

Start Something!



Big Brothers Big Sisters
of the Fraser Valley



Big Brothers & Big Sisters

Community Based Mentoring Programs

Start Something Big!

Are you the missing piece who will help a child reach their potential? Become a Big Brother or Big Sister!

The big brothers/big sisters program provides children between 7-14 years with a role model and a friend to talk and share the experiences of growing up with. Through regular outings, a relationship is developed between the mentor and the mentee that is built on trust and common interests, and is supported by our experienced Mentoring Coordinators.

The result is a life changing experience, both for the mentor and the mentee!

Program Goals:

- Provide a role model and a friend
- Promote the importance of staying in school, and healthy relationships with friends & peers
- Instill trust and self confidence in order to make healthy decisions
- Above all, make a difference while having fun!

Why become a "Big"?

- Help a child in your community
- Gain leadership skills
- Increase a child's success and school performance & improve their self esteem
- Build a friendship while gaining valuable volunteer experience



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Volunteer Fast Facts

Hours per week:

2-4hrs once weekly

When?

Varies, evening & weekend

Where?

Varies, out in the community

Commitment Length:

Minimum 1 yr



In School Mentoring

In School Mentors are role models who spend time with a child in school. They are matched with elementary or middle school students for the purpose of forming a friendship.

They have fun and spend time doing activities together!

In School Mentors can be adults in the community or teens at secondary schools near a partner elementary.



What are the goals of ISM?

- Provide a role model and a friend
- Promote the importance of staying in school, and healthy relationships with friends & peers
- Instill trust and self confidence in order to make healthy decisions
- Above all, **make a difference** while having fun!

Why get involved?

- Help a child in your community
- Gain **leadership** skills
- Increase a child's success and school performance
- Improve their self esteem
- Build a Friendship while gaining valuable volunteer experience

Volunteer Fast Facts

Hours per week:
1hrs once weekly
When?

During the school Day
Where?

At a local school
Commitment Length:
September-June



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Group Mentoring Programs

Game On!

A 7 week after-school group mentoring program for boys in grades 5-7

Program Focus

- Discusses openly, through a healthy living lens, the current issues facing boys & young men
- builds an appreciation for the benefits of healthy eating habits & promote physical exercise
- instills respect for ethno-cultural and racial diversity, encourages leadership skills and independent thinking.



Go Girls!

A 7 week after-school group mentoring program for girls in grades 5-7

Program Focus

- Creates appreciation for the benefits of an active healthy lifestyle
- builds an understanding of healthy eating habits and the risks associated with eating disorders
- promotes the importance of positive mental activity and regular physical exercise
- supports development of leadership and life skills, offers guidance in maintaining friendships



Is this group leadership role for me?

Volunteers are males and females aged 18-25 who receive specialized training and then deliver the course to their small group. Volunteers are energetic positive role models who gain great leadership skills hands on youth work experience in a group setting and make a real difference.

Volunteer Fast Facts

Hours per week:

2 hrs

When?

After School

Where?

On School Property

Commitment Length:

7 Weeks



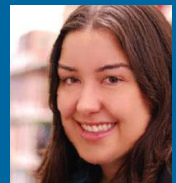
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Are you ready?



Big Brothers Big Sisters
of the Fraser Valley

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