

All That Kids Can Be

Helping children and youth reach their full potential. Working toward ensuring that all children and youth experience positive mental health and wellbeing, and feel involved with a sense of belonging in their communities. United Way supported partner programs provide access to skill development, literacy, mentoring, nourishment and physical activity.

- GOAL A: Children and youth experience positive mental health and wellbeing
- GOAL B: Children and youth are involved and feel they belong in their communities

Story:

Nicole and her mother were new to town. *The YMCA St. Marys Youth Centre* was recommended as a good place to hang out while Nicole's mother worked, as Nicole's mother wanted her daughter in a safe place while she needed to be at work. Nicole, although reserved at first, gradually began to open up to staff. She and her mother had left an abusive situation in Hamilton and wanted to settle somewhere smaller and quieter, closer to where Nicole's mother had grown up.

Nicole became engaged with the cooking program - she enjoyed shopping for food and would be ready, with her sleeves up, to do the cooking. She made sure the table was properly set for the youth who would be eating, as she wanted to have a 'family dinner'.

Nicole took it upon herself to make a small item for each of the youth as a gift at Thanksgiving. She said, "It is only my Mom and me, so it makes me happy to make presents for others." Nicole, has since left the Centre, but she sent an email, it read; "Just to let you know things are good at Fanshawe. Thank you for being my family when I needed one. I am volunteering at the Y and helping with a cooking program for little kids".

Name	CHILDREN AND YOUTH EXPERIENCE POSITIVE MENTAL HEALTH AND WELLBEING Program Information
 <p>Choices for Change</p> <p>* New</p>	<p>Crossing Bridges is a youth outreach program that <i>Choices for Change</i> operates in Listowel.</p> <p>Crossing Bridges is a drop in centre for high risk youth that provides a safe, substance free environment where youth can receive support with their mental health and/or substance use, be connected to community resources, access food and computers for housing and job searches, become involved in substance free, healthy activities and set and work towards personal goals. The program is offered 5 days per week from 11 a.m. to 3 p.m. Most youth who access this program have been involved with the Children's Aid Society and a variety of other social service agencies for a number of years and are enrolled in COPE, the alternative school for youth unable to participate in the regular school system.</p> <p>Crossing Bridges offers a safe environment, where youth can get their needs met without the pressure of having to 'tell their story' in order to get service. These youths often need time to build trust with service providers and Crossing Bridges allows this. The youth are anonymous, there is no intake process, they only have to show up. However, if they are in need of more intensive services, they are quickly connected to other services within Choices for Change or other partner agencies.</p> <p>519-271-6730 · www.choicesforchange.ca · Offices: Stratford and Listowel Serves: North Perth</p>
 <p>Emily Murphy Centre</p>	<p>Child Witness Program: This program provides an in-house program for children in Perth County who have witnessed and experienced domestic violence.</p> <p>The program runs once per week for group work with the children and an hour a week for per child for individual sessions with children who have been enrolled in the program. The program covers topics like dealing with anger, healthy relationships, witnessing abuse and self-esteem. The program will also provide services to women and children in the <i>Emily Murphy</i> care that produce positive and long lasting outcomes in the long term. Groups and Individual counseling across the County will be offered as well as training to staff and managers around trauma informed care and the effects that witnessing abuse has on children.</p> <p>519-273-7350 · www.emilymurphycentre.com · Office: Stratford Serves all of Perth: Perth East · North Perth · West Perth · Stratford · St Marys</p>
 <p>Big Brothers Big Sisters of North Huron</p>	<p>One to One Traditional Matching program. Big Brothers Big Sisters' programs and services are solely focused on the vulnerable sector, children and youth. The one-to-one match program focuses on fostering growth and development in four areas: physical, intellectual, emotional, and social/cultural.</p> <p>Through a one-to-one friendship, a screened and trained Big Brother/Sister volunteer offers support, encouragement, and inspiration. Big Brothers and Big Sisters listen, encourage, and teach through sharing fun experiences. Our professional staff (social workers) provide ongoing support to the relationship and through the agency's educational, preventative, and recreational components of the mentoring program, a Little Brother/Sister at risk is able to confront their challenges and shape their future, achieving their full potential.</p> <p>519-524-4361 · www.bbbsnh.tripod.com · Offices: Goderich (main) & Wingham (satellite) Serves: North Huron · Huron East · Central Huron · Bluewater · Ashfield-Colborne-Wawanosh · Morris-Turnberry</p>

 <p>Big Brothers Big Sisters of Listowel & District</p>	<p>This program matches children aged 6 to 16 years with volunteers in the community. This program aims to promote self-esteem through the development of the Big-Little relationship. Bigs are ultimately providing a positive role model to children who could benefit from such an influence. Typical activities our matches report doing include, but are not limited to, shopping, watching movies, playing sports, baking, playing video games, attending agency and community events. UWPH funds the Traditional Matching program.</p> <p>519-291-6762 · www.bigbrothersbigsisters.ca/listowel · Office: Listowel <i>Serves: · North Perth · Perth East · Howick · Huron East · Morris- Turnberry</i></p>
 <p>Canadian National Institute for the Blind</p>	<p>Early Intervention Services is an innovative and comprehensive program combining direct service, information resources, parent/peer support, and advocacy. Specifically designed to help children who are born blind or partially sighted or who lose their vision during the first six years of life, these services prepare children for school and independence later in life.</p> <p>Library Services offers the largest public library-type accessible collection in Canada, providing comprehensive services and equitable access to information for Canadians with print disabilities.</p> <p>1-800-265-4127 · www.cnib.ca · Offices: Stratford (satellite) & London (Main) <i>Serves All of Huron & Perth</i></p>
 <p>Huron Safe Homes for Youth</p>	<p>Huron Safe Homes for Youth recognizes that adolescence is a period of transition where youth and their families face many challenges. The purpose of the Agency is to respond to crisis and emergency situations involving young people and their families/caregivers in an attempt (where possible) to restore the family unit.</p> <p>The Agency is funded by the Ministry of Children and Youth Services to provide short-term crisis oriented support services. Responding to crisis/emergency situations often requires more than a ‘Band-Aid’ solution. The Extended Care Program enables the Agency to work more intensely with 25 young people over an extended period of time. Participation in this program increases the likelihood of a positive outcome, and has the potential to decrease the need for more expensive services/supports in the future.</p> <p>1-800-361-1640 · www.huronsafehomes.com · Offices: Goderich (main) & Huron (satellites) <i>Serves: All of Huron</i></p>
<p>Name</p>	<p>CHILDREN AND YOUTH ARE INVOLVED AND FEEL THEY BELONG IN THEIR COMMUNITIES Program Information</p>
 <p><i>*New</i> YMCA’s Across South Western Ontario</p>	<p>Huron County Recreation, Arts & Sports Program: This program was initiated to provide financial assistance for children and youth from families whom are recipients of Social Assistance, in order to participate in recreation, arts and sports programs. Each child/youth may receive up to \$500.00 annually, which can be put towards reducing barriers that results from registration costs, equipment needs and transportation barriers associated with a desired activity.</p> <p>This program is being transitioned from being only offered to families referred through County Social Services to an open self-referral process, making it accessible to families living with a total income of less than \$45,000. Once a family applies, the coordinator of the program works with the family to identify child interests and matches them to an appropriate program.</p> <p>519-336-3622 · www.ymcaswo.ca · Office: Goderich <i>Serves: All of Huron</i></p>



Stratford-Perth Family YMCA

Membership Assistance: Provides support for those who are lower earners, marginalized or in transition to be able to afford healthy activities. Many in our community cannot access activities due to inability to pay. In 2015 over 1600 people of all ages were supported to participate in programs they could not otherwise afford to pay for. There are a number of barriers that prevent people from their involvement in physical activity and we try to take down as many of those as we can. For membership assistance, we enable anyone who wants to participate in our programs to do so. Our programs include: swim lessons, fitness classes, crafts programs, gymnastics, etc. We take the financial burden away, we help to have families' car pool, we have extra bathing suits and towels, running shoes, etc., if families are unable to afford these. A Y membership is the same for anyone, whether they are paying full fee or not. The YMCA is open to all.

519-271-0480 www.stratfordperthymca.com Offices: Stratford, St. Marys, Mitchell

Serves: All of Perth



West Perth Youth Centre

The West Perth Youth Centre (a Program of Stratford-Perth Family YMCA): While primarily a Drop-In Centre, this program provides a place for youth ages 12-18 to gather for social and recreational activities, develop positive healthy lifestyles, increase skill development and receive mentorship.

519-348-0060 · www.stratfordperthymca.com · Office: Mitchell

Serves: West Perth



St. Marys Youth Centre

Youth Centre: To provide a positive, supportive, safe environment for youth of St. Marys and area to be able to socialize, hang out and participate offering a sense of community spirit. We offer two programs for youth in grades 4 - 8, drop-in programs and registered structured programs. We offer a variety of programs to youth some are free and some have a small cost (for children that cannot afford it we cover any costs). Programs include Yoga, youth dances, dodge ball, Hang-time drop in programs, Snack Attack (cooking), home alone classes for children, free breakfast program, ball hockey, scooter camps and splash and kick (swimming and a movie night). The GOALS breakfast program has grown to 65 children/youth each and every week coming out for a 'free' breakfast program before school.

519-284-2340 x 664 · www.townofstmarys.com · Office: St. Marys

Serves: St. Marys & Perth South

UWPH Supported Projects

Serving both Perth & Huron Counties

 <p>A mobile friendly resource for youth to get information about health and social services.</p>	 <p>When you don't know where to turn.™</p> <p>A help-line and online resource to assist Canadians find social services and health related resources.</p>	 <p>[United Centre]</p> <p>A community hub for non-profit organizations where we provide subsidized rent, and other resources such as photocopier, meeting space, receptionist</p>	 <p>An on-line resource for volunteer professionals and a connection point for those who need volunteers or those who want to volunteer.</p>
 <p>United Way Perth-Huron Transportation Task Force A Community Conversation led by United Way Perth-Huron</p> <p>A collective impact initiative dedicated to improve transportation services.</p>	 <p>United Way Perth-Huron Volunteerism Working Group A Community Conversation led by United Way Perth-Huron</p> <p>A collective impact initiative dedicated to improving volunteerism.</p>	<p>ST MARYS ACTION CENTRE</p> <p>A place to provide resources and service to those experiencing unemployment because of a local plant closure.</p>	 <p>A network of volunteer professionals who promote, support, recognize, and advocate for volunteerism and volunteer management</p>
 <p>Tenants</p>			
<p>Youth In Action Grant Recipients</p>	<p>This grant is to assist young leaders in addressing issues that are important to them and their community. Projects must have a lead youth applicant (age 14-25) and an adult trustee to assist in the stewardship of funds. Annual Grant.</p>		

	 <p>Open Mind Program</p>	 <p>Gay Straight Alliance Program</p>	 <p>Green Ribbon Program</p>
<p>New Initiative Grants</p>	<p>UWPH recognizes that encouraging new approaches and innovations in community services and programs are important. The New Initiative Grant funding stream was created to respond to emerging needs, test and evaluate new models of service, support collaborative partnerships or smaller-scale projects, assist in the pilot of new projects. Three grants are available annually.</p>		