



Photo of United Way Community Partners by Mark of Distinction

Change starts with a gift to your community through United Way...



Canadian Red Cross
Croix-Rouge canadienne



CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

John Howard
THE JOHN HOWARD SOCIETY OF THE CENTRAL AND SOUTH OKANAGAN



Hospice
Central Okanagan Hospice Association



REACH OUT
Youth Counselling & family services



Pets and
People
Visiting
Society

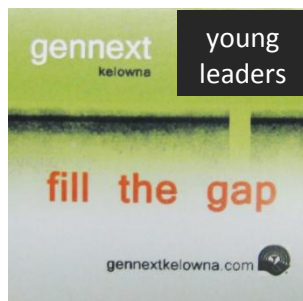


WESTSIDE HEALTH NETWORK SOCIETY
SENIORS INFORMATION AND REFERRAL SERVICE

CENTRAL OKANAGAN
ELIZABETH FRY SOCIETY
Empowering Change



Day of Caring®
Give. Volunteer. Act.



Success By 6
Helping all children succeed for life.

Change starts here when.....

\$5 per pay (\$130 per year) gives:

- A case of baby formula for a shelter for women and children
- Snacks for a seniors social group for a year
- Information cards so people experiencing abuse can find help
- Soil and seeds so a residential facility can grow their own fresh vegetables
- A clinical counseling session for a youth at risk
- Sturdy toys and equipment for a toy lending library so families can access educational learning toys at affordable cost.

\$10 per pay (\$260 per year) provides:

- A volunteer training course on supporting persons who are ill and/or dying
- Art and play therapy sessions and supplies for children who have experienced abuse
- Job training for a person recovering from addiction to enter the workforce
- A chance for a person with a disability to enjoy outdoor recreation
- Training for volunteers to help others develop their literacy skills

A leadership gift of \$1000 per year

(\$20 per week or \$600/year after tax savings) results in:

- A referrals program to help seniors find the trusted services they need
- A course on pain management for people with chronic health conditions
- 30 volunteers trained to drive seniors to appointments
- 10 anti-violence workshops for youth in schools and community groups
- The necessary health equipment for someone recovering from surgery
- 5 nutritious meals for each of the 40 residents in a supportive housing complex who have experienced severe mental illness

Your United Way is

- ✓ *improving lives*
- ✓ *building community*
- ✓ *engaging individuals*
- ✓ *mobilizing collective action*



United Way
Central & South
Okanagan Similkameen
Change starts here.