

How will MY dollars help  
**when I donate**



### A gift of

- **\$1 A WEEK or \$52** provides two specialized tutoring sessions
- **\$2 A WEEK or \$104** helps two people develop a new resume to re-enter the workforce
- **\$5 A WEEK or \$260** helps six low-income people have their income taxes completed
- **\$7 A WEEK or \$365 (\$1 PER DAY-OUR EVERYDAY HERO)** provides mentoring programs and services to four children in our community
- **\$10 A WEEK or \$520** provides a youth, adult or senior access to an eight-week group or short term counselling
- **\$15 A WEEK or \$780** provides counselling for six women in our county who have experienced domestic violence
- **\$20 A WEEK or \$1,040** provides a senior with a hot balanced meal at their doorstep three times per week and their family peace of mind



## Give. Volunteer. Act

Please make your donation today

- On our secure website:  
[www.northumberlandunitedway.ca](http://www.northumberlandunitedway.ca)
- By becoming a monthly donor with pre-authorized chequing or on your credit card
- Through your workplace campaign by payroll deduction
- Directly by cash, cheque or credit card

*You can also consider including United Way in your Will or other kinds of planned gifts such as gifts of stock or life insurance. For more information, please contact our Resource Development Manager.*



**United Way  
Northumberland**

Tel: 905-372-6955 or 800-833-0002

Email: [office@nuw.unitedway.ca](mailto:office@nuw.unitedway.ca)

[www.northumberlandunitedway.ca](http://www.northumberlandunitedway.ca)

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*\* Photography courtesy of Peg McCarthy - OShootPhoto*

# Change starts here.



## United Way Northumberland

Your dollars make a difference  
**right here**

## Agencies United Way is funding

Canadian Red Cross	905-885-9696
Community Living West Northumberland or Port Hope Office	905-372-4455 905-885-6899
The Help Centre or toll free	905-372-2646 888-698-3382
Kawartha Sexual Assault Centre or toll free	705-748-5901 866-298-7778
Kinark Youth Crisis Response or toll free	905-372-2070 800-551-0403
Learning Disabilities or toll free	905-377-9414 866-503-3303
Northumberland Big Sisters Big Brothers or toll free	905-885-6422 888-278-2484
Northumberland Community Counselling Ctr or toll free	905-372-6318 866-748-5720
Northumberland Services for Women or toll free	905-372-0746 800-263-3757
The R.E.A.D. Centre	905-373-7033
St. John Ambulance	905-372-0564
VON or toll free	613-392-4181 888-279-4866
YMCA Northumberland	905-372-0161

## Funding Properties

From Poverty  
to Possibility

Healthy People,  
Strong  
Communities

All That  
Kids  
Can Be



## Community Programs & Partnerships

### Back Packs for Kids

905-372-6955  
800-833-0002

- Supplies over 1600 students from Kindergarten to Grade 12 with new back packs and school supplies annually
- Distribution to children is through various children's agencies across the county
- The essential supplies are supported by a large group of community partners including Ganaraska Financial Services, Staples Business Depot, Northumberland County, Cameco Corporation, Rotary Club of Cobourg and Rotary Club of Northumberland Sunrise, Food 4 All Northumberland, Cobourg Police Services, Cobourg Lions Club and Northumberland Children's Aid Society

### Info Northumberland

905-372-8913  
800-396-6626

- A free resource that provides information on health and human services - [www.fourinfo.com](http://www.fourinfo.com)
- Searchable database for local volunteer opportunities
- Posts upcoming events so people can find out what is happening throughout the county
- Soon to launch, in partnership with Northumberland County, an Emergency Volunteer Registry

### 211

[www.211Ontario.ca](http://www.211Ontario.ca)

- Dial 211
- A free public information service connecting people to community, social, health and government services
- 211 is available 24/7, confidential and multilingual

### Food 4 All Northumberland

905-373-8566  
[www.food4all.ca](http://www.food4all.ca)

- A joint partnership between Northumberland County Community and Social Services and Northumberland United Way
- Food 4 All supplies 14 food banks, more than 40 school nutrition programs over 20 faith-based groups and another 60+ not-for-profit community groups with food and essential items such as laundry supplies and personal care products
- 507,360 lbs of food were distributed in 2010 and already overall distribution in the first six months of 2011 is up 18% over the same period as last year, and up 32% over the same time in 2009

### Leadership Development Services 905-372-6955

- Assists volunteer-driven not-for-profit, charitable organizations to develop knowledge, skills, and tools they require to become effective leaders and to increase the capacity of their organization through affordable training opportunities and strategic planning assistance.



Creating opportunities  
for a better life for everyone  
**in our communities**

**Change starts here.**

