

IGNITE
POTENTIAL



MENTORING PROGRAMS

Traditional Matches

Do something BIG by becoming a "Big" or mentor to a child who could use a friend. Hang out with your little brother or sister doing the things you both love for 2-3 hours each week, and give a child some quality one-on-one time.

In-School Mentoring

Join our In-School mentoring program, and spend an hour a week with a child on school premises. Feel like a kid again as you and your mentee play games, bake something delicious or pass a soccer ball back and forth. It is time well spent building a child's confidence, sharing a laugh and learning something new.

Big Bunch

Meet us at the bowling alley, or come search for Easter Eggs during our Big Bunch events. Once a month all the kids on the waiting list, who are anxiously awaiting being matched with their own Big Brother or Sister get together for a group activity with our adult volunteers. Each month is something new!

Go Girls!

Go Girls! Healthy Bodies, Healthy Minds is a group based mentoring program run by volunteer mentors. Through non-traditional physical activity the program is designed to provide girls, aged 12-14 with the information and support they need to make informed choices about healthy and active . Help give girls the confidence they need to succeed by running a Go Girls Session.

Game On

Game On! is the equivalent to the Go Girls! program. Through non-traditional physical activity the program focuses on providing boys aged 12-14 with information and support to make informed choices about a range of healthy lifestyle practices. Game On! is a new program that Big Brothers Big Sisters of Clarington would like to introduce to local elementary schools in Clarington, and we are looking for male volunteer mentors to run the sessions!

Agency Volunteer

You don't have to be matched with a child to volunteer, there are many other ways to get involved and do something BIG. Become a board member, join an event committee, help out at events, run your own fundraiser.

WE BELIEVE IN THE VALUE OF MENTORING.

Studies show that **mentoring helps kids** stay in school, avoid risky behaviour, and grow up having more respect for family, peers and community.

Helping children reach their full potential can lead to **positive community outcomes** like safer schools and neighbourhoods, reduction in poverty and unemployment, and a new generation of civic-minded adults.

SOCIAL RETURN ON INVESTMENT

\$18:1

\$1 invested in mentoring by Big Brothers Big Sisters returns up to \$18 to society. Changing the course of young lives changes the future of communities. By every measure, Big Brothers Big Sisters returns positive results in the mental health, employment and civic engagement of the recipients of our programs.

*Social Return on Investment Study assessed the economic benefits of our programs by the Boston Consulting Group, 2013.

Big Brothers Big Sisters of Clarington

As Canada's leading child and youth mentoring charity, Big Brothers Big Sisters facilitates life-changing mentoring relationships that ignite children and youth to reach their potential, both as individuals and citizens.

Our Mission

Enable life-changing mentoring relationships to ignite the power and potential of young people.

Our Vision

All young people realize their full potential .



NEED MORE INFO?

VISIT US

Big Brothers Big Sisters
of Clarington
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CALL US

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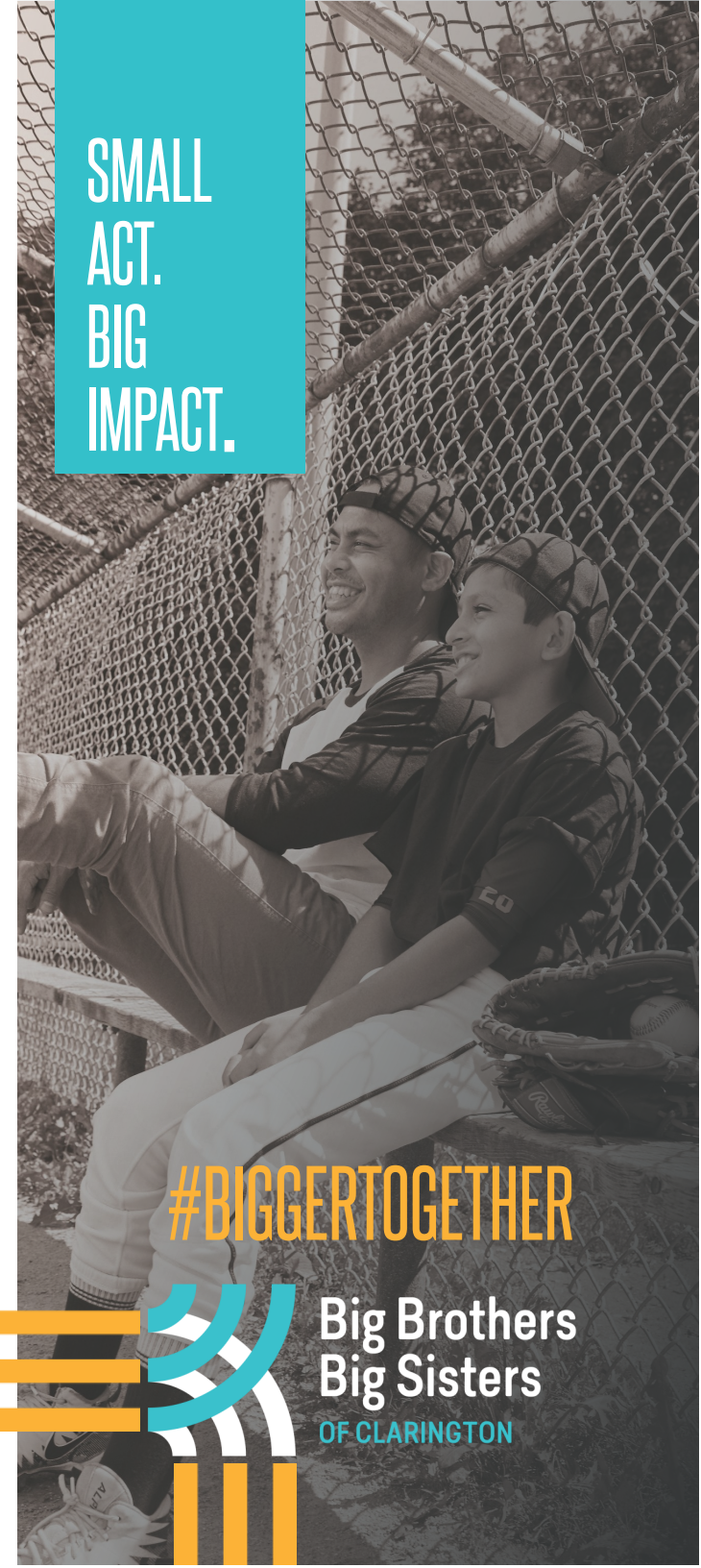
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Member Agency**



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