



**Big Brothers Big Sisters  
of Saint John**

Serving Saint John, Kings & Charlotte Counties

# 2018 Annual Report & Annual General Meeting

## Vision

Every child  
who needs  
a mentor,  
has a mentor.



## Mission Statement

We commit to  
understand and  
respond to the  
needs of young  
people in our  
communities  
with relevant  
volunteer based  
mentoring  
programs.

## Saint John

### Office:

Third Level  
Brunswick Square  
39 King Street  
Saint John, NB  
E2L 4W3  
506 635-1145

## Judge Tom Bell Award recipients:

### Barb Crawford & Noah Anthony

*'Awarded annually for  
exceptional dedication to volunteering'*



**Barb Crawford**  
Mentor - Go Girls!  
Friendship Club



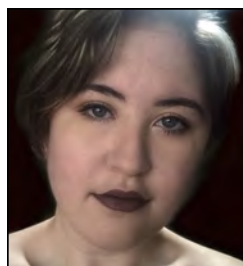
**Noah Anthony**  
Teen Mentor - Fundy  
Middle & High School

## George Hitchcock Award

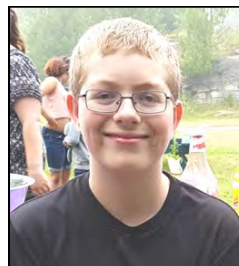
*'Awarded  
annually for  
youth to attend  
summer camp or  
pursue an  
educational  
interest'*



**Izzy Boudreau**



**Sam Morrell**



**Josh Thibodeau**

## Meeting Agenda:

**Wednesday, June 19, 2019**

1. Call to Order - Acknowledgements  
**Debbie Cooper**
2. Chairperson and Secretary Named  
**Debbie Cooper**
3. Meeting Duly Constituted  
(Reading Notice of Meeting)  
Executive Director **Laurie Collins**
4. Quorum (1/3 of Board Members: 4)
5. Approval of Minutes 2018 - Secretary  
**Leah Straight**
6. Executive Reports & Approvals:
  - a. President's Report  
**Debbie Cooper**
  - b. Executive Director's Report  
**Laurie Collins**
  - c. Treasurer's Report  
**Daniel Drew**
7. Appointment of Accountants 2020  
**Daniel Drew**
8. Election of Directors  
**Niki Comeau/Debbie Cooper**
9. Mentoring Success Stories
10. Presentation of Awards:  
**Judge Tom Bell Award**  
**George Hitchcock Award**
11. Special Presentations
12. New Business
13. Adjournment - *Refreshments to follow*  
**Please join us in celebration!**

## Youth Served in Big Brothers Big Sisters Programs 2018

Youth Served in Mentoring Programs - 287  
Youth Served in More Than One Program - 23  
Volunteer Mentors - 220

### One-On-One Core Programs:

Little Brothers - 17  
Little Sisters - 37  
In-School Mentees - 48  
In-School Teen Mentees - 62

### Group and Waiting List Programs:

Game On! (Boys) - 30  
Go Girls! - 93  
Extended Length Go Girls! - 7  
MENTOR Links - 50  
BIG Adventure Day Camp - 22  
Kids 'n Kops Summer Camp - 14  
Code Makers Summer Camp - 15



**United Way**  
Saint John, Kings  
& Charlotte  
Funded Partner

# BBBS Saint John Board of Directors 2018-19

## Board Executive

President:

**Debbie Cooper**  
Retired - Boys & Girls Club

1st Vice President:

**Leah Straight**  
Investors Group

2nd Vice President:

**Kate Shannon**  
Canaport LNG

Treasurer:

**Daniel Drew**  
Great Canadian Dollar Store

Secretary:

**Vacant**

Past President:

**Niki Comeau**  
ASD-S First Steps Housing

## Board of Directors

**Susan Eisner**, Credit Counselling Services of Atlantic Canada

**Jennifer Hallihan**, Parent

**Betty Hitchcock**, Retired Nurse

**Andrew Holmes**, ICS Creative Agency

**Jim Jordan**, J.D. Irving, Limited

**Cindy Millett**, Irving Oil

**Kathleen Osborne**, Social Development

**Emily Teed**, Social Development

**Ted Weaire**, Cooke Aquaculture

**Jeff Williams**, Comeau's Sea Foods Ltd.

## Honorary Life Members:

**Darrell Scribner**, Retired Police Detective

**Robert Vincent**, Stewart McKelvey

## Agency Staff in 2018

Executive Director

**Laurie Collins**

Mentoring Coordinators

**Charlene Perry**

**Kimberly Fawkes**

**Lori Hall**

**Meagin Huisman**

**Amy Tanner**

**Sarah Taylor-Weeks**

Special Projects Coordinator

**Rhoda Welshman**

Summer Grant Students

**Mia Flood**

**Abbey Jordan**

**Allee Bezeau**

**Will von Richter**

## Volunteer Milestones 2018



### Congratulations and Thank You!

#### 5 years

Barb Crawford  
Kathy Winsor  
Leta Dineen

#### 10 years

Carlos Conception  
Mavis Alain  
Leah Straight

#### 20 years

Chris Brilliant

#### Notable Milestones

#### 24 years

Cindy Millett

#### 32 years

Betty Hitchcock



**Front L to R:** Lori, Meagin, Amy. **Back L to R:** Rhoda, Sarah, Laurie, Kim and Charlene.



**Our much-loved summer students**  
**L to R:** Mia, Will, Allee and Abbey



**Slevin** is pumped to race in the NB Soap Box Derby representing 'Lily Lake Pavilion' and 'Lily's Café'.

## 2018 Agency Activities

### January/February

- 2<sup>nd</sup> Annual Dress Down Day
- Participation in Winterfest

### March/April

- Bowl for Kids Sake Events

### May/June

- Program Evaluation Project
- Bowl for Kids Sake Events
- Participated in the NB Soap Box Derby
- Collection for the BIG Book Sale
- Ted Rogers Scholarship Presentation to **Jessica Schwarze**
- Annual General Meeting
- In-School Mentoring & Go Girls! Closing Parties
- BBBS National Convention

### July/August

- Littles attend Tim Horton's Camp
- Summer Day Camps (BIG Adventure Camps, Kids 'n Kops, Code Makers)
- 13th Annual BIG Book Sale
- Summer Family BBQ: Mentors/ Mentees & Families

### September/October

- BBBS Month – September 18<sup>th</sup> BBBS Day
- Annual Martinon Yacht Club Boat Trip
- In-School Mentoring and Go Girls! programs began
- Game On! programs began
- Agency Accreditation by BBBS of Canada
- Second Annual Inspire Mentoring Awards

### November/December

- Atlantic Regional BBBS Conference
- Canadian Women's Foundation Meeting in Montreal
- Agency Christmas Party
- Christmas Parades/Lamp Post Decorating
- Board/Staff Holiday Potluck
- Uptown Sparkles
- Holiday Gift Wrapping Campaign

## President's Report



**Debbie Cooper**  
President,  
Board of  
Directors

*“The ‘Power of an Hour’ has an outstanding impact on the Mentee and the Mentor.”*

My admiration and respect for the professionalism of our staff and the quality of services and programs provided to the children and youth has grown exponentially during my term on the Board of Directors. I extend congratulations and gratitude to **Laurie Collins** and her staff team for a year of changing the lives of children and youth through mentoring programs.

It is a true honour to work with the Board of Directors, a diligent group of committed community members who have collaborated and identified strategic priorities. The Board was successful with high-level organizational goals and policies, oversight of management and organizational performance, serving as external advocates, participating in fundraising and stakeholder relations.

This agency could not possibly conduct so many programs without the outstanding support of the corporations, businesses, and supporters who provide much-needed funds through fundraising and donations. Thank you for all you do for the children. I'd like to particularly THANK J.D. Irving, Limited, management and employees, for their 11 years, \$1.1 million dollars raised through **Bowl for Kids Sake** as of May, 2019. The generosity, kindness and commitment of individuals under the leadership of **Mr. James K. Irving** and **Deborah Fisher** is beyond description and comparison. We thank you from the bottom of our hearts. Because of you, lives are changing positively.

The quality of programs and services to hundreds of children and youth in Saint John, Kings and Charlotte Counties is based on volunteer mentors and honoring the aspect of mentoring. The 'Power of an Hour' has an outstanding impact on the Mentee and the

Mentor. 'Life changing' is an understatement to describe the growth and development of a child with the light that shines brighter from within.

It has been a very busy year with major goals accomplished:

- Thanks to the work of the Board, staff, volunteers, stakeholders and funders, we have the beginnings of a comprehensive strategic plan which will move us forward over the next 3 to 5 years.
- We moved our offices to accommodate our growing personnel and direct service delivery to our participants.
- Our Accreditation with Big Brothers Big Sisters of Canada was completed, for which an action plan was developed with a time line to accomplish improvements in our operation.
- The development of a monthly donor program and a volunteer recruitment marketing plan were initiated.
- A very successful **2<sup>nd</sup> Annual Inspire Mentoring Awards** was well received by recipients, supporters and the public.

I want to recognize and express appreciation to our Treasurer, **Daniel Drew**, who has provided fiscal oversight and extraordinary volunteer duty over the last 7 years. We are grateful for Dan's expertise and guidance as the agency faced challenges and gained fiscal solvency. Thank you, Dan; you are one in a million.

I also want to thank Board members who are now concluding their term, for their service and dedication to BBBS: **Kate Shannon, Ted Weaire, Kate Osborne** and **Jennifer Hallihan**.

*With deepest gratitude, submitted by*  
**Debbie Cooper,**  
President of the Board

## Community offers gifts, labor & donations



**Above L to R: Marina Burke, Laurie Collins and Stephen Campbell, at Sculpt Saint John, with their donated gifts for children in need.**

**Below: NB Power** came out in full force, with sleeves rolled up, to sort some of the thousands of donated used books.



**Above: The Saint John Police Force** office staff were proud to 'dress down' for a 'BIG cause' in January 2018. Police Chief **Bruce Connell** is second from right.

## Executive Director's Report



**Laurie Collins,**  
**Executive**  
**Director**

*“The relationships we create and support affect virtually every aspect of [a Mentee’s] development including intellectual, social, emotional, physical, behavioral and moral.”*

As the Executive Director of Big Brothers Big Sisters of Saint John, it is a pleasure for me to reflect upon the success of the agency throughout the past year and to share that success through our annual report. When looking back at 2018, several highlights come to mind.

### **People:**

Our amazing team of **dedicated staff** continued to work diligently, creatively and tirelessly to provide high quality mentoring programs and additional services for the children and youth in our large service area. Without their incredible level of optimism, energy, passion and support, Big Brothers Big Sisters would be far less successful and I thank them from the bottom of my heart!

Thank you also to the wonderful group of professionals who serve as members of the **Board of Directors**. Your guidance, governance and support of the agency have all been a blessing and your dedication is truly appreciated. To Board members **Robyn Jeffrey, Pam Wheaton, Stacy Butler, Josh Middleton** and **Kate Osborne** who left their positions at various times in 2018, Thank you for sharing in our mission of supporting children and youth through mentoring.

Our incredible pool of **volunteers** has made a significant impact upon the success of the agency in 2018. A majority of volunteers are involved as mentors in our programs (some in more than one) and are making a significant impact upon the lives of the children and youth. Helping children and youth through these positive, safe, nurturing mentoring relationships is so important in helping young people build the confidence to achieve more in their lives. The relationships we create and support affect virtually every aspect of their development including intellectual, social, emotional, physical, behavioral and moral.

Thank you to all of our volunteer mentors! Many other volunteers work tirelessly to positively impact the agency through assisting with events such as the **Big Book Sale, Bowl for Kids Sake, Holiday Gift Wrapping** and more. Thank you for helping to build the agency’s capacity to continue our work.

### **Community Support & Partnerships:**

2018 will forever stand out in my mind as one with the most incredible community support of which we will be forever grateful! The support of J.D. Irving, Limited and employees through the **Bowl for Kids Sake** campaign was beyond comparison. Their milestone of reaching **\$1,000,000 in 10 years** of support was a goose-bump inducing moment for all of us. The importance of this level of support is vital in building agency capacity, not only for one

year, but for the future and sustainability of the agency. The funds were strategically invested and helped us restructure in order to focus on serving more children and youth going forward. Thank you to **Mr. J.K. Irving, Deb Fisher**, JDI employees and the many other **Bowl for Kids Sake** sponsors, teams and participants for their ongoing commitment to helping young people through mentoring.

We are also very appreciative of the **community support** of our other events and activities throughout 2018. Because of this, we had the most successful ever **Big Book Sale**, a very successful **2<sup>nd</sup> Annual Inspire Mentoring Awards** event and much success with some of our newer programs. Thank you to the many partners who supported the very important MENTOR Links program which provides opportunity for 50 waiting list youth to benefit from activities while they are waiting. Thank you to RBC Future Launch for the funding to support our new PROPEL Program for post-secondary and career readiness for older youth. Their funding support from 2018 to 2021 will assist with building skills to assist youth 16 to 29 to prepare for their future.

### **Operational Improvement:**

Much of 2018 was focused upon reviewing, refreshing or revamping many agency policies, procedures and practices in both the organizational management and service delivery components as per BBBS of Canada’s National Standards. Our successful 5-year **accreditation** took place in September, with very positive results and only a few items needed updating, which we continue to work on at both the staff and board levels. Thank you to all who work diligently to ensure compliance with National Standards, and to ensure we are operating proficiently.

### **Program Evaluation:**

Early in the year, we undertook an evaluation project with **Karen Shaver** from Hancock Consulting to identify and measure key program evaluation components. The final report contained valuable insights into the positive impacts of our mentoring programs on both Mentees and Mentors. Our one-to-one mentoring programs provided opportunity for:

- increased participation in new activities;
- resulted in improved sense of belonging and sense of hope;
- demonstrated improvements in social competence;
- mentees believed they had something of value to offer; and
- activities reinforced the value of education.

The report established a link with the multi-dimensional conception of poverty stating:

**Laurie Collins**  
- continued



*“A healthy mentoring relationship can alter a child’s viewpoint, can impact a child’s attitude towards him/herself and to education, can provide opportunities to experience new activities and meet new people. In turn, this increase in access boosts resilience and increases social capital, which are essential ingredients to addressing poverty”.*

Going forward to 2019 and beyond, we will continue to focus energy and resources in ways that will help BBBS provide mentors for more children and youth who will benefit from this additional support in their lives. Thank you believing in the power of mentoring!  
*Respectfully submitted by Laurie Collins  
Executive Director*



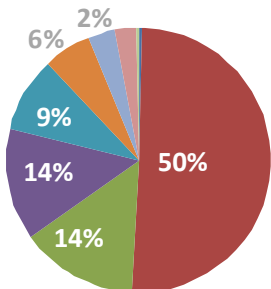
**Saint John Mayor Don Darling gets behind the Bowl for Kids Sake western theme with a plea for a \$1,000 reward.**

## Treasurer's Report



**Daniel Drew, CPA, CA**  
Treasurer

### 2018 Revenue



- Bowl for Kids Sake
- United Way
- Fundraising Events
- Other Grants & Sponsorships
- Province of NB Grant
- Donations
- Employment Grants
- Other

I am pleased to present the 2018 financial statements for Big Brothers Big Sisters of Saint John Inc., as prepared under a 'Review Engagement', by Deloitte LLP for the year ended December 31, 2018. Our future stability was greatly improved by the generous support of J.D. Irving, Limited. With their support of the 2018 Bowl for Kids Sake fundraiser they have raised \$1 Million in 10 years.

The agency had a surplus of \$93,420 this year; compared to a surplus of \$38,183 for 2017. The agency once again had the support of the Provincial Government, the United Way Saint John, Kings & Charlotte and our community and corporate sponsors in Saint John, Kings and Charlotte counties. Total revenue for 2018 increased over 2017 by \$35,623 for an annual total of \$479,738. The increase was from the record-breaking Bowl for Kids Sake. We had a decrease in grant revenue due to a change in funding of one grant, and the timing of when new grants were received.

On the expense side, total expenditures decreased \$19,614 to a total of \$386,318 for 2018. The largest components of the decrease

were salaries and fundraising costs. The salaries decrease was due to a change in one of the programs that is funded by a grant. Fundraising costs decreased as we kept a close eye on those expenses throughout our different fundraisers.

The surplus we have this year was unexpected and is certainly not the norm. It has given us the ability to plan for more than 1 year at a time and strategically increase spending over the next few years.

Going forward, the agency will continue to look for new sources of revenue and continue to keep expenses that do not directly affect mentoring programs low, remaining committed to our goal of ensuring that every child who needs a mentor, has a mentor. We will also be looking to maintain our relationship with the United Way and other donors.

A dedicated Board and staff will continue to provide relevant volunteer based mentoring programs for youth in our communities.

*Respectfully submitted by*

**Daniel Drew, CPA, CA**

Treasurer, Board of Directors



**DealerMine CRM in Saint John made a \$1,000 donation to Laurie Collins and Amy Tanner, of BBBS Saint John.**



**Amy Tanner and Charlene Perry shared Big Brothers Big Sisters information with the Lancaster Golden Service Club, which made a generous donation toward youth mentoring.**

# Bowl for Kids Sake 2018 - Wild West teams raised a record \$250,000!

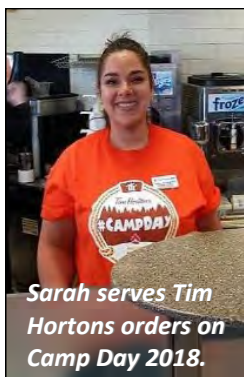


**Bowl for Kids Sake 'Wild West 2018'** – Thank you to all of the teams, sponsors and supporters who raised \$250,000 in support of current and future mentoring for youth! J.D. Irving, Limited. teams reached a record milestone in 2018. . . **\$1,000,000 raised over 10 years of support** through Bowl for Kids Sake!

## News & Noteworthy 2018



**L to R: Laurie Collins** presents **J.K. Irving** with the one-of-a-kind 'Western Boot Award' for 10 years of dedicated support of Bowl for Kids Sake.



**Sarah** serves **Tim Hortons** orders on **Camp Day 2018**.



**Char** serves orders on **McHappy Day 2018**.



**Above: Jessica Schwarze**, In-School Teen Mentor at Fundy Middle & High School received the **Ted Rogers Scholarship** "to ensure the success of future generations of Canadians by helping young leaders across the country succeed in their educational aspirations."

**Right: Darien Edison** was featured in UNB's Fall Alumni magazine. Darien is a former Little Brother, current MENTOR Links Mentor, 3rd-year Mechanical Engineering student & Beaverbrook Scholar.



## BBBS Saint John Youth Programs

Many children and youth struggle with societal barriers and face adversities in their lives like **poor living conditions, family violence, risk factors for mental health, school issues and identity challenges**. These circumstances have nothing to do with the value of who they are or who they can become, but because of these situations, children and youth risk not having the opportunity to live up to their full potential. Even worse is the possibility of continuing cycles of poverty and crime or developing mental health issues. Facing prolonged adversity creates toxic stress in the brain that can negatively impact development. This comes at a cost to the young person, and to society.

**With the guidance and support of a mentor, these risks can be avoided, and these young people can gain the confidence to achieve more** – higher incomes, happier lives, and more contributions to their communities. Our mentors advise and challenge these young people, act as their champions, provide greater consistency in their lives, connect them to broader experiences, opportunities and networks, and provide safe, nonjudgmental environments in which the child or youth can confide anything.

BBBS creates individual and group mentoring relationships among adults/older teens and children/youth. Mentorship is a two-way, learning and development partnership where the young person's needs are placed at the centre. Because young people's brains are still developing, mentoring can support that process through back-and-forth interaction like the volley in a good game of ping-pong. Mentoring is an important way to give youth experience with these essential back-and-forth relationships, helping them develop as healthy young people, able to deal with and overcome life's adversities.

Big Brothers Big Sisters works diligently to ensure **superior quality programming**.

### Group programs

*continue to engage many children while on the waiting list for a long-term mentor. The peak in Traditional and In-school matches occurred after the 1 Year 100 Men volunteer recruitment campaign of 2011-2012. The focus since 2016 has been to once again recruit more volunteers through targeted volunteer measures, so that every child who needs a mentor, has a mentor.*

Through a comprehensive infrastructure for supporting mentoring partnerships, the national BBBS organization provides:

- *detailed legal screening of mentors to ensure child safety*
- *a broad network of professional staff supporting mentors and volunteers*
- *systems for selecting, training, approving and supporting volunteers and*
- *referral of families to agencies that provide other services for the mentee and their family*

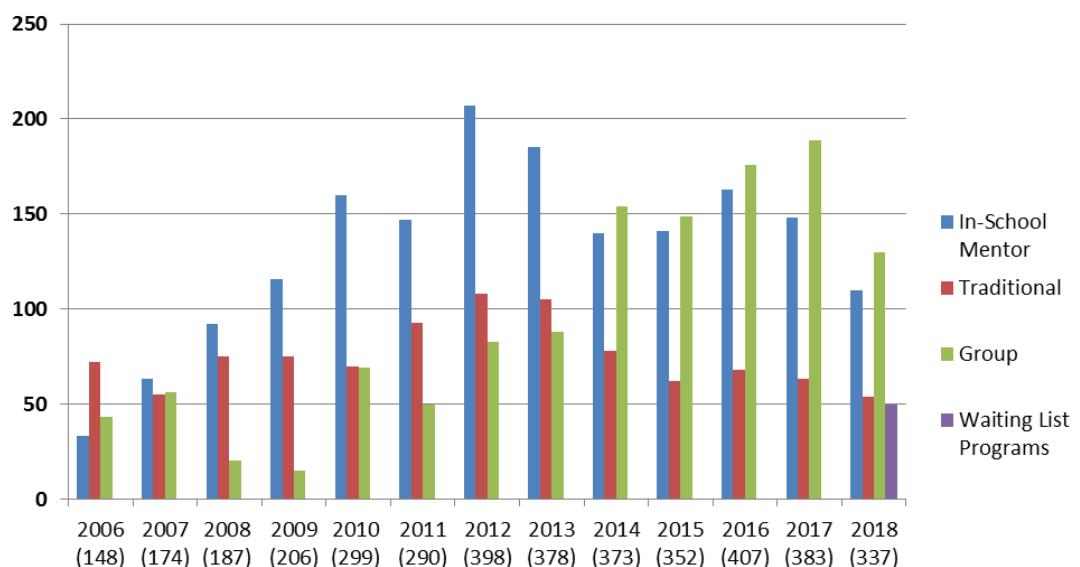
All of the mentoring programs delivered by Big Brothers Big Sisters of Saint John adhere to **evidence-based National Standards** and are subject to a comprehensive and intense review process. In addition, all mentoring programs are constructed and delivered with attention to the **Elements of Effective Practice for Mentoring**.

Quality program delivery ensures that each mentoring relationship reflects:

- *consistent contact between the mentor and mentee*
- *appropriate closeness in the relationship, which grows over time*
- *youth-centredness in decision-making*
- *structure and boundaries, and*
- *enough time for the relationship to achieve the goals of each specific program or match*

Big Brothers Big Sisters' mentoring programs are **unique from other interventions**, in particular, because trained professionals provide support and scrutiny throughout the life of the relationship to ensure that the relationship is progressing in a healthy and safe manner. This can also identify and address any issues before they escalate to the point of causing emotional damage to the child. These benefits, in conjunction with the outcomes attained through healthy, quality, mentoring relationships, make BBBS mentoring programs an effective mechanism for **making positive change in the lives of young people**.

## BBBS Saint John Programs - evolving to meet demand



## Child Safety Program

**Big Brothers Big Sisters' core value is to maintain the highest standards of practice in order to deliver safe, quality mentoring programs for children and youth.**

Our policies and protocols help keep mentees safe while they participate in our programming. Our leading Child Safety Program, **Strong from the Start**, is a key foundational component to fostering safe, enjoyable, meaningful, and healthy mentoring relationships.

**Strong from the Start** focuses on healthy relationships, with a key component being child safety. The program content is based upon recent mentoring and youth-focused research and is provided to every mentor, every mentee, and all parents/guardians of children and youth who are participating in community-based mentoring programs.

The core topics and **key messages** of **Strong from the Start** include:

- preparing to be matched
- role clarification (of mentee, mentor, parents and staff)
- healthy relationships
- following your instincts
- trusting your feelings and
- goal setting that fits the mentee's interests

A key message of the program is that **strong boundaries** mean strong relationships. Boundaries come in many forms, including physical, emotional, and social; and are central to ensuring a healthy, respectful and child-focused match.

The program educates about young people's circle of support, **'keep secrets' and 'speak secrets'**, **risky behaviors**, appropriate ways to meet personal needs, the **duty to report abuse** if it is disclosed or if there is reason to suspect abuse and finally, how staff members are there to address any concerns.

A modified version of this program has been made available to other community groups and interested parties who have a passion for keeping young people safe. The content of the program is vital education for young people, parents/guardians, caregivers, youth workers and others who spend time with or observe children interacting with adults or older youth. It is critically important in this community in particular that more people are made aware of what inappropriate behaviors look like and what to do if they see these behaviors. The responsibility to keep our young people safe is on all of us!

## Go Girls! - The Canadian Women's Foundation



The support from the Canadian Women's Foundation Girls' Fund Grant since 2012 has enabled the Saint John agency to:

- Serve a tremendous number of girls in the Go Girls! core program
- Add the additional component of 'enhanced mentoring' and;
- Extend some of the groups into the community-based 'Friendship Clubs', where some of the matches continued for 4 years.

The total number of participants who benefited from this program in 2018 included 93 in the core program/enhanced components and 7 participants in the Friendship Clubs.

The program strives to do the following:

- create appreciation for the benefits of an active, healthy lifestyle
- build understanding of what constitutes healthy eating habits and the risks associated with eating disorders
- promote the importance of positive mental activity and regular physical exercise
- encourage awareness of core values, personal interests, strengths and attributes
- support the development of leadership and life skills
- offer guidance in establishing and maintaining friendships



**Go Girls! group at Harry Miller Middle School made bracelets to highlight their personal strengths**

**Right: BBBS Go Girls! Friendship Club had a great time volunteering at the Amazeatorium, at a giant interactive Lego station.**



### Go Girls! on the Meaning of Mentorship

SEPTEMBER 13, 2018 - by Kate Hawkins



Mentorship is give and take. Younger girls have a valuable opportunity to connect with a trusted older peer, while mentors get to practice their leadership skills and become role models. Both get to learn from the time spent together.

We asked a mentor and a mentee from Big Brothers Big Sisters of Saint John to fill us in on what their mentorship looks like and what it's taught them. The **Go Girls! Healthy Bodies, Healthy Minds** program at the **Canadian Women's Foundation** through our **Girls' Fund**.

Big Brothers Big Sisters is a current grantee of the Foundation through our Girls' Fund.

**Left: BBBS Go Girls! Friendship Club was featured in an article with the Canadian Women's Foundation on Mentorship.**



## Our Popular Summer Program Opportunities



*'Big' Adventure Day Camp participants at the Saint John Free Public Library Makers Space learning about coding with NBCC.*

There were several summer programs provided by the agency during the month of July 2018. The programs were provided to children who are on the wait list and for matched youth who would benefit from additional programming opportunities.

The 2018 camps included 'Big' Adventure Day Camps for ages 6-9 and 10-13 years old, Kids 'n Kops Camp (9-12 years) and Code Makers Camp (Grades 3-6).

These camps were made possible by the generous support of community partners who offered space, donations and unique experiences. **Thank you to Saint John Police Force, UNB's Worlds UN-Bound Program, Nick Nicolle Community Centre, Brilliant Labs, NBCC and The Saint John Free Public Library.**



*Police Chief Bruce Connell presents Jacob Arsenault with a Certificate of Excellence at the Kids 'n Kops graduation.*



## Game On! Eat Smart, Play Smart, Live Smart



### Game On! Eat Smart, Play Smart, Live Smart

program provides boys and young men with information and support to make informed choices about a range of healthy lifestyle practices. The boys learn about life skills, communication and emotional health challenges through non-traditional activities in a group setting with adult or teen mentors.

**This year the program served a total of 26 boys in the St. George and Hampton areas.** There were 3 programs that wrapped up in June of 2018 and 1 new group that started in the fall of 2018.

These programs were run exclusively by teen volunteers in their respective communities.

The program strives to do the following:

- *through the lens of healthy living, openly discuss current and pressing issues facing boys and young men*
- *build appreciation for the benefits of healthy eating habits*
- *promote physical exercise through the use of non-traditional activities*
- *instill respect for socio-economic, ethno-cultural & racial diversity*
- *encourage leadership skills and independent thinking*

**Right: St. George Game On! group uses communication skills in this active game.**



**Above: Junior Constables Seth and Max try out crime scene uniforms for size.**

**Below: Kids 'n Kops Junior Constables visit the Mayor's Office with Deputy Mayor Shirley McAlary.**



## In-School Programs (ASD-S) Anglophone School District South



**L to R:** In-School Teen Mentor **Teagan** and Mentee **Tanner** get together weekly at Back Bay Elementary School, in the school yard or in the gym.

Back Bay Elementary  
Barnhill Memorial  
Bayside Middle School  
Blacks Harbour  
Elementary  
Centennial School  
Fairvale Elementary  
Forest Hills  
Fundy Middle & High  
Hammond River Valley  
Hampton Elementary  
Hampton Middle  
Hampton High  
Harbour View High School  
Harry Miller Middle  
Hazen White - St. Francis  
Milltown Elementary  
Prince Charles  
Princess Elizabeth  
Quispamsis Elementary

Quispamsis Middle  
School  
Rothesay Elementary  
Rothesay High  
Rothesay  
Netherwood  
Seaside Park  
Elementary School  
St. George  
Elementary  
St. John the  
Baptist/King Edward  
St. Malachy's Memorial  
St. Rose  
St. Stephen Elementary  
St. Stephen Middle  
St. Stephen High School  
Sussex Elementary  
Woodlawn Learning  
Centre

**"KATHY IS SO FUNNY & NICE"**

When we asked Chloe what she likes doing most with her Mentor Kathy she said "We take pictures, we paint and we write on the board. The best part about having Kathy as an In-School Mentor is "Having fun."

Artwork by Chloe - St. George Elementary

#MentoringMonth  
#ThankYourMentor  
#MentoringMatters

Big Brothers Big Sisters of Saint John  
www.BBBS.org

**In-School Mentee Chloe & In-School Mentor Kathy - St. George**  
*"The best part . . . is having fun!"*

## Why mentoring matters . . . true stories!

#MENTORINGMONTH #THANKYOURMENTOR

Their friendship began 7 years ago when Kionna was entering Gr. 1, now at 13 years old Janis says it's really quite special to watch her grow from a shy little girl to a chatty and social teen.

Thank you for being an awesome Mentor Janis!

**LS Kionna & BS Janis**

**- 7 Years**

*" . . . from a shy little girl to a chatty and social teen "*

**In-School Mentee Jack & In-School Mentor Dylan**

**- St. George**

*"The best part . . . is hanging out and playing in the gym."*

#ThankYourMentorDay  
#MentoringMatters  
#MentoringMonth

**"DYLAN IS REALLY FUN!!"**  
When we asked Jack what he liked most about his Mentor Dylan he couldn't help but show his excitement. "Dylan is so much fun! The best part about spending time with Dylan is hanging out and playing in the gym."

Artwork by Jack  
St. George Elementary

**YOU CAN HAVE FUN TOO**  
VOLUNTEER WITH US TODAY!

Big Brothers Big Sisters of Saint John  
www.BBBS.org

#MentoringMatters #MentoringMonth

Big Sister Laura and Little Sister Abby have been matched for 2 years. Laura has since moved to Fredericton to continue her University Degree, regardless these two are committed to seeing each other when they can!

Thank you for being a dedicated Mentor Laura!  
[www.BigBrothersBigSisters.ca/SaintJohn](http://www.BigBrothersBigSisters.ca/SaintJohn)

Big Brothers Big Sisters of Saint John  
www.BBBS.org

**BS Laura & LS Abby**

**- 2 Years**

*" . . . still seeing each other even though BS Laura is in Fredericton for university."*

**In-School Mentee Trinity & In-School Mentor Shirley**

**- St. George**

*" . . . you are someone who is in her 'circle of trust'."*

**THANK YOU SHIRLEY!**  
Your mentee Trinity tells us that she loves spending time with you! Not only are you fun, nice and caring, Trinity considers you to be someone who's in her 'circle of trust'. How powerful is that?!

Artwork by Trinity  
St. George Elementary

#MentoringMonth  
#ThankYourMentor  
#MentoringMatters

**MAKE A DIFFERENCE IN A CHILDS LIFE TODAY!**

CALL SARAH 755-2002

Big Brothers Big Sisters of Saint John  
www.BBBS.org

## MENTOR Links Program makes connections



**MENTOR Links** can take you places you may have never gone before - like selfie-friendly street art and Timbertop Adventures, where you can really go 'out on a limb'!

MENTOR Links, the agency's waitlist group program, was supported in part by the Boston Pizza Foundation. This program offers **children and youth who are waiting for a 1 to 1 match** the opportunity to experience safe, age-appropriate activities in the community while connecting with agency staff and screened adult volunteers.



Participants have the chance to see new places, try their hand at new activities, and meet new friends from all over the Greater Saint John area. **Events are educational, recreational, and give children the chance to connect and contribute to the community they live in.** These experiences help youth to recognize, harness, and develop their social capital, while identifying and drawing on the support of positive adult role models.

This program offers families a way to feel more connected to the agency and **a way for the agency staff to get to know the parent and child better prior to matching them with a volunteer.** MENTOR Links also enables staff to maintain service and support for families after a match has closed, as children whose matches have ended are invited to join MENTOR Links outings where appropriate.

MENTOR Links also **offers volunteers an alternative option if they are uncertain about making the commitment to the 1 to 1 program**, or who, for various reasons, may be unable to commit to a weekly program.

In 2018, the MENTOR Links program **engaged 50 waitlist children and 12 volunteers in a total of 18 group outings.**

Of the children who attended at least one MENTOR Links activity in 2018, 1 to 1 matches were identified for 17 of them during that year.



## Inspire Mentoring Awards



*Betty Hitchcock accepts the 'J. K. Irving Lifetime Distinction in Mentoring Award' from Mr. Irving, with Mentee, Jada*

The second annual **Inspire Mentoring Awards** was held on October 18, 2018 to celebrate people working, volunteering and contributing as mentors in our communities.

- **Betty Hitchcock** was honored as the recipient of the **J.K. Irving Lifetime Distinction in Mentoring Award** for her dedication to mentoring others throughout her lifetime.
- Other honorees included community mentors **Daryl Steeves, Anne McShane, Rhonda Cusack and Sam Palmer.**



### Postsecondary & Career Readiness

PROPEL is the newest addition to the program offerings in 2018. Funded through the RBC Foundation, this program targets **youth age 16-29 and encourages participants to explore areas of self, post-secondary education and career path.** In partnership with the Saint John Learning Exchange and Pathways to Education, our first intake took 21 students through a series of presentations, panel discussions, campus tours and skill development workshops over a 14-week period through late 2018-2019. Some students even went on to work placements that will better equip them to reach their goals and make well informed decisions for their future.

**RBC FUTURE LAUNCH**  
[RBC.COM/FUTURELAUNCH](http://RBC.COM/FUTURELAUNCH)



# Thank you to all of our 2018 Community Partners



**MENTOR Links** members take instruction from **Chris Peters**, former Little Brother and now owner of **East Coast Boxing and Performance Centre**.

20/20 Vision Care	Canadian Progress Club Ignite	First Book Canada	NB Child and Youth Advocate	St. Stephen Aces Jr. A Hockey Club
<u>A</u> CAP	Canadian Tire Jumpstart	Flo-rite Mechanical	NB Children's Foundation	St. Stephen Chamber of Commerce
Acadia Broadcasting	Canadian Women's Foundation - Girls' Fund	Fundy Shores School	NB Department of Education, Training and Labour	St. Stephen's University
Acadian Sturgeon	Canaport LNG	Fundy Fencing	NB Department of Social Development	Stantec Consulting
Advocate Printing	Mrs. Carol Wilson	Fundy Winterfest	NBCC	Stewart McKelvey
Air Canada Foundation	Château de Champlain	<u>G</u> iant Tiger	Neighbourhood Police Council	Stone Church
Al Gagnon Photography	Cherry Brook Zoo	GlassSKY	Nick Nicolle	Stuart House Bed & Breakfast
Algonquin Resort	Children's Wish Foundation	Glenn Carpenter Centre	Norm & Donna Michaelsen	Subway
Amazeatourium	City of Saint John	Grant Thornton LLP	<u>O</u> ffline Board Game Cafe	Sussex Mental Health Clinic
Amazeatourium	Coldwell Banker Select Realty	Greater Saint John Community Foundation	<u>P</u> .R.O. Kids	Sussex Wellness Network
Anglophone South School District	Connexion Works	Hoopers Law	PALS Program	Symphony NB
Arauco	Connors Bros.	Huestis Insurance Group	Pathways to Education	<u>T</u> D Canada Trust
Around the Block	Cooke Aquaculture	<u>I</u> A Clarington Investments	Penny Heather	TD Wealth
Atlantic Lottery Corp.	Crescent Valley Resource Centre	ICS Creative Agency	PFLAG	Teed Saunders Doyle & Co.
Atlantic Towing	<u>D</u> alhousie Medicine NB	Impact Wealth	Prestige Homes Sussex	Teen Resource Centre
Autotec 1995 Inc.	DealerMine CRM	Imperial Theatre	Pristine	Thandi Restaurant
<u>B</u> eaconsfield Middle School	Deloitte LLP	Inside Out Nature Centre	Project Roar	Thane Fawkes
BCAPI	Delta Marriott Saint John	Innovatia	RBC Foundation	The Big 50/50
BDO Canada	Deer Island Community School	Investors Group - Larry Clark	RBC Future Launch	The Boys and Girls Club of Saint John
Bell Aliant	Dr. Arnold Brown & Associates	Irving Equipment	RBC (Future Launch Champions) - Quispamsis & Fairville Blvd	The Promise Partnership
Bella's Bistro Amherst	Dr. Beth Gilbert	Irving Forest Services	RBC Insurance	The Saint John Multicultural and Newcomers Resource Centre
Belmont Health & Wellness	Dynamic Funds	Irving Oil	Reaction Events	Ticklebelly Hill
Betty Hitchcock	<u>E</u> ast Coast Boxing and Performance	Irving Pulp and Paper	Richard Alderman	Timbertop Adventures
BMO Bank of Montreal	Eastern College	Irving Shipbuilding	Rockwood Park	Tim Horton's - Murphy Restaurants
Boston Pizza Foundation	Elementary Literacy Inc.	<u>J</u> anie's Kid Zone Inc.	Rossmount Inn	Touchstone Academy
Brenan's Funeral Home & Crematorium	Energy Atlantica	J.D. Irving, Limited	Rotary Club of Rothesay Kings	Town of St. George
Bridget McGale & Catherine Sidney	Exit Realty Specialists	JDI Sawmills and Woodlands	Rotary Park School	Town of St. Stephen
Brilliant Labs	<u>F</u> abiola Martinez	Judith & Brian Dunstan	RST Sunbury	Town of Sussex
Brunswick News	Fairview Bowling Lanes	<u>K</u> ennebecasis Regional Police Force	<u>S</u> aint John Chamber of Commerce	<u>U</u> NB Radio 107.3
Brunswick Pipeline - Emera		Kent Building Supplies	Saint John Energy	UNB Worlds UNBound
Brunswick Square Shopping Centre		Kiwanis Club of Saint John	Saint John Free Public Library	UNBSJ and Associated Alumni
Brunswick Square Dental		KV Oasis Youth Centre	Saint John Learning Exchange	United Commercial
<u>C</u> anada NB Job Grants		<u>L</u> 'Arche Saint John	Saint John Riptide	Travelers of America
Canada Summer Jobs		Lakefield Elementary School	Saint John Police Force	Jack Kidd Council 755
		Lakewood Heights School	Saint John Rotary Club	United Way Saint John, Kings & Charlotte
		Lancaster Golden Service Club	Saint John Seadogs	<u>V</u> ibrant Communities Saint John, Sussex & Charlotte County
		Lily Lake Pavilion	Saint John Theatre Company	Vito's Restaurant
		Living SJ	Saint John Volunteer Centre	<u>W</u> E Believe Saint John
		Loch Lomond School	Saint John Waterfront Development	WestJet
		<u>M</u> ariner Partners	Salesforce	Mrs. Winona Crilley
		Maritimes & Northeast Pipeline - Spectra Energy	Scotiabank	WorkSafeNB
		Maritime Travel	Grand Bay-Westfield	Wyndham Worldwide
		Martinon Yacht Club	Sculpt Saint John	<u>X</u> erox Canada Ltd.
		McDonald's	Seadogs Foundation	<u>Y</u> MCA of Greater Saint John
		Midland Transport	Sobeys	YMCA Newcomer Connections
		Morna Heights School	St. Croix Courier	
		National Bank		
		NB & Maine Railways		