

BETTER POSSIBLE

“

I had nothing left but this therapy. My therapist heard me, and let me cry, and let me be. She didn't just tell me I'd be OK. She got to work.



Better is Possible when you don't have to face it alone

Through dozens of local programs, we helped 158,000 people in our community get a fair shot at a good life.

No one should have to wait for help when life feels overwhelming. Last year, our programs gave **2,199 individuals, families, and caregivers** access to timely, community-based counselling sessions and tools to cope.



Help more people find support.

Donate now at unitedwayem.ca/give



United Way
Elgin Middlesex