



United Way
Saint John, Kings
& Charlotte

CHANGE LIVES. 



Stories that Unite us.

United we can do more, especially during the holidays

As 2022 comes to a close, I want to extend my heartfelt thanks to our community for your support this year.

Thanks to you, thousands of individuals and families have found the help they needed for brighter days and better futures.

See Alexya's [full video message](#).



Ella's story: A brighter future thanks to Summer Slide

Before enrolling in the Summer Slide program at Blacks Harbour School,

Ella struggled to read. She recognized some common sight words and could

only manage short sentences.

But thanks to Summer Slide, which offers fun math and reading classes in the mornings and summer camp-like play and adventure in the afternoon, Ella's reading skills took off like a rocket.

“By the end of summer, we were amazed how she was reading full sentences, with no issues. The improvement she had made, provided her with more confidence starting the new school year,” her family wrote.

[Read more](#)

Alex's story: From despair to hope



Alex's post-traumatic stress got so bad that he started to think that the only way to find relief was to end his life.

Thankfully, he found counselling through Family Plus, a United Way funded partner.

“My therapist is trained in the area I need therapy for and she would always ask the right questions that challenged my thinking. We worked on things ‘one load at a time’ and my life is so much better,” Alex says.

[Read more](#)

#UNIGNORABLE FACT

Overall, half of Canadians (54%) say their mental health has worsened over the past two years.

Source: Source: Angus-Reid, 2022.



#LOCALLOVE FACT

United Way Saint John Kings and Charlotte provides low to no-cost mental health support to individuals and families that may not otherwise be able to access the help they need when they need it. Last year, nearly 600 individuals were able to access more than 5,800 sessions.



Celebrating a 40th by giving back

On the occasion of its 40th year in business, Aquila Tours of Saint John came up with a unique way to give back.

Keen to celebrate its milestone in a community-minded way, the long-time supporter of United Way came up with a series of ways of help – all revolving around 40.

[Read more](#)



211 is the front door to government and community-based programs and social services. It's free, confidential and available in 150+ languages, seven days a week.

Your support changes lives.

Don't forget that any gift you make before midnight on Dec. 31 will qualify for a 2022 charitable tax deduction.

[Make your 2022 gift now.](#)

Thank you for your generous support.

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