

# ONE TO ONE MENTORING

## BIG BROTHERS BIG SISTERS MENTORING PROGRAM



The Community-based, Big Brothers Big Sisters mentoring program provides youth with a role-model, and friend, to talk to and share the experiences of growing up with. Through regular outings, a relationship is developed between the mentor and the mentee, which is built on trust and common interests, and is supported by our experienced caseworkers. The result is a life-changing experience for both the mentor and the mentee.

The program strives to do the following:

- provide a role model and a friend for children and youth ages 6-16.
- promote the importance of staying in school and healthy relationships with family and peers.
- instill trust and self-confidence in order to make healthy decisions.
- encourage leadership skills and independent thinking.
- and above all, make a difference while having fun.

The Big Brothers Big Sisters mentoring program usually requires at least two regularly scheduled outings a month, for a few hours, and a minimum 1 year commitment.

# COMMUNITY-BASED, MENTORSHIP 16-21 PROGRAM



The 16-21 Mentoring Program offers youth between the ages of 16 and 21, with a history of placement, who have been served under the Youth Protection Act (YPA) or the Youth Criminal Justice Act (YCJA), the opportunity to be matched with a mentor, who will act as an additional positive role model in the youth's life. The agency will be working on a referral basis with the CIUSSS de L'Ouest de L'île de Montréal.

The 16-21 Mentoring Program will allow youth aged 16 to 21 from across Quebec to be accompanied in their transition to adulthood by being paired with a volunteer who serves as a guide, with whom they can talk and with whom they can share their life experiences. The mentor will meet with the youth every two weeks and this experience will be a life changing experience for both the mentor and the youth.

Through bi-weekly meetings, the youth in this program will develop an enriching relationship built on sharing and positive exchanges outside of the services received through youth protection.

Mentorship 16-21 program usually requires at least two regularly scheduled outings a month, for a few hours, and a minimum 1 year commitment.

# SITE-BASED, IN-SCHOOL MENTORING PROGRAM



The Site-based, In-School mentoring program provides youth with a role model and a friend to talk to and share the experiences of growing up within school grounds. For one hour a week, mentors meet with their mentee and engage in activities such as board games, crafts or just hang out on school grounds.

The program strives to do the following:

- provide a role model and a friend for girls and boys.
- promote the importance of staying in school and healthy relationships with family and peers.
- instill trust and self-confidence in order to make healthy decisions.
- encourage leadership skills and independent thinking.
- and above all, make a difference while having fun.

The In-School mentoring program requires a weekly visit of one hour for the duration of the school year. Matches do not meet over the summer break or during other school holidays.

# SITE-BASED, IN SCHOOL TEEN MENTORING PROGRAM



Teen Mentoring is for caring and responsible teen volunteers in grades 11 & 12 who wishes to provide encouragement and friendship to a child. Besides playing with play-doh, painting and having fun, you will be a role model to one student. Through friendship, guidance and sharing, you will help build a child's self-esteem. Children who spend time with a Mentor gain confidence, acquire new skills and competencies, and develop an enhanced capacity to care for others.

Mentors experience a sense of discovery and enjoyment as they see the world of possibility open up through a child's eye. Gain experience for working with children, build and enhance leadership, interpersonal and teamwork skills. Volunteering is also a great way to build your resume.

One child, one hour a week. It's a small commitment that makes a big difference. Become a mentor to a child in a school environment. You will help build a child's self-esteem and school performance while having a lot of fun. And it only takes one a week during the school year.

## OTHER MENTORING PROGRAMS

### COMMUNITY-BASED, BIG COUPLES MENTORING PROGRAM



Volunteer with your partner or spouse and be matched to a Little Brother. This is a great way for both of you to give the gift of friendship to a child. This program allows you and your spouse to share the time with a child. Take the child out alone or together.

The program strives to do the following:

- provide 2 adult role models and friends to boys and young men
- promote the importance of staying in school and healthy relationships with family and peers
- instill trust and self-confidence in order to make healthy decisions
- encourage leadership skills and independent thinking
- and above all, make a difference while having fun

## **SITE-BASED, “BIG BUNCH” GROUP MENTORING PROGRAM**

The Site-based, “Big Bunch” group mentoring program is a monthly group mentoring Program aimed at providing children on our waiting list with access to consistent mentorship.

Volunteer to attend once-per-month recreational activities, organized and funded by the agency, with a group of 2 to 5 mentees.

The program strives to provide opportunities for our mentees to do the following:

- develop strong emotional and social skills
- create new friendships
- increase self-confidence
- build positive self-image through affirmative interactions with both peers and a mentor
- and above all, have fun!

**TO FIND OUT MORE ABOUT THE VOLUNTEER  
AND PROGRAM OPPORTUNITIES IN YOUR  
COMMUNITY [CONTACT US.](#)**