



Inspire possibility today, for better tomorrows.

Each year, it's our privilege to share success stories of individuals whose lives have been impacted by your donations. Your support of United Way Halifax's Community Fund is creating hope for many people. Thanks to you, our funded agencies are providing community members with immediate assistance when they need it most. You're empowering many to regain their independence, find their voices, and create positive change in their lives.

We are profoundly grateful for your continued generosity. You're strengthening local communities and breaking down barriers for people like Alec, Dylan, Tammy, Elsy and Kenneth. We hope their stories of resilience bring you joy and inspiration as you witness the transformative power of your contribution.

A New-Found Energy



Alec experienced significant change in his life over the past year after losing his father, moving, and adopting new routines. He adapted well, but his sister and caregiver Sherri attributes much of his newfound confidence and independence to The Club Inclusion. The Club provides social, cultural and recreational programs to people of all ages with disabilities – and according to Sherri, Alec has flourished since joining. He's not only willing to do activities with his newfound peers, he's excited about them.

"Alec only wants to be at the Club without us. He'll say: It's my time with my friends; you go to a coffee shop and come get me later. That is a major difference."

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Thanks to donors like you, Alec can keep looking forward to The Club every week - and the The Club can continue to be the go-to place of connection and care for folks with disabilities in HRM.

Breaking the Cycle



"We're all a big family at LOVE, and I'll never forget the support they've given me."



When Dylan first walked through the doors of LOVE Nova Scotia three years ago, all the best parts of his character lit up. The people that he met there saw something within him that he couldn't even see himself at the time – the potential to be a leader.

Dylan grew up in Downtown Dartmouth. He wasn't surrounded by the security of a safe community, and he didn't feel like he had a network of support. It often seemed like the only way to stay safe and find acceptance was through conflict.

Luckily, he found LOVE NS.

LOVE NS helps youth develop emotional intelligence and essential life skills through their programming. It enables them to develop healthy relationships and overcome the challenges they face without violence.

Through his dedication to the program, Dylan has become a youth ambassador, facilitating gatherings at least two nights per week.

Among Friends

Tammy, a program participant at CMHA's Among Friends Club, was born and raised in the north end of Dartmouth on Jackson Road.

She had a tough upbringing, always tip-toeing around her father who struggled with alcoholism. She felt like she never received enough love or attention. She admits that there were good times, like going bowling and getting KFC every Sunday, but she's suffered from depression since she was 12 years old due to trauma from her childhood.

Luckily, Tammy found Among Friends, and says the program has significantly improved her current state of mental health. The program provides adults experiencing mental illness and mental health problems with access to recreational programs that offer vital social supports and connection.

"Getting out into the community has helped me a lot with my depression. This is like my second family; everyone is nice to me here and makes me feel good. I have the attitude now that I'm just as good as anyone else."



Diverting Families From Shelters

At the end of May 2022, Elsy, Kenneth and their two children fell on hard times and were served an eviction notice.

They worked with Adsum House for Women and Children, Housing NS and the Residential Tenancy Board to work out a deal with their landlord, but they were ordered to vacate after their second hearing. Faced with a seemingly insurmountable challenge of finding their family a new home, Adsum steered them on the right path.

They provided Elsy and Kenneth with two hotel rooms to suit the size of their family and other necessities like food, gift cards and Christmas presents while they worked tirelessly to help them secure permanent housing.

Finally, in January 2023, Adsum found them a place and helped them with furniture and other needs.



*"We'll never be able to describe the gratitude we have towards them. Thank you from the bottom of our hearts to everyone at Adsum. What you do is truly amazing."
– Elsy & Kenneth*



Network of Local Community Programs.

Thanks to your support, United Way Halifax is investing in **35 critical community programs** this year. These programs meet the ever-changing needs of our most vulnerable residents. They provide safe shelter, nutritious meals, crucial connection, dignity, and opportunity to those who need it most.

Thank You!

Thanks for choosing United Way. Together, we can inspire possibility today for better tomorrows. If you have questions about your impact or about this report, we'd love to hear from you!



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