



2016-2019

## United Way Perth-Huron

### Supported Partner Program Overview

Let's ignite possibilities together





## Big Brothers Big Sisters of Listowel & District

**Traditional Matching program.** This program matches children aged 6 to 16 years of age with volunteers in the community. Aims to promote self-esteem through the development of the Big-Little mentorship relationship. Bigs are ultimately providing a positive role model to children who could benefit from such an influence. Typical activities include, shopping, watching movies, playing sports, baking, playing video games, attending agency and community events. UWPH funds the

519-291-6762 · [www.bigbrothersbigsisters.ca/listowel](http://www.bigbrothersbigsisters.ca/listowel) · Office: Listowel  
Serves: · North Perth · Perth East · Howick · Huron East · Morris- Turnberry

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## Big Brothers Big Sisters of North Huron

**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.

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.

519-524-4361 · [www.bbbsnh.tripod.com](http://www.bbbsnh.tripod.com) · Offices: Goderich (main) & Wingham (satellite)  
Serves: North Huron · Huron East · Central Huron · Bluewater · Ashfield-Colborne-Wawanosh · Morris-Turnberry

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## Choices for Change

**Crossing Bridges** is a youth outreach program that *Choices for Change* operates in Listowel.

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 five days a week from 11:00 am to 3:00 pm. Many 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.

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. High-risk 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 can just 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.

519-271-6730 · [www.choicesforchange.ca](http://www.choicesforchange.ca) · Offices: Stratford and Listowel  
Serves: North Perth

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## Canadian National Institute for the Blind

**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.

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.

1-800-265-4127 · [www.cnib.ca](http://www.cnib.ca) · Offices: Stratford, Goderich, Grand Bend (satellite) & London (Main)  
Serves All of Huron & Perth

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## Community Outreach Services

**Transportation:** Accessible mobility service using volunteer drivers, bus, van, mini bus and other provider services as appropriate to client needs. Trips are for medical appointments, such as lifesaving dialysis treatments, Adult Day Centre, errands and social outings.

Services promote dignity and independence, active and healthy lifestyles, good nutrition, socialization and are available for seniors and people with disabilities. Transportation is scheduled and coordinated by our office and serves the whole community.

519-595-8755 · [www.knollcrestlodge.com](http://www.knollcrestlodge.com) · Office: Milverton  
Serves: Stratford · North Perth · Perth East · West Perth

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## Emily Murphy Centre

**Child Witness Program:** This program provides an in-house program for children in Perth County who have witnessed and experienced domestic violence. 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 *Emily Murphy* 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.

519-273-7350 · [www.emilymurphycentre.com](http://www.emilymurphycentre.com) · Office: Stratford  
Serves all of Perth: Perth East · North Perth · West Perth · Stratford · St Marys



## Family Services Perth-Huron

Family Counselling improves interpersonal relationships and personal functioning through **Individual, Family & Group counselling**.

Seniors Counselling enhances seniors and their families/caregivers to deal with challenges of aging. Peer support offers education workshops & participation in community groups with support of a trained counselor to expand social support networks. Services include counselling, advocacy, case management, program development, education & support groups.

519-273-1020 · [familyservicesperth-huron.ca](http://familyservicesperth-huron.ca) · Office: Stratford (Main) & Clinton

**Credit Counselling** supports individuals/families in financial jeopardy often due to circumstances beyond their control i.e. economic recovery, job loss, physical/mental illness or family break-up. Financial literacy, personal money management/budget counseling, consumer/credit education and debt management programs are offered. Each person's unique situation is assessed with a customized plan. Advocacy assists individuals taken financially advantage of i.e. vulnerable seniors.

519-273-1020 · [www.familyservicesperth-huron.ca](http://www.familyservicesperth-huron.ca) · Office: Stratford (Main) & Listowel  
Serves All of Huron & Perth



## Huron County Distribution Centre

**Neighbours Helping Neighbours** enables HCFBDC to provide food banks with their increasing food security needs. HCFBDC sources small and large shipments of food from farmers and companies. Quantities of food are divided into more manageable orders and distributed to local food banks and aid agencies. These clients support hungry families in their communities every day and the numbers are increasing on a yearly basis.

519-913-2362 · [www.huroncountyfoodbank.org](http://www.huroncountyfoodbank.org) · Office: Centralia  
Serves 65 Food Bank locations in: Huron & Perth



## Huron County Health Unit

**Poverty to Prosperity (P2P)** is a collaborative and action-based group that brings people together from across sectors to improve the lives of individuals who live in poverty. This P2P program is called **Destination - Prosperity: Working together to support communities**.

A working group of service providers and women in isolated communities to improve service coordination. Activities for women may include workshops, information sessions, peer coaching, and meetings on topics such as food security, economic options such as co-operatives and self-employment, further education, community development, volunteerism, establishing self-help groups, fund-raising, arts, culture and recreation activities, financial literacy, and household management.

This project will serve as a conduit for integrating lived experience into service coordination in Huron County, social program effectiveness, long-term P2P poverty reduction strategies and improved service provision. Through the activities determined by the women in the community, it will also generate opportunities for community engagement, meaningful participation and empowerment for women, their families and communities.

519-428-3416 · [www.huronhealthunit.ca](http://www.huronhealthunit.ca) · Office: Clinton · *Serves: All of Huron*



## Huron Safe Homes for Youth

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.

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.

1-800-361-1640 · [www.huronsafehomes.com](http://www.huronsafehomes.com) · Offices: Goderich (main) & Huron (satellites)

Serves: All of Huron

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## Huron Women's Shelter

The **Emergency Shelter** provides:

- 24-hour crisis telephone response to women who experience abuse and homeless women
- 24-hour referral sources to all who call in a safe and secure residency for women and their children
- Safety planning
- Counselling, advocacy for both women and children
- Food and personnel needs for residents of emergency shelter
- Support in obtaining income supports, housing and legal matters (system navigators)
- Children are provided with formal and informal counselling
- Staff members provide Public Education about woman abuse and women's equality rights to the community

519-524-5333 · [www.huronwomensshelter.com](http://www.huronwomensshelter.com) · Office: Goderich · Serves: All of Huron

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## John Howard Society of London & District

**Institutional Visiting and Reintegration Support** provides counselling, advocacy and discharge planning to persons who are incarcerated in the *Stratford Jail*; and information, counselling, and emotional support to their family members. The Society also assists individuals upon release from custody in their reintegration to the family unit and the community. The Society offers a bi-weekly alcohol and drug education program in conjunction with *Choices for Change* in the *Stratford Jail* to interested prisoners.

519-438-4168 · [www.johnhowardlondon.on.ca](http://www.johnhowardlondon.on.ca) · Office: London · Serves: Stratford



## Local community Food Centre

The Local Community Food Centre has developed multidimensional, integrated programs that seek to change the charitable approach to food programs towards ones characterized by empowerment and sustainability.

Our **Food Skills Programs** simultaneously provide access to healthy, fresh local food while also cultivating the skills people need to cook great healthy food on a tight budget at home. Building community members' capacity to enjoy this kind of lifestyle also serves to promote their health. The food skills programs are designed to provide hands-on opportunities to learn and practice the skills a person needs to put healthy food on their table every day. Our model for food skills programs involves participants coming every week for 12 weeks; in each session 15 adults are guided by an instructor who has both a red seal certification as a chef and a degree in teaching. At times participants start in the community garden/greenhouse tending to the organic vegetables we grow on site and harvesting some to use in their cooking session, as well as some to bring home with them. Then they use some of that produce in the dishes they all create together, then sit down to eat what they have created. Other times, participants come together and break into teams with each team creating enough of whatever it is they are making for everyone to take home. In all programs participants will have learned the skills and have been given the recipes to do it again themselves.

519-508-3663 · [thelocalcfc.org](http://thelocalcfc.org) · Office: Stratford · Serves: All of Perth

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## One Care Home & Community Support Services

**EasyRide**, is a community support service offered to seniors, including frail elderly and persons with disabilities in Huron and Perth Counties. EasyRide provides transportation for medical appointments, treatments and hospital discharge (in and out-of-town), adult day programs, grocery shopping, errands and social activities. This service is based on individual needs and provided to those who can transfer independently and those with mobility limitations. ONE CARE has 150 screened, trained volunteer drivers who use their own vehicles. In addition, there are 14 agency operated wheelchair accessible vehicles, three passenger vans and coordinated taxi service. Client fees apply for transportation. This service assists individuals with support in daily living, helping them to live independently in the community, which may support their health and avoid early admittance to long-term care.

1-888-482-1634 · [www.onecaresupport.ca](http://www.onecaresupport.ca) · Office: Clinton (Main) & Satellites  
Serves: Perth & Huron



## Pracitce First Solutions

PF Solutions is a **practice first program** where individuals facing multiple barriers to employment attend over a period of time to upgrade their skills and gain work experience, increasing their employability. Employers require staff that know work expectations and turn up every day. They need to see an applicant has done the job before – so they can be confident that they can do it again.

Barriers to employment include having never worked, absence from the work force, transitioning because of health challenges, new graduates (youth & second career), new to Canada, disabilities, lack of confidence/self-esteem and skill gaps.

Helping participants that face these barriers is an individual process, one that requires daily mentoring, structure, guidance, motivation and encouragement and allows the participant to work at his/her own pace. Individuals can't be helped by a cookie cutter program, or thrown into the workplace to immediately fail – the approach needs to be customized, versatile, and flexible while offering the structure and guidance needed. The more confident a person is in their own ability, the more apt they are at succeeding in the workforce. PF currently helps between 30-36 participants a year to gain employment, this includes 6-8 OW recipients.

519-271-2978 · [www.pf-solutions.ca](http://www.pf-solutions.ca) · Office: Stratford · Serves: Huron & Perth

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## Social Research & Planning Council

**Social Research and Planning Council Research:** is comprised of community representatives who are dedicated to the collection, analysis and distribution of information relating to social trends and issues in Perth and Huron County. This is accomplished by commissioning research into specific social issues, developing new initiatives and partnerships to address the lack of available rural data and working collaboratively with community members to implement change.

519-271-7730 · [perthhuron.unitedway.ca](http://perthhuron.unitedway.ca) · Office: Stratford · Serves: Huron & Perth

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## St. Marys Youth Centre

**Youth Centre:** Provides 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 three to ten, 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), GOALS free breakfast, home alone classes for children, free breakfast program, ball hockey, scooter camps, swimming and movie nights.

519-284-2340 x 664 · [www.townofstmarys.com](http://www.townofstmarys.com) · Office: St. Marys · Serves: St. Marys & Perth South



## Shelterlink

**Living Options for Youth (LOFY)** offers an opportunity for at-risk youth to find safety and stability in their lives. At LOFY, youth have access to a shared kitchen, lounge and laundry room, while living in a private bedroom. Once in LOFY, youth participate in important Life Skills training, are assisted with short and long-term goal development, and are offered access to resources they may need.

**Emergency Community Placement** offers immediate, same-day assistance to youth in a housing crisis. Youth between the ages of 16-24 without a place to sleep that night, qualify for the program. An assessment is done by the Case Manager to learn why the youth needs assistance. If the youth calls after hours or on weekends, then LOFY staff handle the assessment over the phone and arrange for the youth to meet with the Case Manager on the next day. Stratford's local motels have Emergency kits that include hygiene supplies, grocery cards and contact numbers.

Having met with the Case Manager, a housing plan, community referrals, assistance with social services, school, and employment opportunity actions are taken. This is a partnership with *City of Stratford Social Services*.

519-272-2294 · [www.shelterlink.org](http://www.shelterlink.org) · Office: Stratford · Serves: All of Perth

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## 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. 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., 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](http://www.stratfordperthymca.com) · Offices: Stratford, St. Marys, Mitchell · Serves: All of Perth

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## 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](http://www.stratfordperthymca.com) · Office: Mitchell · Serves: West Perth

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## YMCA's Across South Western Ontario

**Huron County Recreation, Arts & Sports Program:** 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 annually, which can be put towards reducing barriers that results from registration costs, equipment needs and transportation barriers associated with a desired activity. An open self-referral process, 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.










519-336-3622 · [www.ymcaswo.ca](http://www.ymcaswo.ca) · Office: Goderich · Serves: All of Huron

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## 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>A help-line and online resource to assist Canadians find social services and health related resources.</p>	 <p>A community hub for non-profit organizations. Provides 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>A collective impact initiative dedicated to improve transportation services.</p>	 <p>Online resource to help track the well-being of our communities, strengths and opportunities.</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>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. There are five grants available annually.</p>		
	 <p>Striving to minimize the stigma of Mental Illness at South Huron. Hosts event to help students find constructive ways to feel mentally well.</p>	 <p>Enriching the community through arts and culture. Providing a safe space for youth to meet, socialise, and build a sense of community. Developed at South Huron. Expanding to Huron Park.</p>	