

MEDIA RELEASE

April 14, 2025

ABLE2 Reflects on the Impact of a \$25,000 Grant from Hydro One's Energizing Life Community Fund

Ottawa, ON – ABLE2: Support for People with Disabilities is thrilled to have been awarded a \$25,000 grant from Hydro One's Energizing Life Community Fund in 2024. ABLE2 was one of the 35 organizations across Ontario to receive the grant, and the only recipient in the Ottawa region. This grant has bolstered the ABLE2 Connect Program, a virtual extension of its renowned Matching Program.

Hydro One's Energizing Life Community Fund supports local organizations that inspire caring connections between people to build strong local communities. These organizations strengthen connections between people and the resources they need to improve their daily lives.

The ABLE2 Connect Program is designed to facilitate intentional friendships for individuals with disabilities. By offering a virtual alternative to traditional one-on-one in-person matches, ABLE2 Connect aims to make the Matching Program more accessible to those facing barriers to in-person participation. This initiative will also help reduce the program's current waitlist of over 170 individuals, ensuring that more people with disabilities can connect with volunteer Allies and experience the benefits of this transformative program.

"With support from the Energizing Life Community Fund, we have been able to reduce social isolation and loneliness through the Connect Matching Program. Our initiative helps people with disabilities who are vulnerable to social isolation build meaningful relationships in their community by matching them (referred to as "Friends") with volunteers referred to as "Allies"," explains Heather Lacey, Executive Director of ABLE2. "These intentional friendships have profound effects on the Friend, including reducing social isolation, increasing self-esteem and self-confidence and better mental health outcomes. We are extremely grateful to Hydro One for helping more people with disabilities access this transformative opportunity."

About Hydro One's Energizing Life Community Fund

Hydro One is committed to supporting Ontario organizations and communities by funding projects that focus on the physical, psychological and emotional safety of Ontarians. Through the Energizing Life Community Fund, Hydro One is committed to building safe and more resilient communities.

ABLE2 is grateful for Hydro One's commitment to building an inclusive community where every person is seen as able important and valued.

About ABLE2: Support for People with Disabilities

ABLE2 is a charitable organization that empowers individuals with disabilities to lead fulfilling lives by supporting them with programs, services, and resources. People with disabilities face many barriers to their full participation in society, they can include stigma, discrimination, poverty, exclusion from employment, and inequities in the education, health care and legal systems. Visit www.able2.org to learn more.

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For more information on ABLE2, please visit: <https://www.able2.org/>

Facebook: facebook.com/ABLE2Ott

Instagram: [@able2ott](https://www.instagram.com/able2ott)

LinkedIn: linkedin.com/company/able2ott

YouTube: <https://bit.ly/ABLE2YouTube>

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