

CAMPAIGN ENGAGEMENT MENU 2020

United Way of Calgary and Area offers unique opportunities to engage your employees in creating lasting social change in your community.

Engagement opportunities will:



Increase understanding of the needs in your community



Provide a team-building opportunity and increase employee morale



Help others in your community through hands-on activities



Enhance your workplace campaign

Visit the community engagement portal for the most up to date list of engagement activities, including volunteering opportunities, facilitated activities, workshops, and to request a speaker or panel. If you have questions please email campaignengagement@calgaryunitedway.org.

The icons below represent special or new topics for our engagement opportunities.



These activities will take you on a learning journey of First Nations, Métis, and Inuit people in Canada and offer an authentic opportunity to understand our shared past, so we can begin the process toward reconciliation.



The activities at the Social Impact Lab offer a physical and digital space where people can come together to address complex social issues, highlighting some of our innovation work.



These activities will help participants understand the relationship between mental health, how it affects everyone in our communities, and highlight the complexity of the issue.



Activities with this icon beside them mean they can be facilitated online.

ENGAGEMENT ACTIVITIES

Below are a few popular examples of the engagement activities available through United Way of Calgary and Area. For an up to date list of activities, speakers, and panels, please visit the community [engagement portal](#).

YYC NATURAL SUPPORTS SIMULATION



0.5-1 hour min. 15 participants (can be done individually) book 2 weeks ahead

Participants develop their skills of being a mental health support to youth that may be experiencing mental health challenges. Individuals will learn about the mental health landscape in our community, and will leave with a new understanding of the crucial role they play in the lives of children and youth.

MENTAL HEALTH AND WELLNESS SESSION



1-1.5 hours min. 30 participants book 3 weeks ahead

This session includes an overview of stress response reactions, how stress impacts people, and ways we can be natural supports to others in our lives.

COMMUNITY TOUR



1-1.5 hours min. 15 participants book 2 weeks ahead

Go on a facilitated community tour! This interactive tour will take you through Calgary's Beltline neighbourhood, highlighting and providing information about the agencies that work in the area. This can also be done individually as a self-guided tour, on your own time, or at your computer.

DAY OF CARING® VOLUNTEERING



2-4 hours 5-30 participants book 4 weeks ahead

A Day of Caring® makes a valuable difference in our community and provides an unforgettable team building experience. Some opportunities can also be done individually, on your own time.

TALKING CIRCLE ON RECONCILIATION



2 hours (plus 15-20 minutes for setup) min. 10 participants book 4-6 weeks ahead

Talking circles are a traditional Indigenous way of sharing perspectives on a particular topic. The talking circle creates a safe space where people can openly share their points of view with one another.

AGENCY TOUR

0.5-2 hours 5-20 participants book 3 weeks ahead

Take a tour of a United Way partner agency and get a firsthand look at their programming, facilities, and work in the community.

WILLS 101 & TAX TALKS



1 hour (plus 15 minutes for setup) min. 10 participants book 2 weeks ahead

Have you considered how to protect your assets and the ones you love? Book a complimentary seminar and receive expert advice from local legal, tax, and insurance professionals around the benefits of proper planning.

TALKING HEADS



1 hour min. 15 participants book 2 weeks ahead

The Talking Heads and mental health presentation is a hands-on activity demonstrating the importance of understanding what mental health is and how it is viewed in society.

ENGAGING IN THE SOCIAL IMPACT LAB PROJECTS



2-3 hours min. 10 and up to 20 participants book 3-4 weeks ahead

Be part of the action! Join us to work on a project currently within the Lab. Facilitators will guide the group through an activity focused on a social issue being addressed in the Lab.

BLANKET EXERCISE



3 hours (plus 30 minutes for setup) min. 15 participants book 4-6 weeks ahead

A perception shattering experience for many. Blanket Exercise participants take on the roles of Indigenous peoples in Canada. Standing on blankets that represent the land, they walk through pre-contact, treaty-making, colonization, and resistance.

SPEAKERS



Invite a United Way speaker to help educate your team about issues in the community and inspire people to get involved. Request a speaker that is a thought leader, subject matter expert, or an individual with first person experience. If you have fewer than 15 minutes or 15 attendees, we can provide an impact speaker video.

Speaker: 15 minutes min. 15 participants book 3 weeks ahead

Panel: 1 hour min. 50 participants book 3 weeks ahead

**Virtual Customized
Webinars now
Available!**

AFFINITY GROUPS

Does your workplace have a women's group or young professionals' group? We can collaborate to support an existing event, bring one of these engagement opportunities to that group, or share Women United or Gen Next messaging and existing scheduled opportunities with these groups.



gen next

Uniting the next generation.

Gen Next is a United Way initiative focusing on engaging the next generation of leaders in philanthropy and community. We can work with you to engage your young professional group around the issues that they care about, and share with them ways to stay connected with Gen Next. Email us to learn more, or to explore opportunities available to your workplace. Email us at gennext@calgaryunitedway.org to learn more.

UNITED WAY

WOMEN UNITED

Women United focuses on creating a strong network of female donors who are empowered to be active philanthropists and part of leading change in our community. We can engage and connect with your employees or women's network on social issues impacting women in our community. Email us to learn about opportunities available to our corporate partners. Email us at womenunited@calgaryunitedway.org to learn more.

SHOW YOUR LOCAL LOVE TODAY!

For more information or to schedule one of these opportunities
please visit: engagement.calgaryunitedway.org.

Please note this website is password protected and is only
accessible to our corporate partners that run a United Way campaign.