

211 Day, 6 kids' books about poverty, and a new podcast episode



## Do Local Good News

FEBRUARY  
2022



United Way  
Alberta Capital Region

February 11 is 211 Day across North America. You might have heard of calling 2-1-1, but did you know that it's an initiative of United Way?

Since 2004, this free, confidential service has been helping people in Alberta navigate the complex network of government and community programs and services to quickly find solutions to their unique situations.

The COVID-19 pandemic has highlighted the value of 211 Alberta as people find themselves in the position of needing support for the first time in their lives. Thanks to United Way supporters, 211 helps Edmonton and area residents find emergency financial support, job search resources, connections to services made difficult to access due to restrictions and isolation, and so much more.

In this month's newsletter, find out more about 211's services and impact in our community, get recommendations on six books about poverty to share with your children, and listen to the latest episode of GenNEXT's *Peace Out Poverty* podcast, which tackles the issue of mental health and its relation to poverty.

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## **Making the Right Call**

From emergency food hampers to service dogs, from prenatal programs to homecare for seniors, find out how 211 Alberta puts 35,000 community resources at your fingertips.

**[Read More](#)**

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## **Six Books to Help You Talk to Kids About Poverty**

Get our story book recommendations to help navigate conversations around poverty with young kids, and to nurture empathy and compassion for vulnerable people in our community.

**[Read More](#)**

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## **Listen: *Peace Out Poverty* – Accessible Mental Health Care**


On the newest episode of the podcast, hear from David Chowne, Elsie Lobo, and Eric Krepstekies to explore the complexities of managing mental health while living in poverty.


**[Listen Now](#)**


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## **Looking for More?**

 [Do you know when to call 211, 311, or 411? Find out who to call and when.](#)

 [Buy tickets to our \*Unite for Digital Good\* 50/50 raffle to help provide access to technology for our vulnerable neighbours – and get a chance to win!](#)

 [Do you have a passion for taking on community issues? Apply to join our GenNEXT Committee and make a meaningful difference alongside like-minded young professionals.](#)

 [Register for Part 2 of Working Toward Wellness — our February Speaker Series webinar. Hear from a panel of speakers including Edmonton Mayor Amarjeet Sohi on mental wellness initiatives and opportunities in our region.](#)

 [Celebrate \*all love\* this Valentine's Day with the Cards For All program at London Drugs – 100% of proceeds support United Way!](#)

 [Have you registered for the Red Tie Gala yet? Join us March 10 for a free, virtual celebration of last year's workplace campaign success.](#)

*United Way would like to acknowledge our connection to one another here on Treaty 6 Territory and Métis Nation of Alberta Region #4. The diverse Indigenous Peoples of this land include the Cree, Blackfoot, Dene, Iroquois, Anishinaabe, Nakota Sioux, Inuit, and Métis.*

*United Way acknowledges that many of our staff are settlers living and working in this Territory. We are grateful for the resources, knowledge, and culture Indigenous people share with us as we walk the path towards reconciliation together. We honour and respect Indigenous contributions supporting our work to ensure no one in our community is left behind.*



**United Way**  
**Alberta Capital Region**

United Way of the Alberta Capital Region

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