



United Way
Saint John, Kings
& Charlotte

CHANGE LIVES. 



Stories that **Unite** us.

Help us overcome tragedy and despair in 2024

January can be a time for hope and new beginnings.

But for many people in the communities we serve, it is not that. It's another month of desperation, where hope is limited to finding a place to stay warm.

While many of us have the luxury of resolving to lose 20 pounds, others wake up every morning hungry and wondering where they might find their next meal.

[Read more](#)



Jane's story: A journey to hope

With her daughter struggling with homelessness and



addiction, Jane took on responsibility for her two grandchildren.

But she faced tremendous challenges, including that her husband was withdrawn and offering little support. That left Jane to shoulder the responsibility alone.

Jane turned to the Sophia Recovery Centre, where she joined the CRAFT family support group in St. Stephen for six weeks. CRAFT teaches family members practical strategies to motivate change, including understanding a loved one's triggers, positive communication strategies, and positive reinforcement for non-using behavior.

[Read more](#)

Zoey's story: Soaring to new heights



Zoey, a young bassoonist, found herself ensnared in the clutches of anxiety. Learning music at Sistema, once a joy, felt like a daunting challenge as she struggled to hit the right notes.

This fear escalated to the extent that she shied away from solos, and her participation in class dwindled. Sistema became a place she dreaded, inventing excuses to escape something that once brought her so much happiness.

Her teacher, noticing Zoey's struggles, embarked on a journey with her. Each day, they delved into the heart of her fears, peeling back layers of anxiety. He encouraged her to study her music, not just with her instrument but with her heart and mind. Their conversations gradually rekindled her passion for music.

[Read more](#)

#UNIGNORABLE FACT

More than one in five New Brunswickers experiences an alcohol or drug use disorder in his or her lifetime.



#LOCAL LOVE FACT

88% of the kids in Sistema have improved school attendance and academic performance this year.



GenNext: Making an impact

GenNext Saint John, Kings & Charlotte is not just growing the next generation of philanthropists – it's actively shaping them.

Since its official start nearly a year ago, this dynamic group of young

professionals has made significant strides in community engagement and philanthropy.

With a diverse and passionate cabinet and membership, GenNext is quickly becoming a force for good.

In just one year, its members raised \$35,000 from their personal commitments, matches and fundraising.

[Read more](#)

Your support changes lives

Your support changes lives. If you haven't had a chance to give, it is as simple as clicking below. Thank you for sharing your love.

Feb. 29 is the last day to support this year's campaign!

CHANGE LIVES.

 **DONATE**



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