



**United Way  
Centraide  
Prescott-Russell**

## **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	<b>Prevention presentations</b> to children and adolescent females to reduce their vulnerability to sexual violence	Presentations to <b>5 high schools</b> (ESC Plantagenet, L'Escale, Le Sommet, CEFO Rockland and Hawkesbury) and two elementary schools (Ste-Trinité in Rockland and St-Joseph in Wendover)	Students equipped	<b>934</b>
		Students learn about how to protect themselves, rights and responsibilities, dangers of online exploitation, media/body image, and consent	Volunteers	<b>10</b>
Healthy Eating for Better Learning	Provides a <b>nutritious breakfast and snack</b> 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 <b>learning and growing</b>	Tummies filled	<b>5540</b>
		This program <b>supports our local economy</b> by purchasing fresh healthy produce directly from farmers in Prescott-Russell  In all 4 school boards in Prescott-Russell	Volunteers	<b>65</b>
100% actifs	An after-school program that encourages <b>physical activity</b> and positive social contacts	Program for <b>children (aged 9-12)</b> attending elementary school in Hawkesbury, L'Orignal, St-Eugène and Vankleek Hill	Youth engaged	<b>312</b>
		<b>Enables youth</b> to be more physically active, in a supportive environment and surrounded by positive teen and adult influences	Volunteers	<b>9</b>
Groupe Action	<b>Play groups</b> and child-centered <b>workshops</b> to improve literacy and health for children under 6	Daily playgroups held at family centers in Rockland, Hawkesbury and Embrun, with satellite programs in Alfred and Plantagenet	Families supported	<b>326</b>
		Parents <b>connect with each other</b> while their children develop social, emotional and academic readiness for success in school  Formula, diapers and transportation provided for those in need	Volunteers	<b>8</b>
			Children and Youth	<b>7112</b>
			Volunteers	<b>92</b>



**Last year, you helped 7112 children and youth join programs that develop their interests and confidence, and prepare them to succeed**

Together, we are **building** strong **communities**

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

ORGANIZATION	PROJECT	COMMUNITY IMPACT		
Interlude House	<b>Pattern-Changing Group</b> – An educational program to help abused women	Breaking the cycle of violence and victimization by helping each woman to adopt a new way to <b>control her own life</b>	Women educated	26
		Volunteers provide transportation and childcare so mothers can attend	Volunteers	6
		<b>Empowerment workshops</b> 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	Social and support group to increase the <b>community involvement</b> of people with autism	<b>Reduces social isolation</b> by providing opportunities for social interactions for both the individual and their family	Families supported	38
		Helps <b>educate the public</b> about inclusion and how to interact with those with autism	Volunteers	6
Prescott-Russell Community Services	Provides <b>comprehensive services</b> 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	Seniors supported	2850
		41,208 volunteer hours contributed	Volunteers	486
Canadian Mental Health Association	<b>Mental health promotion</b> 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	<b>Supports</b> those living with a permanent physical handicap	Individuals benefit from personal care, companionship, equipment, medical/hygiene supplies, and transportation	Families supported	109
			Volunteers	8
			Persons	7862
			Volunteers	525



**Last year, you helped 7862 individuals overcome personal challenges related to mental health and disabilities**

# Together, we are moving **people** 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	<b>Comprehensive support</b> to provide fulfilling, suitable, long-term jobs to people with a disability	Offered solutions to handicapped youth and adults for <b>overcoming obstacles</b> that were impeding their full participation in the labour market	Persons	180
		Participants developed social skills, participated in workshops on self-esteem, and <b>regained confidence</b> in their capabilities and life skills	Volunteers	35
Good Neighbors Food Bank	Community food banks provide <b>food and other supports</b> 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 products, meat and fish	Volunteers	19
Hawkesbury Central Food Bank		Complete lunches for families with children in school	Persons	4088
		Baby food, diapers and formula offered to families with infants	Volunteers	51
L'Original Food Bank		A second-hand store co-located with the L'Original Food Bank provides low-cost items and free-of-charge to those in extreme need	Families	331
			Volunteers	26
Centre Moi j'apprends	Assist families struggling with French <b>literacy</b> , particularly those with young children	<b>Weekly workshops</b> focusing on improving French literacy and breaking the cycle of illiteracy within families	Families supported	103
		The objective is to encourage parents to <b>get involved with their child's reading</b> by helping them understand how children learn giving them practical skills to help	Volunteers	7
			Persons	7338
			Volunteers	138



Last year, you helped **7338** individuals overcome poverty-related challenges