



**United Way**  
Saint John, Kings  
& Charlotte

CHANGE LIVES. [DONATE](#)



## Stories that **Unite** us.

### Welcoming a new campaign chair

By **Alexya Heelis**

I'm delighted to share with you that the chair for this year's United Way campaign is Ryan Mitchell, President and CEO of Saint John Energy.



Ryan brings his boundless energy and his passion for community building to the role. We couldn't be more pleased to have him lead our campaign.

"I've become increasingly impressed with the work the United Way does in Saint John, Kings and Charlotte," Ryan says.

[Read more](#)



## Jessica's story: battling to turn her life around

From an early age, Jessica's life was a never-ending rollercoaster.

In and out of foster care, she battled with addiction while her parents also struggled with the same. As she grew older, the relationships she had were toxic and marred by violence.

By the time she was 32, she had given up a son to a family member to care for and she found herself four months pregnant.

Then she found First Steps, which offers pregnant women or moms with young children a safe place to live.

[Read more](#)

## Emily's story: Becoming a responsible teen

If you've been through the drop-in at Teen Resource Centre, you will have seen many of the walls covered in "bubbles."

Each bubble has the name of a former or current youth from the drop-in program. When 14-year-old Emily started attending the program last year, she asked why some people got to put



their name on the wall.

Staff told her that youth were welcome to claim a bubble when they felt that they had become part of the Teen Resource Centre community by treating people with respect, helping others and generally being a good citizen.

Months later, staff noticed that Emily had made major improvements in her behaviour and complimented her on it. Emily smiled and noted she had been consciously working on improving herself.

[Read more](#)

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## #UNIGNORABLE FACT

New Brunswick has the fifth-highest rate of teenage pregnancy in Canada.

\*SOURCE: Statistics Canada, 2022

## #LOCAL LOVE FACT

Last year, First Steps helped 92 young women and children build better futures. Among them, 15 women with children have gained independence and improved living conditions through the Second Steps program, which doubled in capacity over the previous year.



## How we decide what to fund

At United Way, we are grateful to the individuals who serve on our Community Investment Advisory Committee.

They are instrumental in the work of strengthening non-profit organizations in our communities and are essential to United Way determining which organizations become our funded partners.

To ensure every dollar our donors give to the United Way has maximum impact, the committee spearheads a rigorous review process.

Our focus is on organizations and projects that are helping to address root causes or solve systemic issues. We currently have four community priorities: Moving people from poverty to possibility, helping kids achieve their full potential, mental health support, and breaking the cycle of domestic violence.

[Read more](#)



## **Come have fun with us this summer!**

We're excited, one again, to be a part of the Area 506 summer events.

We would love to have you join us on the Saint John waterfront this summer as United Way bar volunteers.

Events this year include the BoxCar Country Music Festival on July 25 to 27 and the Area 506 Festival from August 2 to 4.

So grab some co-workers or friends and join us!

For more information or to sign up for one or more shifts, check out [our signup page!](#)

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## **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.

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