

# The Power of Mentorship: Empowering Youth

Mentorship is an invaluable resource for young people. It provides support, guidance, and encouragement to help young people navigate the challenges and opportunities of life.





# The Mission of Big Brothers Big Sisters

To enable life-changing mentoring relationships, to ignite the power and potential of young people.



# BBBS Mentors:



## Create positive Developmental Relationships

They strive to create meaningful and lasting relationships with their mentees.



## Ignite Potential

They help youth realize their fullest potential by providing them with guidance, support, and expanding their possibilities.



# Developmental Relationships Framework

5 elements working together to help young people discover who they are, shape their own lives, and contribute to the world.

**Children and youth move beyond surviving to thriving!**

# Mentors Can Help With:



**Skill Development**



**Confidence and Resilience**



**Networking Opportunities**



**Goal Setting and Achievement**



**Moral Compass  
Development & Self  
Reflection**



**Community  
Engagement**



**Identify Sparks**



**Relationship Building**

# The Impact on Mentees



**Increased Confidence**

**Improved Academic Success**

**Stronger Social Connections**

**Greater Life Purpose**

**Long Term Benefits**



# Mentorship Builds a Better Future

Mentorship is a powerful force in shaping and guiding young people's futures. It fosters the development of a sense of purpose, confidence, and resilience, ultimately leading to a brighter future for both the mentee and the mentor.

# The Need for Mentorship in our Community

One in five young people report no developmental relationships in their lives at all; another 20% have only one. *That needs to change.*

There are youth on our waitlist that have **7+ ACE** scores.

Every single elementary and middle school in requests mentorship for their students. In the Fraser Valley there are 70 youth on our waitlist. Some youth wait 2-3 years before getting matched.



# The Benefits for Mentors



## Personal Growth

Communication, time-management, leadership, listening, problem solving, fresh perspectives, emotional intelligence.



## New Connections

Legacy building, community ties, professional connections, referrals, scholarship and job opportunities, access to various trainings.



## Increased Well-being

Engaging in acts of kindness, boosts overall happiness, personal fulfilment, incredibly rewarding.

# Volunteer Opportunities with BBBS

## Community-Based Mentoring

*19+. 1x a week for 2-3 hours for a calendar year*

Spend quality time with your mentee engaging in activities within the community.

## School-Based Mentoring

*1x a week for 1 hour during the school day for a school year*

Provide support and guidance to mentees during school hours on school grounds.

## Group Mentoring

*1x a week for 2.5 hours after school for 6-8 weeks*

Lead pre-designed activities and workshops with another mentor to a group of youth.



# Get Involved: Join the BBBS Community



**We welcome individuals who are passionate about supporting youth and making a difference.**



**Scan the QR code to bring you to our website!**

<https://fraservalley.bigbrothersbigsisters.ca/>