



United Way
Saint John, Kings
& Charlotte

CHANGE LIVES. 



Stories that **Unite** us.

Thank you for your enduring support

It has been my privilege to serve as campaign chair for United Way Saint John Kings & Charlotte over the last year.

And I'm very pleased to report that the campaign, with the support of thousands of community-minded individuals and organizations across our region, has reached \$1.74 million.



This is an incredible outcome at a time when the need in our communities is greater than ever. Tough times have descended on so many, particularly with the burden of high inflation.

[Read more](#)



Jennifer's story: From crippling fear to a joyful confidence

Before the Women's Empowerment Network, Jennifer Nickerson was in a constant state of anxiety.

Her fear of failure and the unknown was crippling. She was afraid of interacting with strangers. Meeting new people terrified her.

Then she enrolled in the Healthy Self-Esteem program at the Women's Empowerment Network, part of the Saint John Learning Exchange.

[Read more](#)

Parker's story: From addiction to recovery, and hope



Parker's descent into addiction began slowly enough.

It started with drinking and smoking a "bit too much" pot. Then he fell into the wrong group.

Seeking acceptance among a group of friends with similar struggles, he became hooked on smoking methamphetamine. Before long, he had cut off ties with his family and old friends.

[Read more](#)

#UNIGNORABLE FACT

26% of people say their mental health is fair or poor, more than a four-fold increase over the last decade. In 2013, only 6 per cent reported the same.

*SOURCE: Community Foundations National Vital Signs Report 2023.

#LOCAL LOVE FACT

Every United Way Saint John, Kings & Charlotte funded partner provides and protects a person's dignity and mental health while building a growth mindset for their future.



May 1st, 2024
Imperial Theatre

PRESENTING
SPONSOR:



Private Wealth



United Way
Saint John, Kings
& Charlotte

5 STORIES.
ORIGINAL SONGS.
LIVES CHANGED.

www.imperialtheatre.ca

Please join us for Songs of the City

On May 1 at the beautiful Imperial Theatre in Saint John, you are invited to join us for [Songs of the City](#), a unique United Way event that brings together storytellers whose lives have been changed with support from a United Way-funded agency.

The magical evening event, made possible thanks to presenting sponsor [BMO Private Wealth](#), features storytellers paired with talented local songwriters who transform the stories into original songs performed live on stage.

Tickets are \$10 each and available through the [Imperial Theatre](#). Get yours today!

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.

CHANGE LIVES.

 DONATE



United Way Saint John, Kings & Charlotte | 28 Richmond St., Unit 301, Saint John, E2L 3B2
Canada

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