

Building Strong and Healthy Communities

There's an issue

A community is only as strong as the sum of its parts. But in too many neighbourhoods across Peel, Toronto and York Region, residents find it difficult to access the essential services and supports they need to succeed. These barriers are often amplified for vulnerable individuals—including seniors, people living with disabilities and newcomers—and can lead to challenges like social exclusion and mental illness.

Approximately 10% of seniors in Peel Region are living on low income.

62% of Toronto food bank clients reported having a disability or serious illness in 2017.

1 in 10 Canadians have experienced mental health or drug use issues in the past year; **1 in 3** will experience one over the course of their lifetime.

- In Peel Region, there was a dramatic increase in low-income neighbourhoods, growing from 2% in 1980 to 52% in 2015.

There's a way forward

The foundation for a strong community starts with investing in services and supports for people and families in need. Mental health counselling, training sessions and engagement opportunities are just some of the many vital, community-based resources that help make a difference.

\$100 provides a senior living with Alzheimer's with a weekly visit for three months.

\$260 provides 10 people with 10 weeks of guidance on how to support a family member or friend struggling with mental health issues.

\$365 provides a woman who has experienced violence with 16 weeks of group therapy.

\$800 helps bring together 100 neighbours to identify common challenges and solutions, making their community stronger and safer.

\$1,400 provides a newcomer with eight months of English classes and childcare, helping them develop their skills and build important community connections.

But, there are barriers

When people and families can't access the supports they need to thrive, entire communities can fall behind. For residents living on a low income, opportunities to build a good life—including access to meaningful social networks, good jobs and affordable housing—aren't equally available.

1 in 3 immigrant families in Toronto live on a low income.

49%: the employment rate of Canadians aged 25 to 64 with disabilities—compared to 79% for people without a disability.

45 days is the average wait time to access mental health counselling and treatment in Ontario—well above the suggested standard of 28 days.

1 in 3 Canadians do not report a strong or very strong sense of belonging to their local community.

- Of those living in poverty in York Region, **1 in 10** are seniors.

That's why your help matters

Your support fuels United Way's work in helping to strengthen neighbourhoods across our region so we can all share in the collective benefits of healthy, vibrant and prosperous communities.

\$40M+ is invested in communities across Peel, Toronto and York Region, empowering individuals and entire neighbourhoods by ensuring access to services and programs.

416 programs and services strengthen and unite neighbourhoods, helping them become more vibrant and connected.

900,000+ individuals and families are served in communities across our region.



WORKING WITH COMMUNITIES IN
**PEEL, TORONTO
& YORK REGION**

2018 CAMPAIGN