



MENTORING IS
INSPIRING OTHERS
TO REACH
NEW HEIGHTS



Big Brothers Big Sisters
of Toronto

MENTORING
WITH BBBST

CHANGE LIVES, INCLUDING YOUR OWN

When you volunteer with Big Brothers Big Sisters of Toronto you make a difference in the lives of Toronto's at risk children. In **one to one programs**, you will help a child navigate their way to a bright future, to realize their full potential.

In **group programs** you will help children make friends, build confidence and learn new skills. Our mentors notice a difference not only in the children they mentor, but also in themselves by seeing things from new perspectives and building problem solving and communication skills.

Mentors help children and youth succeed, by encouraging education and providing the support needed to make good decisions.



*Compared to those who did not participate in BBBS 1:1 programs

ONE TO ONE MENTORING PROGRAMS

BIG BROTHERS BIG SISTERS MENTORING



The Big Brothers Big Sisters Program matches a child with a uniquely suited role model and friend to talk to and share the experiences of growing up. Through regular outings, a relationship built on trust and common interests is developed.

4+ hours/month

1+ year

IN-SCHOOL MENTORING



In-School Mentoring matches a child with a mentor in schools during the school year. Activities involve using the school's library, computer lab, gym, arts and crafts area and playground.

1 hour/week during the school year

1+ year

GROUP BASED MENTORING PROGRAMS

NEWCOMER PROGRAM



Newcomer Connections Club builds conversation and socialization skills with newcomer children that are referred to the program by their school. Bigs and Littles will share their experiences, build their confidence and bond with one another in their new surroundings.

1 hour/week during the school year

1+ year

GO GIRLS!



Go Girls! Healthy Bodies Healthy Minds provides an opportunity for girls ages 10-14 to participate in fun, recreational, educational games and activities. The curriculum is based on active living, balanced eating, feeling good and building self-esteem.

1.5 hours/8 weeks

2x 8-week sessions

GAME ON!



Game On! Eat Smart, Play Smart, Live Smart provides an opportunity for boys ages 10-14 to meet weekly to discuss issues and participate in activities that promote physical activity, healthy eating, good nutrition and build self-esteem and communication skills.

1.5 hours/8 weeks

2x 8-week sessions

GET INVOLVED

Volunteers make a Big difference!

Apply to be a mentor at: www.bbbst.com

For more information or questions please contact: infotoronto@bigbrothersbigsisters.ca or call: **416-925-8981 ext 4100**



"In school I wasn't doing well, but now, I want to do better for myself and have a better future because of her." -Shawn-Kayla, 13



Big Brothers Big Sisters
of Toronto

**THE GREATEST
SUCCESS
WE WILL KNOW IS
HELPING OTHERS
SUCCEED
AND GROW**

Big Brothers Big Sisters of Toronto | Suite 501, 2345 Yonge Street | Toronto, On | M4P 2E5
www.bbbst.com | infotoronto@bigbrothersbigsisters.ca | t. 416-925-8981 | f. 416-925-4671
