

# COMMUNITY PRIORITIES



## Kids

**1 in 5** NB children live in poverty

**16%** Children do not have the skills necessary to start school

**50%** Grade 6 to 12 students indicated symptoms of depression or anxiety before COVID-19



## Poverty

**1 in 8** NB households are food insecure

**26%** Adults in NB with reading comprehension level below grade 2

**25** Average number of months a senior spends waiting for subsidized housing



## Community

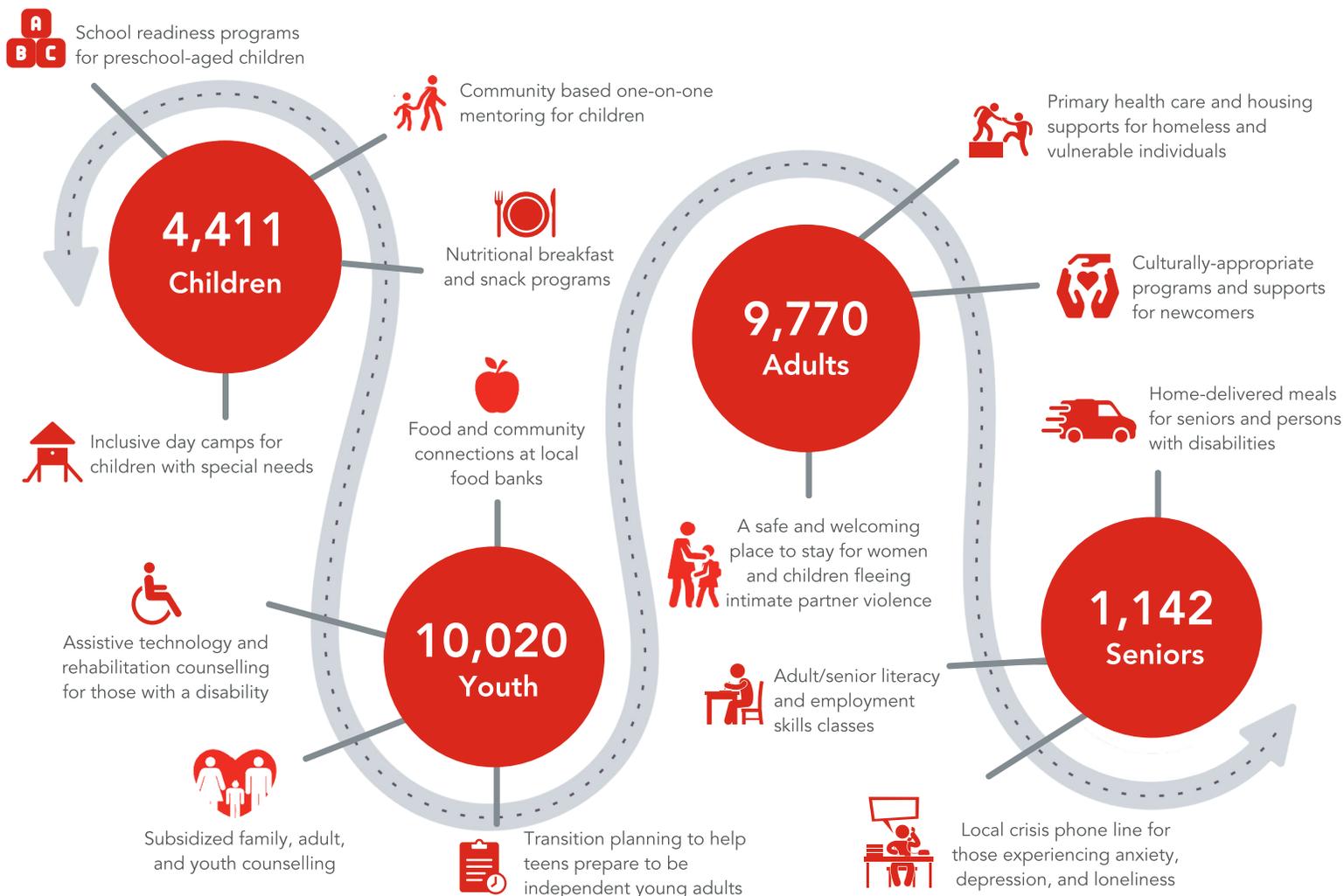
**1 in 5** New Brunswickers face a mental illness in their lifetime

**27%** New Brunswickers have a disability, the second highest rate in Canada

**30%** Women report being a victim of sexual assault at least once since the age of 15

## COMMUNITY IMPACT 2020-21

### Support for all ages and stages of life



# How We Help

## SUCCESS IN SCHOOL

United Way is helping kids succeed in school and develop key life skills, from pairing children up with mentorship and tutoring programs, to providing resources that help parents prepare their children for kindergarten.

## COMMUNITY CONNECTIONS & LEADERSHIP

United Way is helping kids develop positive relationships with their peers and families and be leaders in their community, from team-building recreation programs to mentorships and leadership development opportunities.

## EMOTIONAL & PHYSICAL WELLBEING

United Way is investing in a positive lifestyle for kids by helping them believe in themselves and make healthy choices, from counselling programs that build self-esteem, to summer camps that promote overall wellbeing.



**Kids**

Helping children and youth reach their full potential

### Your donations at work: Creating supportive developmental relationships for children facing adversity



Big Brothers Big Sisters has always been near and dear to my heart. I was introduced to the organization as a “Little” 40 years ago. I always knew that I would be a “Big” myself when the time was right in my life. That happened three and a half years ago when I was matched with Rosalee as her mentor.

From the beginning, she was eager to try new things and very quickly came out of her shell, going from a girl who hid behind my leg when she met someone new to shaking hands and saying “Nice to meet you.”

We have spent many hours playing and being with my Big Sister, Rosemary, and Rosemary’s granddaughters who are close to Rosalee’s age. What a blessing and full circle. She has brought so much to my life. More than she will ever know.

- Big Sister Kelly

## 2020 Highlights

**54**

Kids with special needs reported making a new friend at summer camp

**111**

Students in low-income areas gained life skills by learning and performing orchestral music

**132**

Children and youth received subsidized counselling at Family Enrichment

**921**

Children received daily nutritious lunch and snacks needed to learn, grow, and be active

**73**

Children and youth were matched with a Big Brother or Big Sister mentor

**90**

Youth living with disabilities reached their education and employment goals

**247**

Kids were provided with one-on-one tutoring and/or support to help them succeed in school

**2,500**

Students learned about healthy relationships and sexual violence prevention



Photo: Opal Family Services Day Camp



# Poverty

Moving people from poverty to possibility

Your donations at work: Teaching skills and providing supports to end the cycle of incarceration



Photo: John Howard Society-Service Hub

“A young man who was recently released from a federal institution found himself in a place where he realized that he had lost everything – his housing, children, mental health, and physical health, and was hopelessly unemployed without even a high school education. This young man was ready to rebuild but was unsure of how to begin.

Getting involved with the John Howard Society of Fredericton opened a whole new world of opportunities for him. He went through the workplace essential skills program, established a support system of services and mentors to guide him, and worked with the John Howard staff to find housing and enroll in a GED program.

This young man feels that if it were not for the John Howard Society, he would no doubt be back in prison.

- John Howard Society of Fredericton Staff

## 2020 Highlights

19

Youth aged 16-19 at risk of homelessness received transitional living supports

151

Individuals with a disability received rehabilitation counselling

250

People with incarceration history or risk factors secured employment/education plans

375

Persons with disabilities and seniors were delivered homemade meals

135

Individuals living rough had immediate access to hot showers, laundry services, and health care

197

Individuals utilized and accessed supports at the Fredericton Homeless Shelters

350

Clients accessed the John Howard Society Service Hub for service referrals/coaching

7,605

Clients received ongoing emergency food from the Oromocto & Area Food Bank

## How We Help

### HOUSING STABILITY

United Way is helping individuals and families access an affordable, safe, and permanent place to live, from Housing First programs and emergency shelters to advocating for affordable housing.

### EMPLOYMENT & FINANCIAL STABILITY

United Way is helping New Brunswickers find meaningful jobs, manage expenses, and support themselves and their families, from job skills training to financial literacy programs.

### FOOD SECURITY

United Way is working to provide everyone with access to enough nutritious, affordable, and appropriate food, from community gardens to school breakfast programs and food banks.



Photo: Meals on Wheels Home Delivery Program

# How We Help



## Community

Healthy people, strong communities

### SUPPORTS FOR PEOPLE WITH DISABILITIES

United Way is helping individuals with disabilities live fulfilling lives through meaningful work experiences, access to assistive equipment, and access to counselling and support services.

### SEXUAL & DOMESTIC VIOLENCE

United Way is helping provide support and services to victims while raising overall awareness and education in an effort to end sexual and domestic violence.

### MENTAL HEALTH

United Way is helping individuals and families handle life challenges, from counselling and peer support groups for people living with addiction and mental health issues to 24-hour access to a crisis and suicide helpline.

### CONNECTION TO SUPPORTS

United Way is helping New Brunswickers access and navigate the resources they need most in their community, from supporting the expansion of 211 to removing barriers to accessing local services.

### Your donations at work: Developing confidence and connections through language



Photo: Adult Literacy Tutoring

My name is Widad Ali and I am originally from Iraq. One day I was in the public library in Fredericton, and I noticed on the announcement board an advertisement about the Adult Literacy Fredericton program. So, I screenshotted the notice and later contacted them for more information.

My husband and I started the program and taking lessons at UNB Campus where our sweet teacher, Gail, works. Our class was mainly conversational with some theory focusing on grammar rules. My main goal was to achieve a good level of writing. I showed my teacher, Gail, some of my writing attempts, and she encouraged me to continue writing.

I am now working on a small goal, which is to publish a storybook, so people here in Canada can see the world through an immigrant's eyes. Also, I am trying to break the ice between different cultures.

- Widad Ali

## 2020 Highlights

### 46

Caregivers of children with special needs were connected to support groups through OPAL

### 138

Victims of sexual violence received counselling to support emotional healing

### 500

Adults and seniors received subsidized counselling through Family Enrichment

### 1,669

People utilized the local mental health crisis phone line/live chat

### 86

Community service providers received training on how to better support newcomers

### 223

Mothers and children received Family Violence Prevention Outreach support

### 925

Individuals living with disabilities and family members had access to appropriate supports and services

### 2,466

Participants attended culturally-appropriate programs and services for newcomers