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United Way
Central Alberta

Celebrating Local Love in Central Alberta

Dear ,

On January 25th, community supporters and United Way Central Alberta staff and volunteers gathered at the Celebration Breakfast to say thank you and to recognize some of the top supporters making an impact in our Central Alberta community. What an amazing 2018 Campaign.

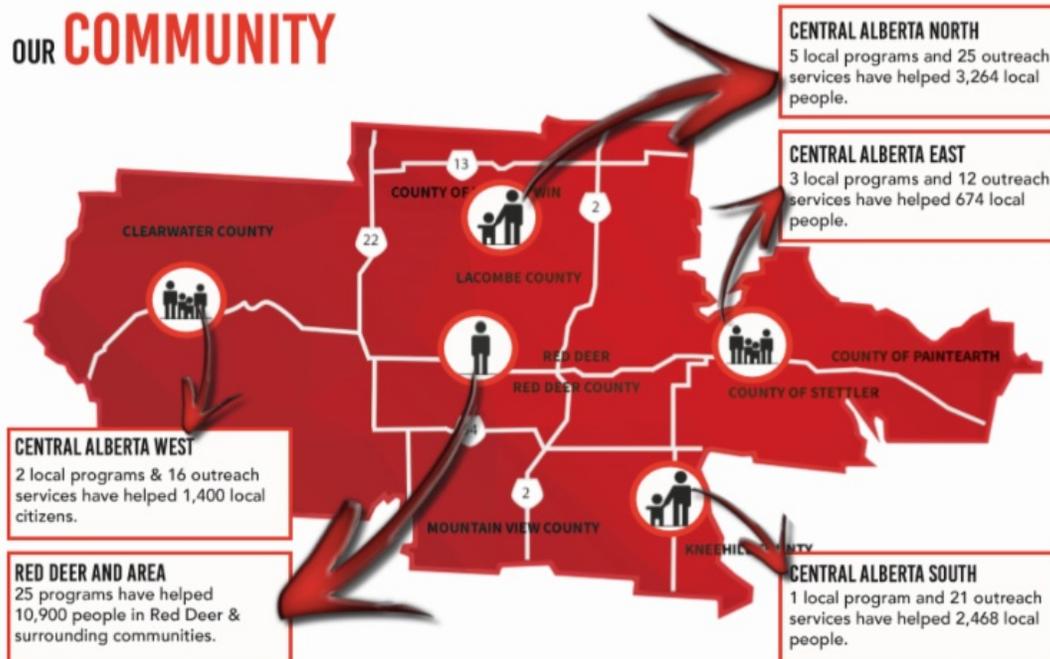
Your acts of Local Love raised **\$2 Million** dollars which will help solve the unignorable issues in the community.

Click image to view breakfast photo gallery.



[Read Highlights](#)

OUR COMMUNITY



Mental Health in the Workplace

With **Bell Let's Talk Day** just a few days away, our CEO, Brett Speight, wants to look at mental health from a different perspective. Specifically, mental health and mental illness from the perspective of an employer. Including mental health policies and their importance in modern workplaces.



500,000

Canadians missed work this week due to mental health issues¹

[Read More Here](#)

Bell Let's Talk

On Bell Let's Talk Day, Bell will donate more towards mental health initiatives in Canada, by contributing 5¢ for every applicable text, call, tweet, social media video view and use of our Facebook frame or Snapchat filter.



[Get Involved](#)

Let's Talk. Awareness.

I work in an office full time. When I shake your hand, I look you straight in the eyes and smile. I talk cheerfully to everyone who wants to talk to me. I handle work-day crises like a firefighter responds to an alarm. I'm part of the office's internal emotional support group. Now, I'm writing an impact story about mental health, because **Bell Let's Talk Day** is fast-approaching on January 30th.



[Read Christine's Full Story Here](#)



Look at All the Ways You Can Help

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United Way Central Alberta | 403.343.3900 | Email | Website

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