018

# INVESTING FOR IMPACT



**United Way**  
Central New Brunswick

# IMPROVING LIVES LOCALLY

People are struggling to make ends meet each and every month. Your support makes change possible. By placing your trust and confidence in United Way, you are helping to build a connected, strong community where everyone has the opportunity to succeed. Whether it's giving children a good start or ensuring those living in poverty can meet their basic needs, together we are helping to change lives.



**United Way  
Centraide**

Central New Brunswick  
Région du centre du N.-B.

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# 2017 FUNDED AGENCIES

- ● Ability New Brunswick
  - Adult Literacy Fredericton
  - Big Brothers Big Sisters Fredericton & Oromocto
  - Boys & Girls Club of Fredericton
  - ● Capital Region Mental Health
  - Chimo Helpline
  - CNIB
  - Easter Seals New Brunswick
  - ● Family Enrichment & Counselling Services
  - ● Fredericton Community Kitchens
  - Fredericton Downtown Community Health Centre
  - Fredericton Homeless Shelters
  - ● Fredericton Sexual Assault Centre
  - ● Greater Fredericton Social Innovation
  - ● Greener Village Community Food Centre
  - ● Jobs Unlimited Fredericton
  - John Howard Society of Fredericton
  - ● Liberty Lane
  - ● Meals on Wheels of Fredericton
  - ● Multicultural Association of Fredericton
  - ● New Brunswick Association for Community Living
  - ● Opal Family Services
  - Oromocto and Area Food Bank
  - Scouts Canada Riverton Area
  - Sunbury West Headstart
  - ● Youth in Transition
- Key:
- All That Kids Can Be
  - Strong Communities
  - Poverty to Possibility



18,300

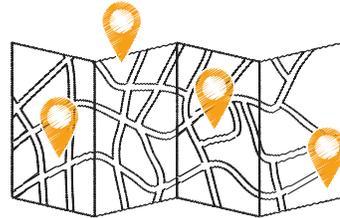
individuals directly impacted.



# Your donation looks like

## HELPING KIDS BE ALL THEY CAN BE

Children and youth in our communities are facing issues such as:



**71%** of youth do not know where to get help in their community.\*



**39,712** children are unprepared to start kindergarten.\*



**53%** of youth in grades 6 to 12 have been bullied.\*



United Way is giving children and youth the support they need to get a great start in life, do well in school, and reach their full potential. From mentorship and tutoring programs to wellness and leadership development opportunities- we are helping kids to build positive relationships and to believe in themselves.

**Together, we are improving outcomes through investments in:**



- Success in School
- Community Leadership & Development
- Emotional & Physical Wellbeing

\*Data retrieved from the New Brunswick Health Council 2017 Community Profiles.

I have 3 children: 12, 10 and 6. Although my oldest has aged out of the program, my two youngest still attend the Fredericton Boys and Girls Club, and all three have benefited in more ways than one! My three children cherish every aspect of Boys and Girls club, from the after school programming to any and all camps.

Having the Boys and Girls Club in our lives, allows me peace of mind while at work. Raising a child with ADHD can at times be a huge challenge; the Club has not only welcomed it with full understanding but high-fives, "Way to gos" and mini rewards. They have given my son positive male role models he can look up to and admire. The Boys and Girls Club has also given my daughter, now 6 but started at the age of 5, the opportunity to come out of her shell and has given her a safe place free of bullies and negativity; they have opened the doors to her creative side.

The Boys and Girls Club has given my children so many new opportunities that they wouldn't have otherwise been able to experience. They continue to show kindness, friendship, compassion and understanding. They have added new meaning to "It takes a village to raise a child." Thank you leaders! Thank you Boys and Girls Club.



# 5,194

Youth were directly impacted in 2017.



## 2017 HIGHLIGHTS

**2,514** youth participated in information sessions which promote healthy relationships and the prevention of sexual violence.



**550** students received a nutritious lunch every day at school, enabling them to focus on their studies and get involved in school activities.



**94** youth have access to mental health care from counsellors who understand and help teach positive coping skills.



**32** youth with visual impairments gained self-confidence, independence and developed positive relationships with peers.



**82** children were provided with a strong, positive, and healthy relationship with a mentor.



462 youth participated in Scouting activities that helped them develop into well-rounded individuals better prepared for success in the world.



**164** students were provided with academic support to ensure their success in school.



**286** children and youth have a sense of pride and belonging in their community through participation in Boys & Girls Clubs.



**230** children and youth had access to healthy and hot breakfast programs every day.



**130** children were provided with a cost free, barrier free opportunity to play and be active on organized sports teams.

# IMPACTING ROLE MODELS

BIG BROTHERS BIG SISTERS OF FREDERICTON & OROMOCTO IS ALL ABOUT CREATING RELATIONSHIPS TO LAST A LIFETIME.

Jermaine Andrade was matched with his Big Sister Dria when he was 6 years old, now 20, Jermaine has just recently finished his third year of software engineering at UNB. When asked to reflect on his experiences as a little brother, he had this to say.

"Being with Big Brothers Big Sisters all these years has been a fantastic experience for me. I've been able to experience a plethora of things I probably would never have done if I was not matched.

Dria and I have done a lot over the years, ranging from playing board games at her house, going for simple walks, to kayaking at the Bay of Fundy.

*"I can still remember the first little outing we went on. It was just a simple drive to Tim Hortons." - Jermaine*

We both like to give back to the organization when possible by offering our help at events like Bowl for Kids Sake, selling raffle tickets or sharing our stories at fundraising galas. These experiences have also helped me develop as a person by putting myself out there and developing more confidence in the process. Last year I joined the BBBS Board of Directors.

It's also thanks to my involvement with Big Brothers Big Sisters that I was awarded the CIBC Youth Vision Scholarship, a scholarship valued at \$36,000 which has included summer employment for my high school and post-secondary years, \$4000 in tuition each year for four years, and I was flown to Toronto to accept the scholarship and celebrate with the other recipients.

I can still remember the first little outing we went on. It was just a simple drive to Tim Hortons. When we got there, Dria asked what I wanted to get. I said that I wanted an ice cappuccino.

Dria, however, didn't know if my mother actually let me drink them and didn't want to send me home loaded on caffeine on a school night, so I had to settle for something else.

I'm not entirely sure of what I thought at the time, but I was probably a bit disappointed – first time meeting this lady and she didn't let me have what I wanted. It's safe to say that I've forgiven her since then."

*"Seeing him work hard to achieve his goals has been amazing and I am forever grateful to the dedicated BBBS team for matching us. Jermaine is an extraordinary soul and I'm blessed to have him in my life." - Dria*



*"Jermaine inspires me. He's positive, kind and brave. It's been a privilege to watch him grow from a shy 6 year old into a powerful, confident adult." - Dria*

When we spoke to Dria about her experience, it's clear that she has since forgiven him and has been inspired by the person Jermaine has grown to become.

"When I applied to be a Big Sister, I assumed I'd be matched with a girl, however, my wonderful caseworker explained there were boys I could be matched with as well.

Jermaine and I were matched when he was in grade 1. From the start, I figured it would be an interesting ride. Each child fills out a list of things they like to do. Jermaine checked every box, including "shopping". I was intrigued. As it turned out, when he was 6, "shopping" meant buying tons of presents!

As a Big, I've received many unexpected gifts. Jermaine and I have had fun adventures: summer trips to New River Beach for sand castles, making pizza and cookies, mini golf, hiking Mount Carleton and volunteering. He even taught me chess when he took it up in grade 5. But my favorite memories revolve simply around our conversations ... he has a great dry sense of humor.

Jermaine inspires me. He's positive, kind and brave. It's been a privilege to watch him grow from a shy 6-year old into a powerful, confident adult."



# Your donation looks like **BUILDING STRONG COMMUNITIES**

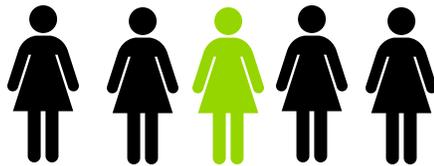
Individuals in our communities are facing issues such as:



**1,516** clients utilized Settlement Programs at the Multicultural Association of Fredericton in the past year.



**44,574** individuals in Central NB have consulted a health professional about their mental wellbeing in the past year.\*



**1 in 5** women experience some form of abuse in their intimate relationship.\*\*



**22%** of individuals in Central New Brunswick are living with a disability.\*



United Way is creating vibrant neighbourhoods, where everyone experiences a sense of belonging and connection to one another. We are helping individuals and families to build the assets they need to handle life's challenges and to achieve their goals.

**Together, we are improving outcomes through investments in:**



- Disabilities
- Newcomers
- Mental Health
- Sexual & Domestic Violence

\*Data retrieved from the New Brunswick Health Council 2017 Community Profiles.

\*\*Data retrieved from Family Violence in Canada: A Statistical Profile, Statistics Canada 2011.



Living in a small community is not without its challenges, but perhaps the biggest is finding a job that suits my abilities and makes me feel like I am reaching my full potential. I love meeting new people, having new conversations and I'm said to be a creative problem solver.

Living with Spina Bifida has only allowed me to perfect these skills but finding a job isn't easy... I think sometimes it's hard for people to see past my wheelchair. The lengthy job search was putting a damper on my positive spirits, but reconnecting with Ability NB changed everything. I met with a transition planner who helped me identify my skills and interests, map out a plan and develop my resume. With this support, I secured a volunteer opportunity at the local public library. Volunteering is helping me get a job because it is giving me useful skills. I don't think I would have gotten this volunteer job without Ability NB.

- Paige VanDine

# 6,168

Individuals were directly impacted in 2017.



## 2017 HIGHLIGHTS

**1,644** individuals accessed a free, confidential listening ear to support them with thoughts of suicide, emotional stress and loneliness.



**274** adults and couples received affordable and subsidized counselling where they were provided with skills to manage all of life's challenges.



**185** men and women who are, or have been, in an abusive relationship are receiving emotional support and personalized safety planning.



**843** individuals received training that helped them develop specialized understanding, knowledge and skills to respond effectively to sexual violence.



**147** individuals with a mobility disability worked 1 on 1 with a rehabilitation counsellor to develop action plans to help them stay independent.



# \$47,237.82

worth of volunteer hours were invested during 2017 Days of Caring to help our communities.



**147** adults with an intellectual disability are receiving support and guidance in their career placements.



**140** immigrants were paired with a peer mentor to help them adjust to their new city.



**218** adults and youth with disabilities have access to a weekly drop-in program to help reduce social isolation, improve social skills, and build meaningful friendships.

# IMPACTING PARENTHOOD

OPAL FAMILY SERVICES PROVIDES SUPPORT TO PARENTS AND KIDS LIVING WITH AN INTELLECTUAL DISABILITY.

As a university graduate with a specialty in disabilities and education and over twenty years of experience in the field, I always knew I wanted to work in an area where I was helping people. With my husband Mike, who only encouraged my dreams, everything about our lives seemed perfect.

Mike and I always knew that we wanted children. It didn't matter how it happened, we were open to anything since both our families are familiar with adoption; I'm adopted, and Mike has an adopted sister. About a year into our marriage, we weren't having any luck conceiving so we placed our name on the baby adoption list. It became apparent, after trying for a while, that we needed to head to the doctor to see what was going on.

Thus began our fertility route, lined with lots of medication and doctor visits galore. After trips to the Grace Memorial Hospital in Halifax for in vitro treatments, we still couldn't get pregnant.

**"We were getting so broken down, this was our dream but we weren't getting any further ahead."**

Determined to make our family a reality, Mike and I decided to sign up for an information session and training for older child adoption. A social worker shared with us that we should decide on one route: either continue with fertility treatments or pursue adoption.

We decided on adoption, and after filling out the forms, it was only months later that we heard about the possibility of an adoption! Presented with seven sets of siblings, we chose two beautiful girls: two-year-old Jessica and three-year-old Stacey.

They came to us with what was believed to be global developmental delays, and also with the belief that they experienced some serious neglect in their previous home. We knew this could create issues, but we decided to proceed with the adoption.

***"After a gradual transition from their foster parents into our home, in August 1999 our adoption with Jessica and Stacey was complete! We were overjoyed."***

Due to the girl's global delays, we were kept busy! Countless appointments with therapists, doctors, and specialists of all kind and in every area. Trips to Saint John, Moncton, Halifax and even the United States at one point for an assessment. The two girl's varied in challenges, with Stacey having higher functions than Jessica, but faced more difficult behavioural challenges.

Through our hectic lifestyle, it was hard to take time for myself. Four months had passed before I realized that I hadn't gotten a period in nearly four months! After going to the doctor for what I thought was a bladder infection, I found out I was four months pregnant. Against all the odds, and after we thought our family was complete we were going to add another addition. Our youngest daughter Danielle was born in 2002, and has added that much more happiness into each of our lives.

As the girls got older, we continued to learn more about them. Once Jessica had reached grade five she was diagnosed with FASD: Fetal Alcohol Spectrum Disorder, which enabled us to fully understand the best ways to help her.

Stacey was diagnosed in grade seven with FASD as well, along with RAD: Reactive Attachment Disorder, after a huge temper tantrum in her classroom. Reactive Attachment Disorder develops when needs aren't met as a baby, like not changing their diaper or not feeding them when they're hungry. This gives them mixed messages and creates an internal dynamic that Stacey will work with for the rest of her life.

With these new diagnoses', came an even busier schedule. Jess was quite far behind her peers, and had weekly, biweekly and even more appointments in between. Stacey kept us busy with behavioral issues, and while we tried our best keeping our family going we needed more help.

A friend of mine recommended Opal Family Services, a local organization that helps and supports families and individuals with disabilities. Since that recommendation, we have been involved with Opal for many years, and it has truly been a lifesaver. The girls have been paired with mentors, Opal staff support me at specialist and group meetings, they helped organize respite care and provided suggestions for support workers that have already been screened and approved.

Opal offers a respite apartment which has been incredible for one of my girls: it gives everyone a break and provides an opportunity for her to feel independence. We have completed summer camps through Opal, and they even help us when we travel through finding accommodations and providers in different cities.

I now sit as a member of the Board of Directors for Opal Family Services, in an attempt to give something back to an organization that has given so much to us.



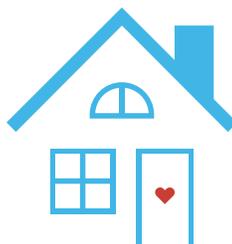
*"Our family would be at a loss without Opal and the incredible staff that have given our girls so much."*



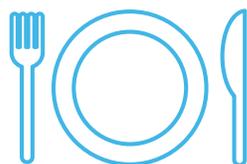
Your donation looks like

# MOVING PEOPLE FROM POVERTY TO POSSIBILITY

Individuals in our communities are facing issues such as:



**32,013** individuals in our community are living in subsidized housing.\*



**17,830** individuals live in homes with food insecurity.\*



**26%** of adults in Central New Brunswick have a reading comprehension below a Grade 2 level.\*



Poverty is a complex set of stubborn, intertwined social issues. United Way is one of the partners working together to address poverty in a meaningful way, helping every member of our community to have the opportunity to realize a better future.

Together, we are improving outcomes through investments in:



- Food Security
- Housing Stability
- Employment & Financial Stability

\*Data retrieved from the New Brunswick Health Council 2017 Community Profile



After getting diagnosed with Multiple Sclerosis (MS), it soon became difficult to prepare my own meals, but I didn't want to give up my independence. Even though I have a lot of family in and around Fredericton, it's hard for them to stop by every day to ensure I'm getting a hot and nutritious meal.

Thankfully, Meals on Wheels Fredericton has volunteers who distribute personalized meals each and every day right to my apartment door. I became a client of Meals on Wheels 16 years ago. Thanks to them, I am able to live on my own and maintain my independence. I look forward to the Meals on Wheels volunteer coming every day. It's nice to have their friendly face come in and ask how you're doing. It helps put my family at ease to know that I'm being looked after and not going hungry.

- Margaret

# 7,655

Individuals were directly impacted in 2017.



## 2017 HIGHLIGHTS



**240** individuals who find themselves homeless are provided with support, and a safe place to stay.



**25** adult learners were paired with a free, confidential tutor to help them improve their literacy skills.



**100** individuals living in poverty in downtown Fredericton have access to immediate support and health care services.



**293** individuals receive a nutritious, home-delivered meal and are provided with social support, enabling them to live independently.



**700** eggs were provided to school breakfast programs ensuring that all kids start their day with a full belly.



**650** newcomers using the food bank received nutritious and culturally appropriate foods.



**255** adults and youth experiencing homelessness or poverty have access to supports to develop and adopt new skills.



**58** individuals received ongoing support to ensure they could maintain safe housing and reduce re-entries into shelters.

# 5,712

individuals in Oromocto and surrounding areas received emergency food, clothing, social engagement and skills development services.



# IMPACTING THE FORGOTTEN

UNITED WAY OF CENTRAL NEW BRUNSWICK IS PROUD TO WORK WITH THE COMMUNITY ACTION GROUP ON HOMELESSNESS TO ELIMINATE CHRONIC AND EPISODIC HOMELESSNESS IN FREDERICTON. THIS STORY IS BY ADVOCATE AND PEER ADVISOR KARI HIRST.

A lonely house stands on a quiet street corner; dilapidated and dejected, holding on to none of its former beauty. It stands completely abandoned; left alone to its own destruction; much like those who have chosen to make their homes within its walls; finding some small sense of security inside the crumbling filthy structure.

*"Just like the dwelling they inhabit, the people inside have been completely abandoned; left broken and dejected."*

First by their world and then by themselves as their source of comfort becomes their all-consuming commander, and all they are is torn away by this relentless new master. Their will is no longer their own, and their bodies become beaten and battered under the heavy yolk of their heartless boss.

People look at them with disgust in their eyes. They call them, "Junkies, crack heads, worthless, losers." It doesn't matter what they say, no one could hate them any more than they already hate themselves. These uncaring people with their cruel words don't understand that those they beat down were once just like them; they refuse to look underneath. They can't comprehend that some are further trapped by elements outside their addiction.

For some, it might be a sexual predator who has gotten them hooked to fund his own habit. Still, others are imprisoned by their own minds; trapped on an emotional roller coaster that lifts them up and drops them down way faster than they can possibly keep up with. Others live in a world of delusions that are so vivid, with voices that are so real that they can't escape them, and therefore they are compelled to follow them even into their own demise. All the while, others are crippled by such intense fear that every corner of their world becomes a corner of uncertainty. They find their solace in whatever relief comes through the door, and soon they can't imagine getting through the day without their new BFF.

*"Between Valentine's Day and mid-April 2018, 5 of us died; 1 from complications due to alcoholism; 1 from an overdose; 1 from a heart attack; and 2 by suicide."*

I know situations like this can be hard to understand for the average person. But I do understand because I have been there, done that. We are equals! These are the hidden homeless; these are my people, and far too many of them die in their despair; broken and defeated.

I can just imagine how heart-breaking these stats are for you to read. Now I ask you to imagine how devastated we feel because these aren't stats for us; they're real people, who lived lives and touched lives; these are our friends, and they were taken far too soon.

I can remember making the trek each morning across the bridge to check on that abandoned house and my friends who had come to call it home. I remember worrying that I would find it burnt to the ground. I remember the relief that flooded me when I saw that it had not, and then my breath catching as I climbed the rickety stair case, hoping beyond hope that everyone inside would be alive and well.

Fortunately, I didn't lose any that summer. However, I did lose contact with a few of them when they boarded the house up; abandoning them once again to find whatever safe haven they could find in an increasingly chaotic world. And all that's left for me to do is wish that they find peace and healing.

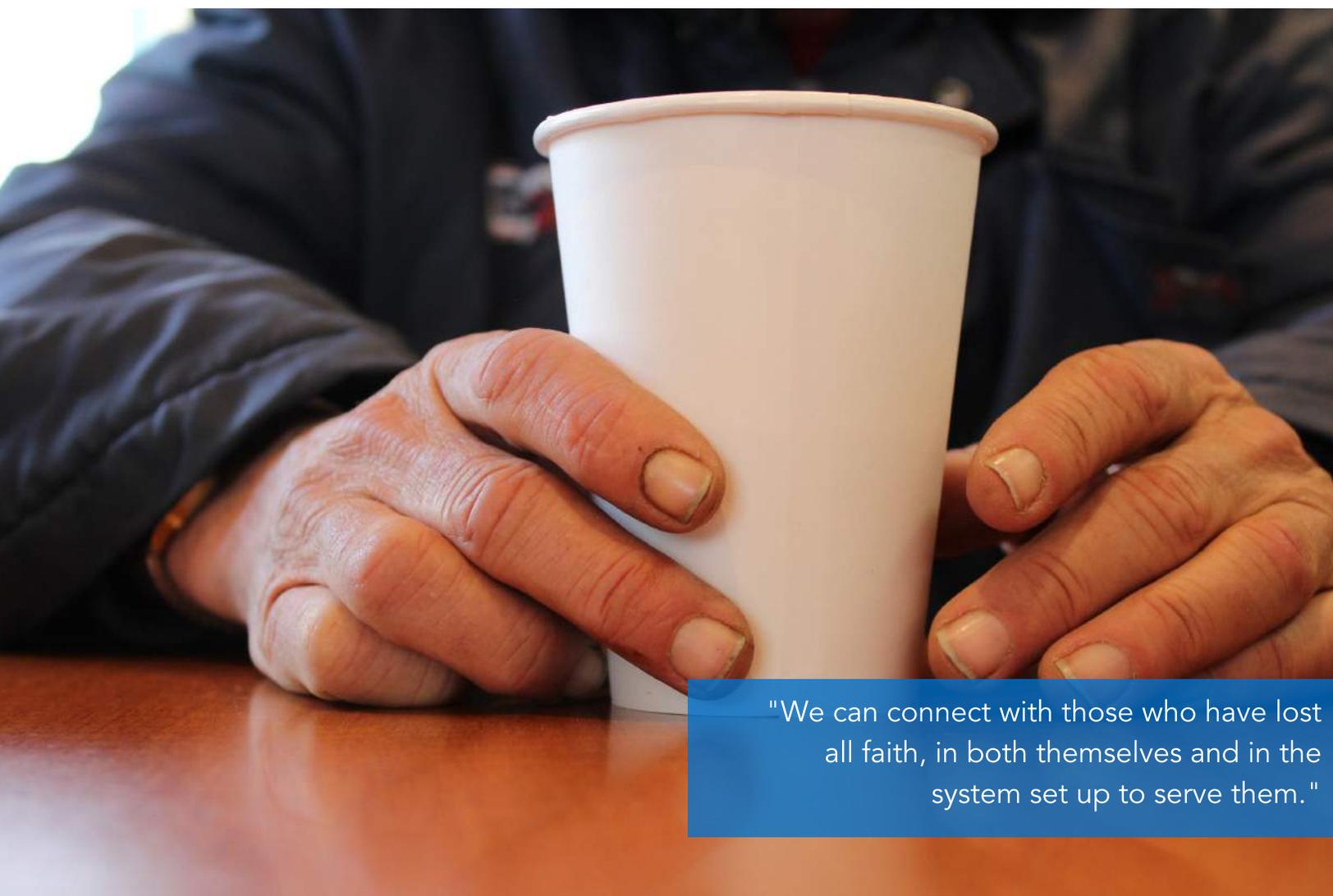
*" One of the boys said he was thinking of ending it before he met me because he was convinced no one cared."*

I remember someone asking me why I wasted my time on those people. I said, "first of all it's not been a waste." One of the boys said he was thinking of ending it before he met me because he was convinced no one cared, and then when I came along he had someone who cared and that was a game changer for him. And as long as we can keep them alive there is still hope, even if they can't see it yet.

This is the beauty of peer support. We can connect with our people at a deeper level, using the healing power of empathy. We can find the broken and defeated that no one else can find because we are one of them, and they trust us enough to invite us in.

We can connect with those who have lost all faith in both themselves and in the system set up to serve them. We can be there in the wee hours when everyone else has gone home and the pain of living becomes too much.

These are the reasons why I believe that effective housing first systems should value paid Peer Support Workers as part of their teams. It's because they understand nothing can be built for us without including us every step of the way.



"We can connect with those who have lost all faith, in both themselves and in the system set up to serve them."



**United Way**  
Central New Brunswick

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For questions regarding this report contact our Director of Community Impact, Katie Beers at [katie@unitedwaycentral.com](mailto:katie@unitedwaycentral.com)

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Charitable Number: 10816 0011 RR0001