

Did you know....?

The local BGC (formerly called The Boys & Girls Club) coordinates a few different Mentoring programs. Two of these programs are one-on-one mentoring where a caring adult is matched to a child or youth based on similar interests and personalities. Mentors are volunteers who are thoroughly screened and carefully matched by BGC and are provided training and on-going support. *Both of these mentoring programs require a minimum 1-year commitment from the Mentor.

1) In-School Mentoring program:

- the matched pair spends **1 hour per week, during school hours and on school grounds.**
- the **focus of the time spent is primarily on building a positive relationship and having fun.** *The time spent is generally non-academic, unless the student and Mentor truly enjoy doing some activities that tie into learning.*
- the BGC Volunteer Coordinator will work with your child's school to find if there are some acceptable options for your child to be excused from class during the Mentor's availability.

2) "Be-a-Buddy" program:

- the matched pair spends a **minimum of 2 hours per week out in the community, anytime and anywhere,** doing activities that are agreeable to the child ("Mentee"), Mentee's family and the Mentor.

3) "Buddy Bunch" is a small group of positive and highly capable adults doing fun activities with a small group of children and youth whom are waiting for a one-on-one Mentor match. **Buddy Bunch is on hold right now but may start back up (depending on demand and resources) & would take place once a week in the early evening at BGC.

"In what way could my child benefit from having a Mentor?"

Studies show that Mentored children & youth:

- have improved self-esteem & confidence
- have more positive mental health
- tend to have improved academic performance and feel more positively about school
- have more opportunities to try new things
- are more likely to resist engaging in high-risk behaviours

And of course, your child could have an additional positive adult in their life that they can talk to about whatever is on their mind!

For further information or an application form (to either BECOME A MENTOR or to have your child mentored) please reach out to the Volunteer Programs Coordinator at **BGC Fort Saskatchewan** Phone 780-992-0103 ext 307 or email tammy@fsbgc.ca .

MENTORS MAKE A DIFFERENCE!

