

# Regional Programs

*Supported by  
The United Way  
of Thunder Bay*



**United Way**  
Thunder Bay



- **211 North**

A database of local community, health, government and social services available anywhere in Northwestern Ontario. Services are available 24 hours a day, 7 days a week.

- **Regional Food Distribution Association (RFDA) of Northwestern Ontario**

Delivers emergency food and essential items across Northwestern Ontario, including to food banks, shelter houses and First Nations communities.

- **Northwestern Ontario Women's Centre**

Utilizes communities, First Nations and not-for-profit organizations to act as host sites within the region in order to administer Good Food Boxes – filled with nutritious, low-cost food – to low-income households.

- **Thunder Bay Counselling Centre**

Provides addiction, mental health, and family violence counselling. Their Walk-In/Talk-In Counselling Program also supports individuals in need of psychosocial counselling services.

- **Elevate Northwestern Ontario**

Provides regional support through its peer network to Fort Frances, Dryden, Kenora, and Sioux Lookout. Their services include harm reduction education, resource distribution, and community clean-ups.

- **NorthWind Family Ministries**

Partners with 23 communities in Northwestern Ontario to provide a wide-range of support and services based on their Four Pillars of healing.

- **Thunder Bay and Area Victim Services**

Provides emotional support, practical assistance, information and referrals to victims of crime or tragedy. Their Victim Quick Response Program provides immediate assistance to victims of violent crime.

**The United Way of Thunder Bay is proud to provide funding to programs that service Northwestern Ontario. These programs provide an array of necessary services to communities across the region, from Kenora to White River, including numerous First Nations throughout Northwestern Ontario.**

**The United Way of Thunder Bay is grateful for the support of our donors and community partners. Thanks to their generous funding, the United Way has been able to lend support to these regional programs and improve the lives of local individuals.**

**For more information, visit us online at [uwaytbay.ca](http://uwaytbay.ca)**