



United Way



A winner at the game of life

Cindy sees obstacles as new opportunities for a win

“As a person with an intellectual disability, it’s not always so easy for me to reach out to others. Yet, I know I have much to offer because I am sociable, friendly, and cheerful. It’s important for me to have friendships. I have to overcome other obstacles because of my diminished vision and partial paralysis, but I find ways to look after my personal needs.

That is why I rely on the services of the agency affiliated with United Way. They help me with social interaction, learning and, of course, recreation! My favourite activities are bingo, karaoke, and outings, such as restaurants and bowling. When I play, I like to win.

But I can be a winner in other ways too. Through the activities, I am recognized for my initiative and engagement and for taking on personal challenges. I can go beyond expectations. It shows that I have stick-to-it-iveness.

Since joining the program, I have gained more confidence. Before, I was too shy to ask for help. Today, I am learning to communicate with others, to say things in the right way and to apply my filters. With the organization, I feel safe.



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It was tough during the pandemic when I couldn't go outside. I felt isolated even though I could talk to my friends on the phone. I want to urge donors to continue to give so that the agency can keep offering help. United Way supports the agency's services, and I can go there to have more control over my life. Thank you for helping and giving me the chance to tell my story."



Moving forward together

As an educator, donor, and volunteer, Lucie has always felt the need to give a helping hand.

"There is a special onus on those of us who are most fortunate to help others. The more we give, the more we will make a difference. I get involved, I give, and I stand strong with my fellow human beings.

The key value in my life is respect for people. For me, everyone is special, regardless of their age or condition. We need to create bonds with each other to move forward in life. I've seen this throughout my career as an educator and school administrator.



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Education can help people improve their lives. That is especially true for young people who are the future of our society. Young people absorb everything and they need role models. We should teach them that they are capable of achieving great things.

I've been a Centraide donor for a long time. I have a natural affinity for the organization because I was raised in a family with modest means, so I understood at a very young age the importance of helping others. Later, I was confronted with the reality of poverty every day in school. If I couldn't act myself, I still wanted to support the people in the field financially.

Over the past ten years, I have been a member of just about every administrative committee of my local United Way. My service with the organization makes me feel useful.

Despite its undeniable negative impact, the pandemic did bring out some good points within the community. We received donations that would probably never have materialized if not for the pandemic. People are more generous when a disaster like this happens. But there is still a lot of work to be done.”