

Understanding the issues



Lack of Housing

A single bedroom unit is over \$1,258/month. 142 people are experiencing homelessness in Stratford-Perth-St.Marys.



Low Income

About 50% of people over the age of 15 in Perth-Huron earn less than a living wage (\$37,674 per year).



Food Insecurity

One in six Canadian children live in a food insecure household. Food prices rose 8.9% in one year.



Access to Services

Navigating, accessing and travelling to local social services is challenging, especially for our most vulnerable residents.



Intimate Partner Violence

Stratford-Perth-St. Marys Police received 586 calls related to intimate partner violence in 2022.



Mental Health

By the time Canadians reach the age of 40, one in two have experienced a mental illness.



Discrimination

69% of Perth-Huron immigrants and visible minorities reported experiencing discrimination.



The Social Research & Planning Council is dedicated to collecting, analyzing and distributing information that inspires social progress.

Helping people like Jennette



Jennette thought things would be better when she found an apartment after years without a home. But with no friends close by and no phone — not even a winter coat — she still felt alone and afraid.

After a violent assault, **life felt more hopeless as she coped with physical scars along with the emotional trauma she already faced.**

When Jennette heard about the *St. Marys Community Developer and Support Worker* from another tenant she cautiously reached out, reluctant to get her hopes up but desperate for help.

The Worker connected her with local services they knew would help including food support programs and Ontario Works. They also helped her apply for funding to get a phone line and found her some warm winter clothes. Jennette knows she still has a journey ahead, but **the fresh start she wished for is finally beginning.**

DONATIONS STAY IN ST. MARYS & AREA

Donate Today!

519.271.7730 | 877.818.8867
perthhuron.unitedway.ca



CONSIDER GIVING AT A LEADER LEVEL:

\$1,200+ Bronze Leader | \$100/month
\$2,400+ Silver Leader | \$200/month
\$6,000+ Gold Leader | \$500/month

*Donors giving at the **Bronze** or **Silver** level will be matched by generous **Gold** donors.



United Way
Perth-Huron

Helping here in

St. Marys
& Area



St. Marys & Area 2022 Impact!

- 216** families and individuals received counselling.
- 7** at-risk youth received shelter support and a fresh start.
- 11** youth helped by early intervention counselling.
- 6** children who witnessed domestic violence received counselling.
- 12** men supported during incarceration and upon release.
- 43** people received membership assistance for wellness and health.

How we work as a Transformational Force

Leverage

We leverage our partnerships and financial resources to respond compassionately to community needs.

Lead

We lead community development by establishing and funding innovative programs addressing local issues.

Advocate

We advocate for systems change by speaking up about social issues, fostering constructive relationships with policy makers and championing solutions.

Research & Plan

We generate and share knowledge about social issues and the vital role of innovation and progress.

Read research reports here:

perthhuron.unitedway.ca/research



The *St. Marys Community Developer and Support Worker* helps support those living in and around social housing — understanding their challenges and connecting them with services while strengthening networks and awareness — ensuring the community becomes a healthier place for everyone to live.

71 people connected with services



Food insecurity is linked to learning difficulties, obesity, reduced productivity for kids at school and poorer mental health. NOURISH helps mitigate the effects of poverty by offering wholesale prices on fresh vegetables, fruits and meat to residents facing food insecurity, providing a dignified shopping experience.

162 people helped at the Equal Access Market

Helping people like Evelyn



“Money was pretty tight, being retired and widowed.

I relied on CPP, a survivor’s pension and a small pension from my work.

My bank account was almost empty by the end of every month and I always had to think about what bills I might have to put aside so I could afford groceries. I was stuck in a constant cycle month in, month out, until I discovered a local equal access food market.

Even with the little money I had, I could go to the market and buy healthy food.

I wish I’d heard about NOURISH sooner!

I still have to be careful with what I spend, but thanks to United Way and the NOURISH Market, I’m better off and the future looks a little brighter.”



774 individuals & families received financial assistance last year across Perth-Huron

Recent environmental shifts including rising inflation and the pandemic put added stress on society and dramatically increased the need for support.



Powered by: **211**

The **Urgent Needs Fund** supports Perth-Huron residents in a time of crisis with an infusion of funds for essentials. It is part of a broader strategy to prevent homelessness and unemployment, and reduce the effects of poverty on individuals and families.

2-1-1 is a helpline and website to help you discover what programs and services can help in your situation.



Perth-Huron®

Free, confidential and available 24/7/365 in 150+ languages!