



2024 Connect the Dots Outcomes Summary

TOTAL INVESTMENT:	PROGRAMS FUNDED:	ORGANIZATIONS FUNDED:
\$5m	38	35

UNDERSERVED COMMUNITIES SUPPORTED:

LGBTQ2SIA+ COMMUNITY MEMBERS:
1,888

YOUNG ADULTS:
2,869

SENIORS:
922

PEOPLE WITH DISABILITIES:
1,124

INDIGENOUS PEOPLES:
1,132

ETHNO-CULTURAL COMMUNITY MEMBERS:
5,674

PARTICIPANTS ENGAGED:
17,809

CONTACTS REACHED:
41,289

VOLUNTEERS SUPPORTED:
1,157

VOLUNTEER HOURS SPENT:
74,513

PARTNERSHIPS ENGAGED:
183

BEING WELL Wellness at home, at school, at work and in the community

① ENHANCED BELONGING:

13 Connect the Dots programs reported improving Calgarians' belonging to their local communities. **88%** of participants reported a strong sense of belonging to their communities after taking part in the program.

② BOLSTERED NATURAL SUPPORTS:

11 programs worked towards improving Calgarians' social or natural supports. **87%** of participants reported improvements in their social or natural supports after participating in the program.

③ IMPROVED COPING:

29 programs reported improving Calgarians' ability to cope with stresses and strains of everyday life. **84%** of participants reported improvements in their coping skills after taking part in the program.

GETTING HELP What you need, when, where and how you need it

① EXPANDED ACCESS: 17 Connect the Dots programs worked to improve access to mental health supports for Calgarians. **97%** of participants reported improved access to those supports after taking part in the program.

② ENABLED COORDINATION: 18 programs supported over **3,500 Calgarians** in receiving services through coordinated points of access.

③ INCREASED KNOWLEDGE: 22 programs worked to improve Calgarians' knowledge about how to access mental health support and services. **93%** of participants reported improved understanding of how to access those supports and services after taking part in their program.