

Thanks to United Way supporters, in 2023



262,914 people who were struggling received support from United Way of the Alberta Capital Region funding, initiatives, and programs.



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124,478 people strengthened their mental well-being with supports from United Way of the Alberta Capital Region.



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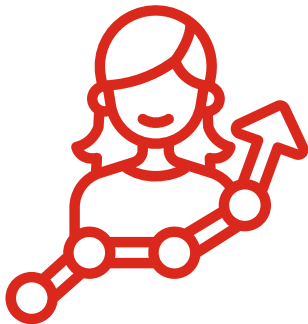


89% of participants accessing United Way-funded mental health resources strengthened their social support networks.



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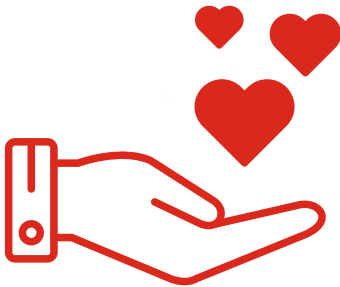


80% of participants improved their skills to develop and maintain positive mental health after accessing United Way-funded supports.



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3,420 people who experienced gender-based violence received caring supports funded by United Way.



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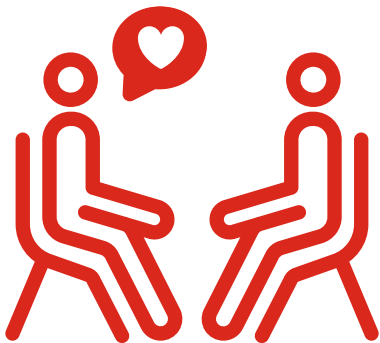


21,981 people improved their understanding of mental health and how to support others through United Way-funded training programs.



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15,922 people facing mental health challenges received timely counselling, funded by United Way.



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More than 85,000 contacts were answered by 211 Alberta, connecting people to essential community resources.



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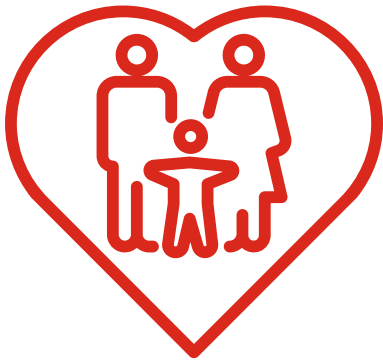


48,601 people accessed educational supports through United Way of the Alberta Capital Region funding, initiatives, and programs.



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8,509 caregivers and children received early learning and parenting supports through United Way funding.



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89% of caregivers accessing United Way-funded resources were better able to support their children's healthy development.



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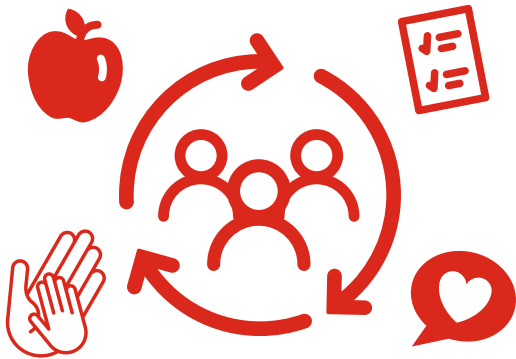


82% of children and youth accessing United Way-funded supports improved their self esteem, problem-solving or coping skills.



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1,993 students and their families accessed wraparound supports through United Way's All in for Youth collaborative.



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18,316 students had the school supplies they needed to succeed through United Way's **Tools for School** program.



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574 volunteers built backpacks for United Way's **Tools for School**, helping students and families who need school supplies.



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89,834 people improved their finances,
empowered by support from
United Way of the Alberta Capital Region.



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97% of participants said their financial knowledge improved after taking part in United Way's Empower U initiative.



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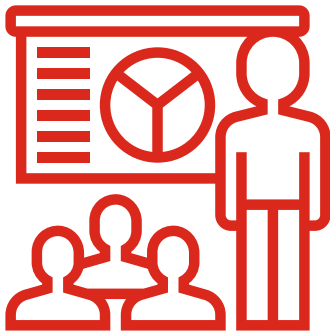


231 people accessed Empower U,
United Way's female-focused
financial empowerment initiative.



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1,271 people took part in
United Way's **Each One, Teach
One** financial literacy workshops.



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1,260 people got help to find and keep their job through United Way-funded employment training.



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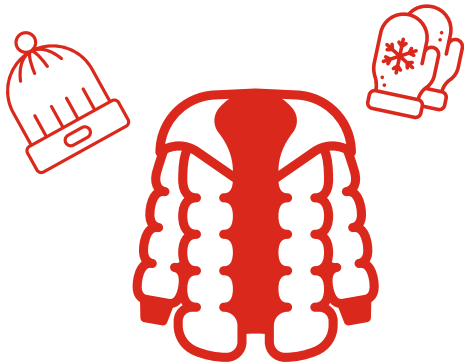


7,280 people had winter wear to keep them safe and warm because of United Way's Coats for Kids and Families program.



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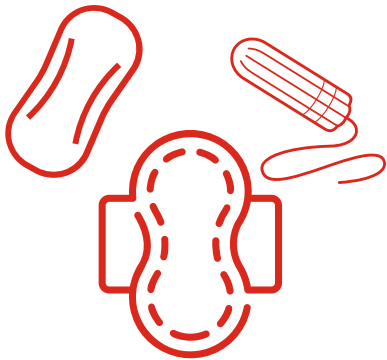


178 volunteers supported United Way's Coats for Kids and Families, making sure people had clean and functional winter wear.



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15,563 period products were distributed to front-line agencies, thanks to in-kind donations to United Way's **Period Promise**.



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