

Healthy People, Strong Communities

“Making Kitchener Waterloo & Area a great place to live for everyone.”

Why invest in strengthening communities? Because when individuals and families are able to get the help they need and can function well in all areas of life, they are strong, contributing members of their neighbourhood, making our community a happier and safer place.



The Challenges:

About two-thirds of local residents feel a strong sense of connection to their community. That still leaves a lot of people on the outside looking in. People living in poverty, seniors, newcomers, the LGBTQ community, those experiencing mental health issues, and single parents are among those who often feel alone, and on the sidelines.

- Only 31% of KW & Area residents have a strong sense of belonging
- Almost 40% of adult Ontarians experience depression and more than half of that group don't recognize the need for help
- Waterloo Regional Police received more than 5800 calls regarding domestic disputes in 2014. That's a new call approximately every 1.5 hours

Our Role:

Everything starts with a strong foundation. Supporting the overall wellbeing of individuals and families is vital to building a strong community. By improving access to services, we ensure people can get the help they need, when they need it.

Our Goals:

We will...

- Ensure people have the opportunity to engage with others in their neighbourhoods
- Ensure support is easy to access and is available when needed
- Ensure people feel connected to their neighbours, to the community
- Ensure people are healthier, both mentally and physically
- Help to build strong family relationships

Results: By accessing services through 40 United Way supported programs:

- 24,768 individuals experienced a reduction in levels of psychological distress
- 8,219 feel more connected to their community
- 1,619 experienced a decrease in family conflict and violence

Together, we are possibility.



United Way
Kitchener Waterloo & Area