

# How YOUR 2015 Donations are Helping Today



**United Way  
Brant**

**Change starts here.**



The Wampum – Youth Exposure Experience brings together Aboriginal and non-Aboriginal youth, 12 to 15 years old, to promote **learning and acceptance** of Aboriginal cultures and traditions.

Youth forge new friendships across cultural divides and learn about Haudenosaunee history and culture through a variety of teaching activities and experiences. Participants who are 15 and 16 years old develop **junior leadership skills** as they lead activities during the program.

Wampum builds **knowledge, understanding and compassion.**



The School Fresh Produce pilot program provides a free monthly box of fresh fruit and vegetables to enhance student nutrition programs provided by Brant Food for Thought.

Introducing more fresh food options to young children is an important way to **improve their nutrition** and make them aware of **healthy food choices.**

The Self-Care for the Caregiver program teaches **copng strategies** to caregivers who are providing at-home care for loved ones living with Alzheimer's disease and other dementias.

These caregivers need to be able to make life altering decisions on behalf of their loved ones, learn how to navigate the long-term care system, accept and cope with the daily emotional losses, advocate for their loved ones' dignity, continue with family responsibilities and live in a world of loss and sadness – all while **caring for themselves** and **staying healthy.**

The program, a past Community Impact Grant recipient, has proven to be so successful that it is now being funded by the Local Health Integration Network.



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