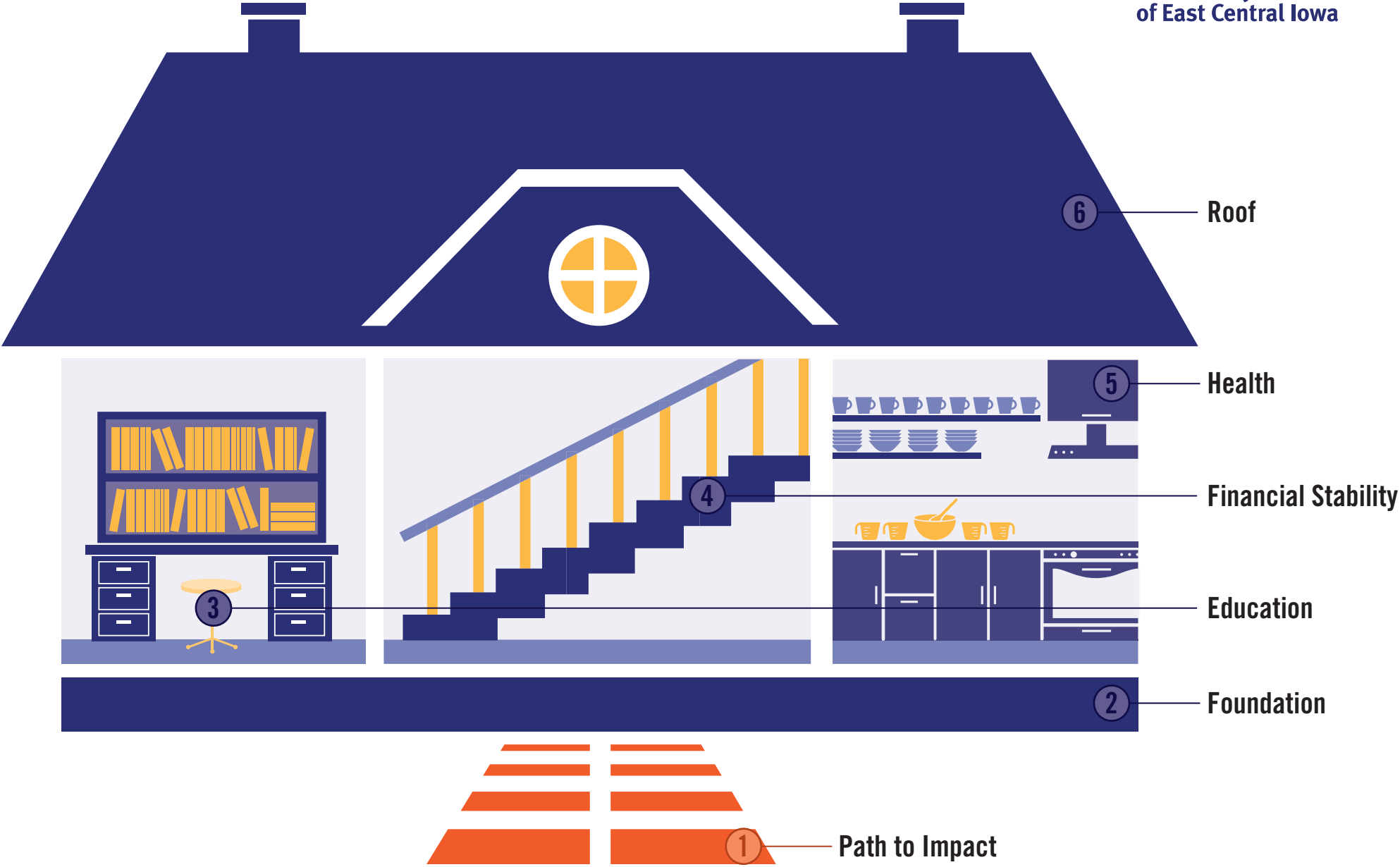


# House of Well-Being



United Way  
of East Central Iowa



# UNITED WAY STRIVES TO BUILD THE HOUSE OF WELL-BEING

for everyone in our five-county service area. That means creating a structure that lasts and protects residents long term.

1

## PATH TO IMPACT

We pave the way to greater impact through our use of data and strong partnerships and collaborations.

2

## FOUNDATION

The foundation of the house involves connecting and coordinating services to build resiliency. Resiliency helps us recover from situations like natural disasters, illness, or loss of a job. Two parts of the foundation:

- **2-1-1** is an information and referral service available 24 hours a day, seven days a week. By calling or visiting the website, individuals get help finding resources they need.
- **Volunteer** opportunities align with key elements of this house of well-being and support our community's goals.

# THREE ROOMS ESSENTIAL FOR LIVING WELL

3

## EDUCATION

Three elements to ensure kids get the education and preparation they need to be successful in life.

- Ensure children are ready to enter kindergarten.
- Help kids read at grade level early in life.
- Improve hope and well-being that contribute to children's learning.

4

## FINANCIAL STABILITY

Families need to pay bills, and build skills for good paying jobs.

- Meet basic needs such as housing, transportation, food, safety, and childcare.
- Maintain balance and consistency to build new skills like money management.
- Receive education and training to find jobs.
- Live a financially stable life.

5

## HEALTH

Key ingredients for helping people be well.

- Prevention screenings to stay healthy or receive early treatment.
- Address Adverse Childhood Experiences (ACEs) and alleviate trauma by building support.
- Women's health and ensuring access to prevention, treatment, and resilience-building services and resources.
- Living well as part of our community, regardless of age or ability.

6

## ROOF

The roof structure brings all of this together.

- Provide education, financial stability, and health for people, especially children birth to age five.
- Develop multi-generational strategies to break the cycle of poverty and trauma.
- Create healthier environments by investing in neighborhoods.
- Build networks to provide opportunities to thrive and be successful.

**OUR GOAL** is to create a house of well-being that everyone has the opportunity to live in. It will take all of us to build it — will you join us?