



United Way
Sarnia-Lambton
theunitedway.on.ca

North Lambton Community Health Centre

2022-23 United Way Funding

Opening Doors - \$60,000



North Lambton
Community Health Centre



Individuals helped in 2022-23

3960 Individuals helped



Program Descriptions

The Opening Doors program aims to create an environment of respect and community leadership by providing supportive mental health programming to people 16 years and older. Guidance and support is provided to make the changes the clients want to make.

Physical activity sessions, food access coupled with balanced and nutritious cooking classes, as well as planting, maintenance and harvesting of the Opening Doors gardens in Forest and Sarnia are all provided.

Clients accessing the program are also immediately connected to all pertinent service providers within the Community Health Centre including Chronic Disease Support, Social Worker, Occupational Therapist, Transportation, Dietitian, Housing Supports and Community Navigator.





Program Results

Opening Doors

95% of participants have an improved state of mental health and reduced isolation

90% of participants increased their fruit and vegetable consumption

80% of participants recreated food class recipes at home, sharing with family and friends





Testimonials

Opening Doors Clients:

“If it wasn’t for Opening Doors, I’d just be sitting on my couch, at home alone, day after day. Now I go out several days a week, I’m physically active, I eat better, and I have friends!”

“My family has noticed that my mood and mental health has improved since I’ve hooked up with your program.”

“Opening Doors got me connected to a doctor at the health centre, and she is the BEST doctor I have ever had in my life! I don’t know where I’d be now if it weren’t for your referral.”

“Because of the pandemic, I really lost a significant amount of mobility, but it’s coming back, now that I’m active again and walking more.”



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