

DID YOU KNOW?

Below are just a few ways your donation to the Heart of Illinois United Way Community Impact Fund can make a difference right here at home.

Talking with children about the dangers a family can face in an emergency is an important step toward preparedness at home. Fires, floods, and storms are frightening to children and adults alike. By engaging children in preparing a disaster plan, parents and caregivers can help their children develop a sense of control and confidence.

If you give \$1 a week, you can provide one classroom with disaster preparedness instruction focused on fire prevention and safety, hazards of storms and tornadoes, and how to be safe in summer or winter weather.

Empty calories from added sugars and solid fats contribute almost half of the daily calories for children and adolescents. This leads to youth eating more calories than their body uses and increases the risk of becoming overweight or obese.

If you give \$3 a week, you can provide a preschool or school-age child with one week of summer camp focused on nutrition, physical fitness, and health education.

Adults with intellectual and developmental disabilities are often unemployed or underemployed, despite their ability, desire, and willingness to work in the community. These individuals often face multiple barriers to finding and maintaining employment.

If you give \$5 a week, you can provide 12 hours of employment readiness and job coaching to an adult with an intellectual and/or developmental disability.

Abuse from domestic violence and sexual assault is a major public-health problem, resulting in homelessness, injury or death of victims, billions of dollars in health-care costs, lost work productivity, and an increased chance of developing depression, anxiety, and substance abuse disorders.

If you give \$10 a week, you can provide one month of therapy for a child or an adult experiencing trauma from sexual assault or domestic violence.

Safe, affordable housing is not only a key factor in establishing financial stability, it is also important to ensuring low-income children and families have access to education and health care.

If you give \$20 a week, you can provide one week of shelter and three meals a day for a homeless family to help them transition to their own home.



509 W. High Street
Peoria, IL 61606

Phone: 309/674-5181
Online: hoiunitedway.org

*AFL/CIO Community Services
A United Way Labor Partnership
Phone: 309/674-5181, ext. 1239*



YOUR GUIDE TO UNITED WAY



HOME

(HŌM), NOUN A PLACE WHERE A FAMILY OR INDIVIDUAL(S) CAN LIVE UNITED, WHERE QUALITY EDUCATION SUPPORTS FINANCIAL STABILITY AND ACCESS TO HEALTHCARE PROMOTES WELLNESS

NEED HELP? CALL 211

- Available 24/7
- Free and confidential
- Connect to critical services
- Online at 211hoi.org
- Dial 309-999-4029 if you have trouble connecting





Quality education is essential to earning a livable wage



Improving financial stability leads to increased independence



Access to healthcare promotes wellness for all ages

WHY SUPPORT EDUCATION, FINANCIAL STABILITY AND HEALTH?

Education, financial stability and health are vital for building safe and stable lives. But for too many individuals and families in central Illinois, these fundamentals are out of reach. This means that a gift to the Heart of Illinois United Way's Community Impact Fund is the shortest distance between your charitable investment and a stronger, safer and healthier place to call home.

LIVE UNITED®



Contributions stay in central Illinois supporting Peoria, Tazewell, Woodford, Stark, Marshall and Putnam counties.

\$.89

89 cents of every dollar raised by the Heart of Illinois United Way directly supports critical health and human care programs in central Illinois.



Heart of Illinois United Way funded programs positively impact one-third of the population in central Illinois each year.



GIVING TO HEART OF ILLINOIS UNITED WAY

MAKING A DONATION

By investing in education, financial stability and health programs, the Heart of Illinois United Way mobilizes people and contributions to drive positive, community-wide change.

When you give to the Heart of Illinois United Way (Community Impact Fund), your donation becomes a part of the measurable impact we make on lives throughout central Illinois and supports programs that demonstrate accountability.

The Heart of Illinois United Way Community Impact Fund supports 89 programs and initiatives. Approximately 75 local volunteers evaluate these health and human care programs to ensure your donation addresses identified local health and human care needs.

A donation to United Way (Community Impact Fund) is one of the easiest, most powerful ways to make a charitable investment in your community.

You also have the option of directing (designating) donations through United Way to specific a agency or exclude an agency so they will not receive your funds.

UNITED WAY FUNDED PROGRAMS & INITIATIVES PROVIDE CRITICAL SERVICES

EDUCATION PROGRAMS FOCUS ON:

- Reading and math programs for ages Pre-K through adult
- After school tutoring
- Mentoring
- Social-emotional skills
- Parenting skills

FINANCIAL STABILITY PROGRAMS FOCUS ON:

- Basic needs for food, shelter and clothing
- Workforce skills
- Emergency relief
- Legal assistance
- Employment for people with developmental disabilities

HEALTH PROGRAMS FOCUS ON:

- Nutrition, physical fitness and substance abuse education
- Medical, vision and oral health services
- Mental health services

UNITED WAY INITIATIVES INCLUDE:

- Success By 6[®] ensures children are ready for Kindergarten
- S³ (Supporting Student Success) provides in-school mental and behavioral health services
- Heart of Illinois 2-1-1 connects people to critical services.

JUST A FEW WAYS THE COMMUNITY IMPACT FUND IS AT WORK EACH YEAR

- More than 25,000 home-delivered meals are provided each month.
- More than 1,900 students in after school programs receive tutoring, mentoring and activities in a safe environment.
- More than 3,000 preschool students receive a new book each month while discovering a love of reading.
- More than 400 individuals with developmental disabilities are able to find employment.
- More than 1,300 low-income clients receive free legal counsel.
- More than 750 homeless individuals or families receive emergency shelter or permanent supportive housing services.
- More than 750 parents, grandparents or caregivers participated in parenting education.
- More than 300 adults with diabetes receive case management to improve health.
- More than 3,500 adults and youth receive counseling services.

VISIT US ONLINE: HOIUNITEDWAY.ORG

HEART OF ILLINOIS UNITED WAY PARTNER AGENCIES

Alzheimer's Association, Central Illinois Chapter

614 W. Glen, Peoria, 309/681-1100

Advocacy, education and support for individuals and families

American Red Cross - Central Illinois Chapter

311 W. John Gwynn Jr. Peoria, 309/677-7272

Health and safety education; emergency services for fires, storms and disasters; services to the armed forces

Big Brothers Big Sisters, Heart of Illinois

1020 S. Matthew, Peoria, 309/637-1771

Mentoring programs for boys and girls

Boy Scouts of America-W.D. Boyce Council

614 N.E. Madison, Peoria, 309/673-6136

Youth development and leadership programs

Boys & Girls Clubs of Greater Peoria, Inc.

806 E. Kansas, Peoria, 309/685-6007

Youth programs including tutoring and mentoring

G.W. Carver Association, Inc.

710 W. Percy Baker Jr. Ave., Peoria, 309/839-0722

Programs for youth, adults and seniors

CASA of Peoria County

324 Main St., Peoria, 309/669-2939

Legal services for abused or neglected children

The Center for Prevention of Abuse

720 Joan Court, Peoria, 309/691-0551

Anti-bullying education; shelter, counseling and education for women, families and seniors dealing with physical and emotional abuse; court advocacy

Center for Youth and Family Solutions

2610 W. Richwoods Blvd., Peoria, (309) 323-6600

Family counseling and mental health education; senior in-home counseling and support services

Central Illinois FRIENDS of PWA, Inc.

120 N.E. Glen Oak, Ste 201, Peoria, 309/671-2144

Education, testing and treatment referrals to reduce the rates of STIs, HIV/AIDS and teen pregnancy in at-risk populations

Children's Home Association of Illinois

2130 N. Knoxville, Peoria, 309/685-1047

Educational, community-based programs for youth and families.

Common Place

514 S. Shelley, Peoria, 309/674-3315

Youth and adult learning programs

Community Workshop and Training Center, Inc.

3215 N. University, Peoria, 309/686-3300

Specialized employment, vocational training and residential support

Crittenton Centers

442 W. John Gwynn Jr., Peoria, 309/674-0105

Child care, crisis nursery and family support services

Dream Center Peoria

714 Hamilton Blvd, Peoria, 309/676-3000

Basic needs, youth development and community outreach for families

Plus: Henry Community Emergency Ambulance Services
and Lacon-Sparland Emergency Ambulance Services

Easterseals Central Illinois

507 E. Armstrong, Peoria, 309/686-1177

Programs for children with developmental delays, disabilities and autism

EPIC

1913 W. Townline, Peoria, 309/691-3800

Residential, employment, life-skills education and early intervention for people with disabilities

FamilyCore

330 S.W. Washington, Peoria, 309/676-2400

After school and summer programs for youth; family life-skills and counseling services

Freedom House

440 Elm Place, Princeton, 815/872-0087

Services for victims of domestic and sexual violence

Girl Scouts of Central Illinois

1103 W. Lake, Peoria, 309/688-8671

Youth development and leadership programs

Goodwill Industries of Central Illinois, Inc.

2319 E. War Memorial, Peoria, 309/682-1113

Employment, training and rehabilitation; services for veterans; youth mentoring

Greater Peoria Family YMCA

7000 N. Fleming, Peoria, 309/692-7631

Youth and adult fitness programs; mentoring and after school programs

Habitat for Humanity, Greater Peoria Area

931 N. Douglas, Peoria, 309/676-6729

Affordable housing programs

Heartland Health Services

2214 N. University, Peoria, 309/680-7600

Low-cost health services

The Hult Center for Healthy Living, Inc.

5215 N. Knoxville, Peoria, 309/692-6650

Health education services for youth and adults

Human Service Center

228 N.E. Jefferson, Peoria, 309/671-8000

Mental health and substance abuse treatment

Illinois Valley Center for Independent Living

18 Gunia, LaSalle, 815/224-3126

Advocacy and services for persons with disabilities

Junior Achievement of Central Illinois

508 High Point Lane, East Peoria, 309/682-1800

Grade school and high school programs for work-readiness, entrepreneurship and financial literacy skills

Lutheran Social Services of Illinois

3000 W. Rohmann, West Peoria, 309/671-0300

Services for single parents, families and seniors

Neighborhood House Association

1020 S. Matthew, Peoria, 309/674-1131

Child care, after school programs, senior programs and home delivered meals

OSF HealthCare Children's Hospital of Illinois

530 N.E. Glen Oak, Peoria, 309/655-7171

Medical, behavioral health and cystic fibrosis services

Pearce Community Center

610 W. Cedar, Chillicothe, 309/274-4209

Health education and athletic programs

Peoria Friendship House of Christian Service

800 N.E. Madison, Peoria, 309/671-5200

Youth and adult education programs; emergency services and employment programs

Peoria Promise

1718 Sterling Ave., Peoria, 309/999-4022

Provides funding to eligible high school graduates living in the City of Peoria to pursue a college or vocational program

Planned Parenthood Heart of Illinois

2709 N. Knoxville, Peoria, 309/681-0350

Health services and community education

Prairie State Legal Services, Inc.

331 Fulton, Suite 600, Peoria, 309/674-9831

Legal services (civil) for low income individuals, families and seniors

St. Francis Community Clinic

320 E. Armstrong, Peoria, 309/680-7600

Health services for low-income individuals

The Salvation Army

401 N.E. Adams, Peoria, 309/655-7220

Child care and youth programs; emergency shelter, support and disaster services

South Side Office of Concern

202 N.E. Madison, Peoria, 309/674-7310

Employment and residential services for special populations

Tazewell County Resource Centers, Inc.

21310 IL Rt. 9, Tremont, 309/347-7148

Employment and housing for people with disabilities; services for the visually impaired (Sight Center, 309-291-0573)

Tazwood Center for Wellness

3248 Vandever Ave., Pekin, 309/347-5579

Behavioral health treatment, addiction services, crisis response, school-based early intervention and peer support

Tri-County (Peoria) Urban League, Inc.

317 S. MacArthur, Peoria, 309/673-7474

Child care and youth programs; adult education programs and parenting skills; employment services

We Care, Inc.

622 W. Jackson, Morton, 309/263-1015

Special transportation, home delivered meals and food pantry

Youth Service Bureau of Illinois Valley

424 W. Madison St., Ottawa, 815/431-3000

Child care, after school, family and community programs

YWCA of Pekin

315 Buena Vista Ave., Pekin, 309/347-2104

Fitness, childcare, adult literacy, health and community services