

# Meet Melanie

After years of living with untreated depression resulting from chronic illness and the trauma of health scares, Melanie was able to access free therapeutic counselling through a United Way donor-funded subsidy program. Now, she has started a new chapter built on healing, resilience, and reconnection.

You can change the story for someone struggling. Together, we can remove barriers and bring mental health care within reach for everyone.

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**Donate today.**



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*"I'm here because of the support I received through United Way. That support gave me a lifeline when I needed it most, and I will be forever grateful."*





# Meet Tanya

With support from a United Way donor-funded program, Tanya gained the skills, education, and confidence she needed to rebuild her life and pursue a career with purpose.



Because of you, people are gaining the tools they need to break barriers and build futures filled with opportunity.

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*"I used to believe I wasn't good enough. But this program helped me see that I am capable. I do have potential."*



# Meet Katrina

After the passing of her primary caregiver, Katrina found connection, confidence, and community through a United Way donor-funded inclusion program — and she's thriving because of it.

Everyone deserves to feel like they belong. You are increasing access to safe, inclusive spaces where people can connect to community and increase their quality of life.

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*"I like volleyball, art, swimming, and dancing. I enjoy painting because it's fun. My favorite thing to paint is animals."*

# Meet Nadia

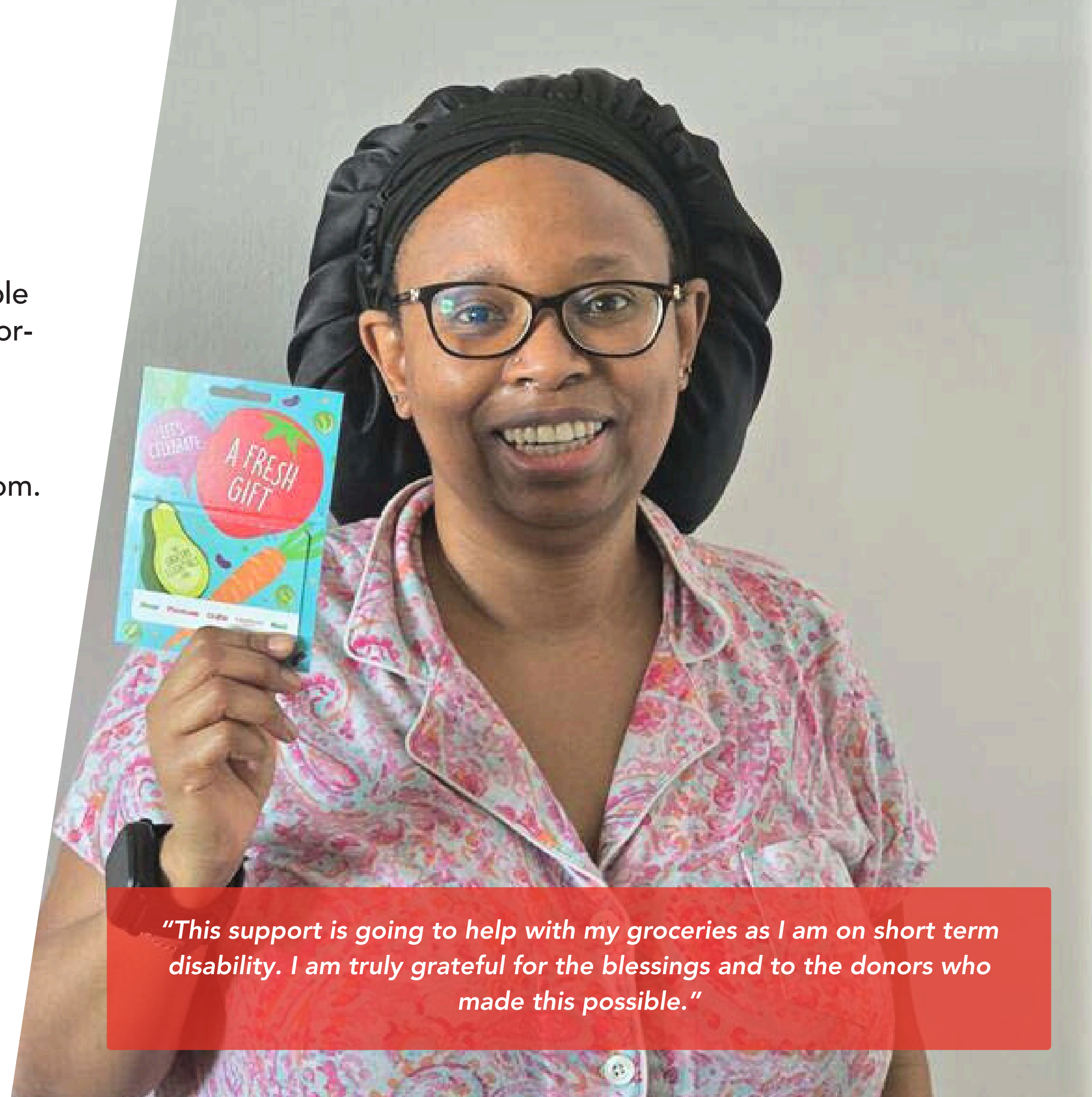
Facing a tough time on short-term disability, Nadia was able to access nutritious groceries thanks to a United Way donor-funded food program.

Everyone should know where their next meal is coming from. You are increasing access to safe, nutritious food so that nobody in our community goes hungry.

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*"This support is going to help with my groceries as I am on short term disability. I am truly grateful for the blessings and to the donors who made this possible."*



# Meet Brendan

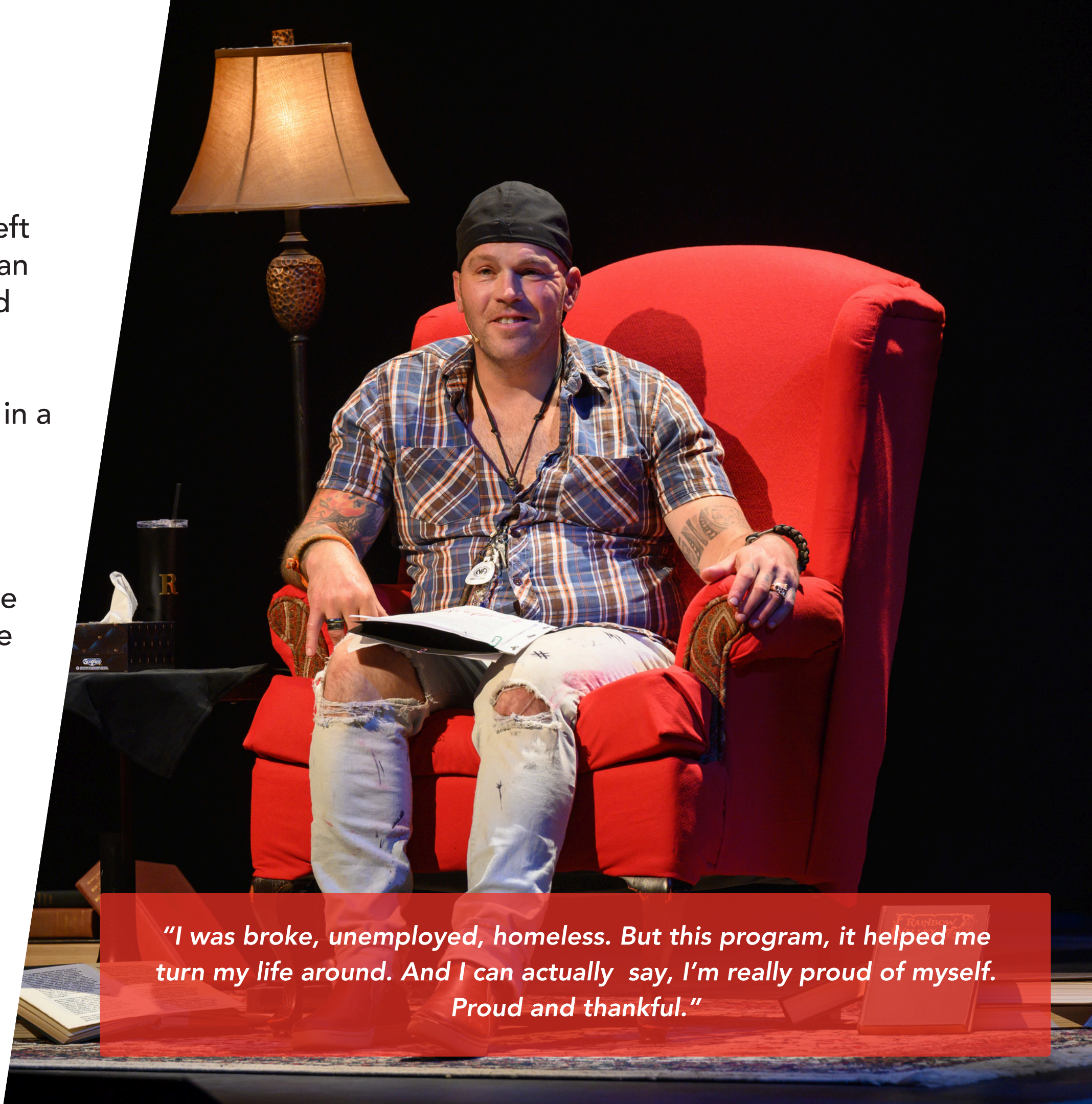
After years of battling with a substance use disorder that left him isolated, unemployed, and living on the streets, Brendan made a choice to change his life for the better. He received treatment for his addictions and enrolled in a United Way donor-funded Essential Employability Skills program that helped him get on the path to success. Now, he's enrolled in a Resident Care Worker program, preparing himself for a meaningful career helping others.

Everyone deserves to have the opportunities needed to live with dignity, hope, and purpose. Your support helps ensure those opportunities are there for people when they need them most.

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*"I was broke, unemployed, homeless. But this program, it helped me turn my life around. And I can actually say, I'm really proud of myself. Proud and thankful."*