

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 Security

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 Ian



Ian was forced into being a caregiver despite not even being a teenager.

He looked after himself and his siblings when their parents' alcoholism caused the family to miss meals and neglect bedtime routines.

When he was old enough Ian found another place to live, but his past still affected him. As a result, he struggled with relationships, found little joy in life, and felt deep anger and resentment.

Through working with a counsellor, Ian started making connections between his past experiences and his current decisions and behaviour. He started facing his lost childhood and **found healthy ways to cope.**

Now, Ian is more prepared to enter adulthood, with a stronger sense of how to set boundaries and navigate conflicts.

DONATIONS STAY IN NORTH PERTH

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

North Perth



North Perth 2022 Impact!

- 20** youth connected with a caring mentor.
- 764** people used 211 to discover and connect with local services.
- 145** individuals, families and seniors received counselling.
- 11** youth received early intervention counselling to avoid a crisis.
- 495** visits to Connect Youth Perth-Huron website for information on youth issues and challenges.

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



Supporting local youth, adults and seniors

Mental health and well-being are critical and the North Perth community has demonstrated a commitment to United Way supported programs that help improve the mental health of local people in their time of need.

The Youth Counselling, Supports and Mentoring program provides early intervention service for youth and their families, aiming to reduce demand for more serious interventions by improving coping skills and general well-being.

United Way is also committed to funding counselling programs for other individuals and their families to help ensure vulnerable people get the support they need to face life's challenges.

180 North Perth residents received help to improve mental health & well-being

Helping people like Ophelia



Ophelia survived a childhood filled with abuse at the hands of her father and stepfather.

She struggled with her mental health on a daily basis and was desperate to better understand the grief and trauma that haunted her.

Ophelia had trouble getting close to people and the relationships she did develop often mirrored the complicated one she had with her mother. Feeling increasingly desperate and isolated from the people around her, she reached out for help.

Now, Ophelia is doing better. Thanks to counselling from a United Way supported partner, she began working through her challenges, learning to trust herself and feel more secure. She knows her healing journey isn't over yet, but sees a positive change in her life and feels hopeful for the future.



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.



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.

211 is a helpline and website to assist you in discovering what programs or services can help in your situation.



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

