

Community Investment Report for **2015**

United Way of Prescott-Russell invests your donation wisely and strategically to address existing and emerging needs throughout Prescott-Russell.

We carefully assess the performance of fund recipients to ensure your donations are making the intended impact.

Every dollar invested strategically in addressing root causes of social problems, saves between five and seven dollars in later costs to the community.



22,312 individuals

755 volunteers

Thank You!

Thank you for your generosity, partnership and ongoing support.

Because of you, we are creating opportunities for a better life for everyone in Prescott-Russell.

Together, we are helping



be all they can be

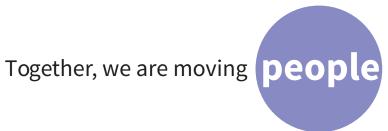
We put children and youth on a path to success by investing in their development from early childhood to young adulthood – ensuring they have the **skills and opportunities** to become successful adults

ORGANIZATION		PROJECT	COMMUNITY IMPACT		
Centre Novas	\$7 237	Prevention presentations to children and adolescent females to reduce their vulnerability to sexual violence	Presentations to 5 high schools (ESC Plantagenet, L'Escale, Le Sommet, CEFEO Rockland and Hawkesbury) and two elementary schools (Ste-Trinité in Rockland and St-Joseph in Wendover)	Students equipped	934
			Students learn about how to protect themselves, rights and responsibilities, dangers of online exploitation, media/body image, and consent	Volunteers	10
Healthy Eating for Better Learning	2 000	Provides a nutritious breakfast and snack to children attending Prescott- Russell schools	Increases concentration in the classroom and ensures that hunger or poor nutrition are not a barrier to our children learning and growing	Tummies filled	5540
	\$11		This program supports our local economy by purchasing fresh healthy produce directly from farmers in Prescott-Russell In all 4 school boards in Prescott-Russell	Volunteers	65
100% actifs	ş15 000	An after-school program that encourages physical activity and positive social contacts	Program for children (aged 9-12) attending elementary school in Hawkesbury, L'Orignal, St-Eugène and Vankleek Hill Enables youth to be more physically active, in a supportive environment and surrounded by positive teen and adult influences	Youth engaged	312
				Volunteers	9
	\$7500		Daily playgroups held at family centers in Rockland, Hawkesbury and Embrun, with satellite programs in Alfred and Plantagenet Parents connect with each other while	Families supported	326
	•,		their children develop social, emotional and academic readiness for success in school		
			Formula, diapers and transportation provided for those in need	Volunteers	8
			Last year, you helped 7112 children and youth join programs that develop their	Children and Youth	7112
•			interests and confidence, and prepare them to succeed	Volunteers	92



Improving access to **social and health-related support** services while encouraging community engagement, integration, and settlement

ORGANIZATION		PROJECT	COMMUNITY IMPACT		
Interlude House	\$11 250	Pattern- Changing Group - An educational program to help abused women	Breaking the cycle of violence and victimization by helping each woman to adopt a new way to control her own life	Women educated	26
			Volunteers provide transportation and childcare so mothers can attend	Volunteers	6
		Empowerment workshops for girls	Workshops for girls aged 13-15 held at L'Escale high school in Rockland and L'Académie de la Seigneurie in Casselman	Girls empowered	28
			Prepared girls for the challenges of adolescent body image, communication, relationships, self- esteem, stress, social challenges and connecting them with resources	Volunteers	8
Regroupement Autisme Prescott- Russell	\$11250	Social and support group to increase the community involvement of people with autism	Reduces social isolation by providing opportunities for social interactions for both the individual and their family	Families supported	38
			Helps educate the public about inclusion and how to interact with those with autism	Volunteers	6
Prescott- Russell Community Services	\$11250	Provides comprehensive services to seniors so they may live independently in their home longer	Isolated seniors living in Prescott-Russell received a total of 56,384 services such as transportation to medical appointments, daily assistance, social dinners, meals on wheels, and crisis intervention 41,208 volunteer hours contributed	Seniors supported	2850
				Volunteers	486
Canadian Mental Health Association	\$7 500	Mental health promotion and illness prevention presentations in workplaces, schools and the community	Presentations on mental health and illnesses and in 12 schools and 1 work place to educate about the signs, causes, and treatment options for mental illness and how to access community resources	Community members informed	4811
			11 of the 2144 students reached in school presentations sought support for mental health concerns immediately after the presentations	Volunteers	11
Groupe Action	\$7500	Supports those living with a permanent physical handicap	Individuals benefit from personal care, companionship, equipment, medical/hygiene supplies, and transportation	Families supported	109
				Volunteers	8
			Last year, you helped 7862 individuals overcome personal challenges related	Persons	7862
			to mental health and disabilities	Volunteers	525



from poverty to **possibility**

We support and **empower people** living in poverty and those who are vulnerable to falling into poverty, by ensuring they have access to the most basic needs in life

ORGANIZATION		PROJECT	COMMUNITY IMPACT		
Le Phénix	\$11 250	Comprehensive support to provide fulfilling, suitable, long-term jobs to people with a disability	Offered solutions to handicapped youth and adults for overcoming obstacles that were impeding their full participation in the labour market Participants developed social skills, participated in workshops on self-esteem, and regained confidence in their capabilities and life skills	Persons	180
				Volunteers	35
Good Neighbors Food Bank	\$11 040	Community food banks provide food and other supports to families and individuals living in poverty	Community food banks connect people with social resources as well as food	Persons	2636
			Provide perishable and non-perishable food, including fresh fruit and vegetables, milk	Volunteers	
			products, meat and fish Complete lunches for families with children in		19
			school Baby food, diapers and formula offered to families with infants	Persons	
Hawkesbury Central Food	\$15 000				4088
Bank					
				Volunteers	51
L'Orignal Food Bank	\$15 000	•	A second-hand store co-located with the L'Orignal Food Bank provides low-cost items and free-of-charge to those in extreme need	Families	331
				Volunteers	26
Centre Moi j'apprends	\$5000	Assist families struggling with French literacy , particularly those with young children	Weekly workshops focusing on improving French literacy and breaking the cycle of illiteracy within families The objective is to encourage parents to get involved with their child's reading by helping them understand how children learn giving them practical skills to help	Families supported	103
				Volunteers	7
	Committee Treated May Prescut Ransed		Last year, you helped 7338 individuals overcome poverty-related challenges	Persons	7338
				Volunteers	138