

## Annual Fraser Valley *Cultural Diversity Awards*



Our staff, Katarina and Amber, at this year's Cultural Diversity Awards hosted on behalf of Archway Community Services and local sponsors. This annual event highlights the importance and impact of diversity in all components, bringing local businesses and organizations together to strive for a more inclusive future!

## Resiliency Events Series *Yoga & Mindfulness*



**A BIG Thank You to the Abbotsford Community Foundation** for sponsoring our series of Resiliency Events. We could not have done this without you!

Organized by our Chilliwack staff, the first of our Resiliency Events invited mentors and mentees to partake in a guided yoga and mindfulness session, emphasizing the importance of taking care of yourself so that you can take care of others!

(Details about our next Resiliency Event can be found on page 2.)



## *March Match & Waitlist Activities*



Some of our Community-Based matches at Exit Escape rooms

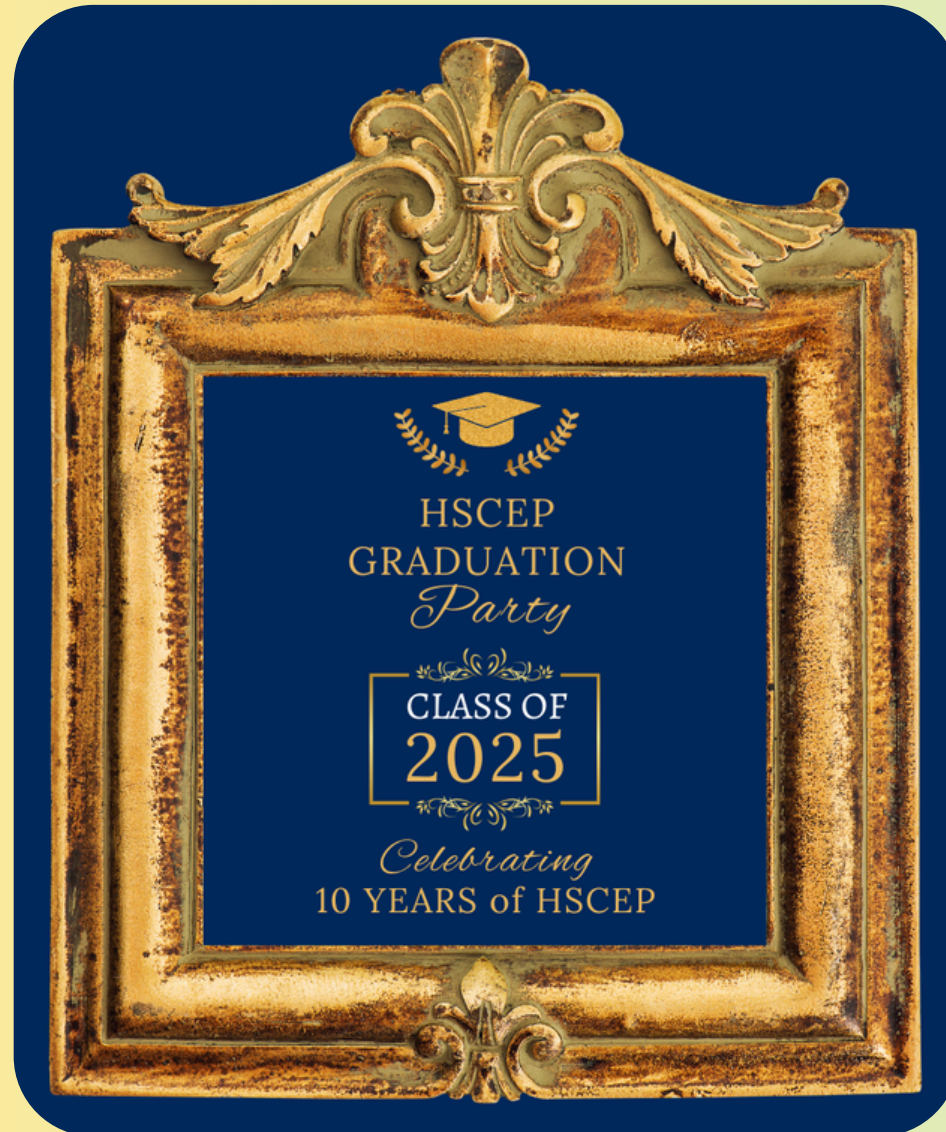
Shout out to Boston Pizza (Abbotsford and Mission locations) for sponsoring these events!





## HSCEP Graduation & 10th Anniversary

This year, we're proud to be celebrating the 10-year anniversary of the Human Services Career Enrichment Program (HSCEP)!



Based out of Chilliwack Secondary School, the goal of the program is to help inspire the next generation of 'natural helpers' by creating a reciprocal learning environment where university, high school, and elementary students are learning together through relevant, engaging real life experiences. Here's to another 10 years of igniting potential in our communities! 🎉

## April 15th Resiliency Event

In collaboration with the Mission Hospice Society, our next resiliency event will focus on dealing with grief and loss.

Thank you to Abbotsford Community Foundation for program funding!

**GRIEF & LOSS LEARNING SESSION**

THIS **FREE** SESSION WILL BE DISCUSSING THE IMPACT OF LOSS - HOW IT AFFECTS US AND OUR FAMILIES, AND GRIEVING IN HEALTHY WAYS.

**A THERAPY DOG WILL BE AVAILABLE!**  
A TAKE HOME RESOURCE PACKAGE WILL BE PROVIDED AS IT WILL INCLUDE: JOURNAL, SMALL, TEDDY BEARS, STRESS BALLS ETC.

**WHEN: TUESDAY, APRIL 15TH, 2025 6PM TO 8PM**  
**WHERE: MISSION YOUTH CENTRE (33100 10TH AVENUE)**

## After School Group Program "Explorations"



Our 'Explorations' after-school group program just wrapped up another successful semester and we're so excited to share what some of the mentees shared about what they learned! ❤️

This free program for Grades 4 & 5 fosters social engagement, confidence, and emotional growth. Held at local schools in our service areas, it provides a safe space for kids to connect.

Know someone who'd be a great Group Leader?  
Email Katarina at [katarina.bell@bigbrothersbigsisters.ca](mailto:katarina.bell@bigbrothersbigsisters.ca)



# Volunteer Appreciation Week

**NATIONAL  
VOLUNTEER  
WEEK 2025**

**VOLUNTEERS MAKE WAVES**

**APRIL 27 - MAY 3**

National Volunteer Week is coming up at the end of the month, and we will be showing our appreciation to our volunteers and mentors through a series of events and celebrations!

**Mentors**, mark the dates on your calendars and contact your Mentoring Coordinator for any questions!

**"ACT AS IF WHAT  
YOU DO MAKES A  
DIFFERENCE...  
IT DOES."**

WILLIAM JAMES

**Chilliwack/Hope:**

IN HONOUR OF NATIONAL VOLUNTEER WEEK,  
JOIN US IN CELEBRATING YOU AT OUR

**VOLUNTEER  
APPRECIATION  
NIGHT**

**APRIL 29, 2025**  
6-8 PM

COME WITH A PLUS ONE TO HANG OUT AND PLAY  
MUSIC BINGO

**FOOD | PRIZES | BUILDING CONNECTIONS**

NLC ALUMNI HALL, 46361 YALE RD, CHILLIWACK

RSVP TO YOUR MENTORING COORDINATOR  
BY APRIL 20TH

**Ridge Meadows/Mission:**

**Big Brothers Big Sisters  
Volunteer Appreciation Night**

*You're invited to a fun-filled evening.  
Bring a friend who might be interested in volunteering with us and join the excitement!*

**Wednesday, April 30, 2025**  
5:30 PM - 7:30 PM

**Maple Ridge Public Library**  
Fraser Room (2nd Floor)  
22470 Dewdney Trunk Road, Maple Ridge

Food will be provided- please let me know if you have any dietary restrictions.  
Please RSVP by Wednesday, April 23, 2025.

**Abbotsford/Mission:**

IN HONOUR OF NATIONAL VOLUNTEER  
WEEK, JOIN US FOR A

**VOLUNTEER  
APPRECIATION  
NIGHT**

**MAY 1ST, 2025**  
6-8 PM

COME WITH A PLUS ONE TO HANG OUT AND PLAY  
MUSIC BINGO

**FOOD | PRIZES | FUN**

**LOCATION: THE HUB, 3070 GLADWIN ROAD**

RSVP TO YOUR MENTORING COORDINATOR BY APRIL 20TH





## Attention Parents, Guardians, and Caregivers:

Your appreciation is appreciated.

Did you know the impact of a good role model and mentor can have lasting positive affects on youth, changing the trajectory of their futures? Our volunteer mentors dedicate their time and efforts in hopes of providing much needed support to children and youth.

With the goals of helping their mentees process their thoughts and emotions and maneuver impactful life situations, our mentors understand the importance of their presence in their mentee's lives. We thank you for trusting them to help your kids, and we ask you to thank them as well!

Join us in cheering on our volunteer mentors during National Volunteer Week. This month, we encourage you to reflect on the impact your mentor has made on your child and take time to show genuine appreciation for their time and effort.

**Write them a thank-you card, take time to let them know that their work is noticed and appreciated!**

With your help and support, our ever-growing community of volunteer mentors will continue to flourish!



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**THERE IS NO BETTER EXERCISE  
FOR YOUR HEART THAN  
REACHING DOWN AND  
HELPING TO LIFT SOMEONE UP.**

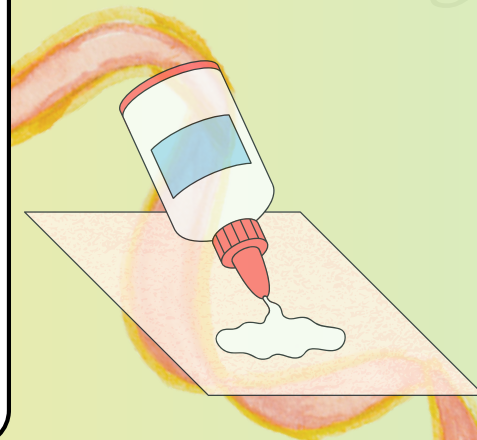
– BERNARD MELTZER





# Crafts Corner

## Bunny Bookmark Origami X



## Paper Doily Sheep X



## Festive Slime Recipes X



# Smile Cookie Event



From April 28th to May 4th, Tim Hortons restaurants will support more than 600 local charities, hospitals, and community programs across Canada. Freshly baked Smile Cookies can be purchased at participating locations for \$2.00, and 100% of the proceeds will be donated!

Participating locations:

45837 Yale Road

43971 Industrial Way

H236 Eagle Landing Parkway



Drop by the BBBSFV office to pick up pre-order forms now, or call/email the office to place an order.

Thank you for your support 😊

