



#StartSomething  
**2015**  
ANNUAL REPORT



Big Brothers Big Sisters  
of the Fraser Valley

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## Message from the Executive Director

As we prepare our annual report and reflect on the stories and successes of our matches in 2015, I am reminded of all our volunteers who have committed to being mentors. These volunteers are the unsung heroes in the communities served by Big Brothers Big Sisters of the Fraser Valley. They just get it; they know it is "Not what we give but what we share, for the gift without the giver is bare."

Our organization measures itself in large part by the number of at-risk children and youth we serve. Each positive impact is a win, and this year the winning was up — way up! We successfully served more children than ever.

Also this year, we added a new program, Human Service Career Program (HSCP), a collaboration between Chilliwack Senior Secondary School, the Ministry of Children and Families, and the University of the Fraser Valley, with the objective of keeping kids in school. The program has been developed for students whose strengths are not always easy to measure. Grade 10 students have the opportunity to be partnered with a mentor from UFV (third- or fourth-year student), and delve into the studies of the human condition (psychology, leadership, mentoring, family management, and social justice and law). By the time they reach Grade 12, the students will participate in learning outside the classroom through partnerships in the community. This program has the potential to be life-changing.

Another group of volunteers that deserves sincere thanks is our committed Board of Directors. These people have given generously of their time and expertise, and have helped guide our agency as we work toward building a future where we can serve more children and increase our impact in our communities.

In closing, my heartfelt thanks go to the staff of 2015, who all helped Big Brothers Big Sisters of the Fraser Valley achieve remarkable things: Brenda Bertin, Collette Bohach, Cassie Silva, Cheryl Unger, Jessica Walker, Julie Fisher, and Carrie Yargeau.

With respect and appreciation,



Maureen Berlin, Executive Director



## Our Mission

Building a child's future through the friendship and guidance of mentoring.

## Our Vision

That children have the opportunity to maximize their potential, have confidence in themselves, achieve a fulfilling lifestyle and grow into productive, contributing members of their community.



**BBBSFV STAFF: (L – R) CASSIE SILVA, NIKKI DIONNE, CARRIE YARGEAU, MAUREEN BERLIN, CHERYL UNGER, COLLETTE BOHACH**

## Message from the Board Chair

I believe we all have something to give. It can be as basic as providing someone with support, guidance, and encouragement. These seemingly simple acts can help someone reach their goals, see the path forward, and believe in themselves because someone believes in them. I'm sure we can all think of someone who helped

shape us into the people we are and people we are yet to become. This is the value of mentorship; it has the power to change outcomes. When a child's future is impacted positively through mentorship, it can help transform a community. When you transform communities, you can change the world.



One of the greatest aspects of this agency, and the work we do, is that we attract the highest quality people in the community to serve as volunteers, staff, and supporters. This is a significant asset and one of the key drivers behind the successful delivery of our programs and services. As we have seen exemplified over the last year, individuals have stepped in and stepped up when needed, dedicating their time and expertise far beyond the call of duty. To be in the company of people of this caliber is both humbling and an honour. Given this level of engagement, it is a natural consequence that we will continue to grow and achieve new levels of success.

I would also like to take this opportunity to extend my heartfelt thanks and appreciation to all of our funders, partners, volunteers, board members, and staff for their support in making BBBSFV a viable and valuable community service agency in the Fraser Valley. It is a privilege to be a part of this great organization and I look forward to the coming year.

I would like to conclude by reaffirming the commitment of BBBSFV to our mission: *Building a child's future through the friendship and guidance of mentoring.* No matter how you choose to support or serve this agency, it is incumbent upon each of us to focus our efforts in support of this mission to benefit vulnerable children in our communities.

Yours truly,

Adam Eason, Board Chair

*When I have a mentor, my life is better because I can get out of all my troubles for an hour.*  
#ThingsLittlesSay

# The Mentoring Effect

Changing the course of young lives changes the future of communities. By every measure, Big Brothers Big Sisters returns positive results in the mental health, employment and civic engagements of the recipients of our mentoring programs.



Parent/Guardian Support + Big & Little in Successful Match + Program Staff Support

### LIFE: MENTORING RECIPIENTS THRIVE

- 80% pursue healthy lifestyles
- 92% feel confident, 96% say they're happy
- 98% believe they make good life choices
- 81% report financial literacy

### WORK: MENTORING RECIPIENTS SUCCEED

- 17% more likely to be employed
- 13% higher earnings, \$315,000 higher lifetime income
- 63% have post-secondary education
- 47% hold senior leadership positions

### COMMUNITY: MENTORING RECIPIENTS GIVE BACK

- 50% more likely to volunteer
- 87% have strong social networks
- 13% more likely to donate to charity, 20% more money donated
- 30% more time volunteering

## Social return on investment

Increased taxes & spending from higher income

+

Increased volunteering & donations

=

# 18:1

**\$1 invested in mentoring by Big Brothers Big Sisters returns \$18 to society\***

\*Among economically disadvantaged groups, \$1 invested in mentoring by Big Brothers Big Sisters returns \$23 to society.

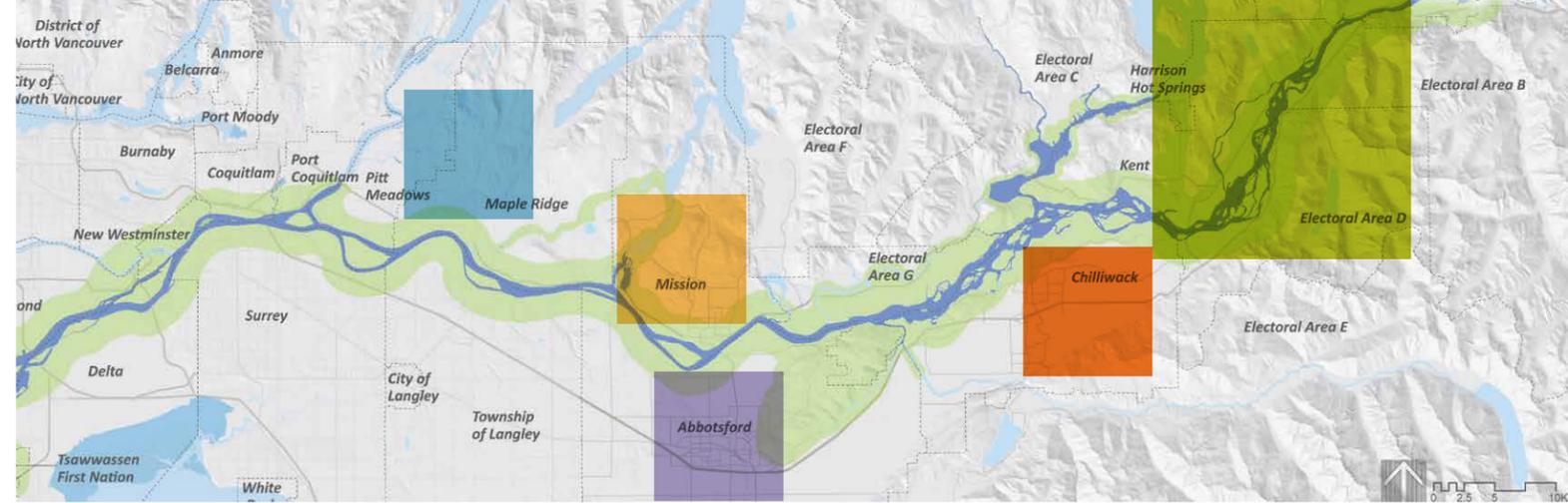
**Social Return on Investment Study:**  
To assess the economic benefits of our programs, Big Brothers Big Sisters of Canada commissioned The Boston Consulting Group to undertake a multi-stage study that compares the outcomes of children who participated in community 1-on-1 programs with those that did not.

# Our Matches

## Matches by Program

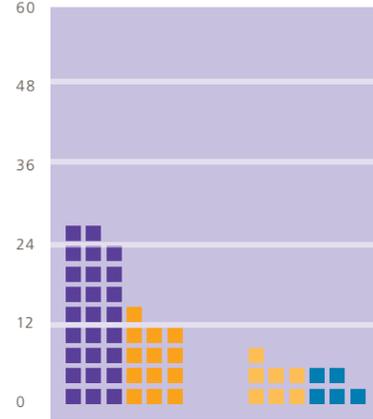
It takes all kinds of people and programming to help make BBBSFV successful. Six base programs and their respective specialty sub-programs support kids and youth, by design.

- 1 matched child from Abbotsford
- 1 matched child from Chilliwack
- 1 matched child from Fraser Cascade
- 1 matched child from Mission
- 1 matched child from Ridge Meadows



This graphic is for visual effect only. The regional boundaries are not implied by the coloured squares. Image credit: www.fvrd.ca

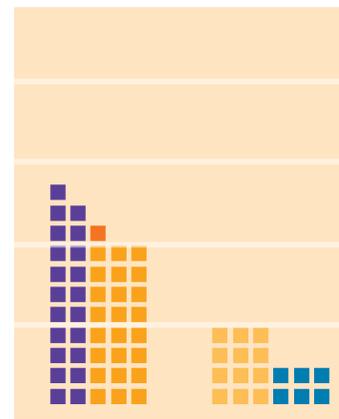
**BIG BROTHERS — 48**



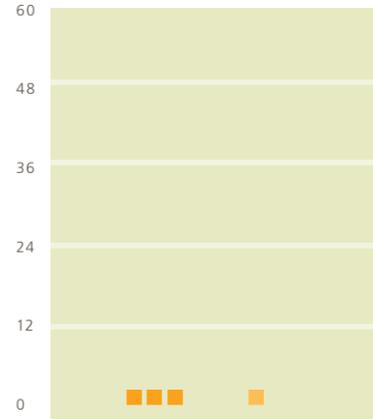
**BIG BUNCH — 15**



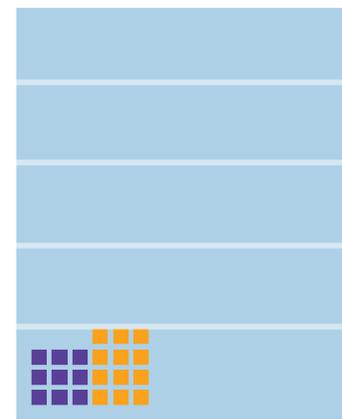
**BIG SISTERS — 75**



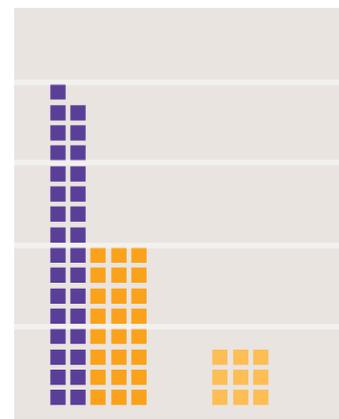
**CROSS GENDER — 4**



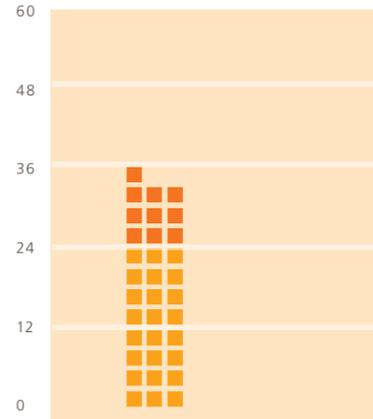
**GAME ON! EAT SMART. PLAY SMART. LIVE SMART — 21**



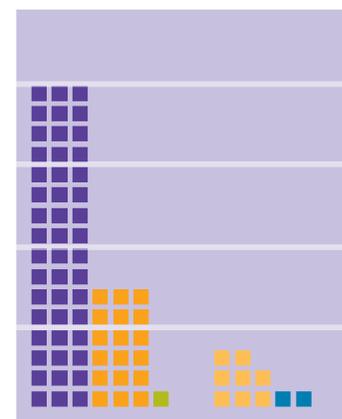
**GO GIRLS! HEALTHY BODIES HEALTHY MINDS — 80**



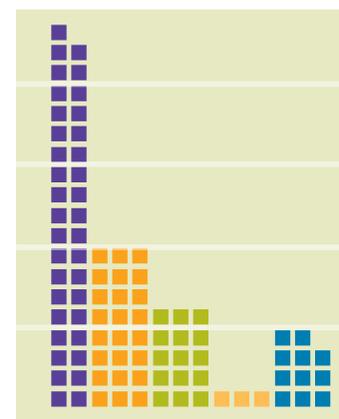
**HUMAN SERVICES CAREER PROGRAM — 34**



**IN-SCHOOL MENTORING (ADULT) — 78**



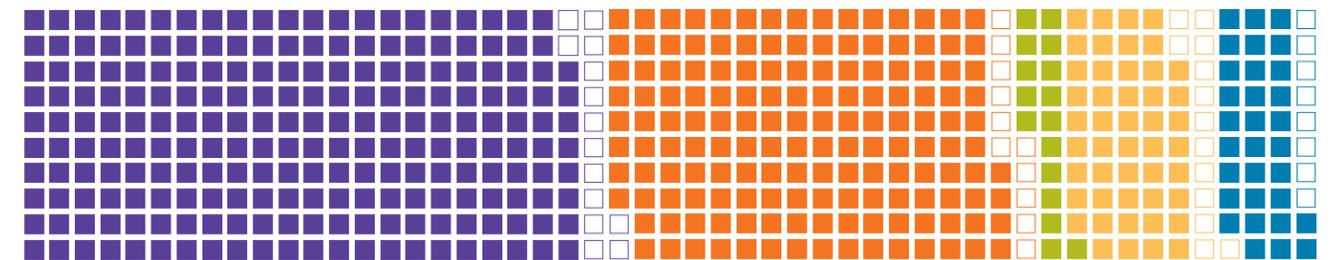
**IN-SCHOOL MENTORING (TEEN) — 109**



## Matches by Region

Brothers Big Sisters of the Fraser Valley serves a far-reaching and diverse region that includes the cities and municipalities north and south of the Fraser River, from Agassiz to Pitt Meadows and Abbotsford to Hope. Today within that region, we serve 464 LITTLES, with 46 waiting for his or her BIG.

- 1 waitlisted child from Abbotsford
- 1 waitlisted child from Chilliwack
- 1 waitlisted child from Fraser Cascade
- 1 waitlisted child from Mission
- 1 waitlisted child from Ridge Meadows



## Someone she can count on.

LITTLE Sister Erica and BIG Sister Sheryl will soon celebrate six years as a match. "My BIG Sister has been one of the most reliable and stable people in my life," says Erica. "She has helped guide me towards a better future. She taught me how to change, on my own terms, into someone I can be proud of."

Erica admitted she used to bury herself in emotions and insecurities, and would attack anyone who tried to get too close. "Sheryl has guided and supported me and with this support I believe I have opened up and become more comfortable with who I am. Through this relationship, I have experienced and achieved more things I wouldn't have thought or dreamed of," explains Erica. "I've taken art, swimming, and dance lessons. Recently I have even applied for the Junior Police Academy. Sheryl has helped me train and prepare for my possible career choice."

## Erica + Sheryl



MAGICAL MENTORING MOMENT

# Our Programs

Our classic BIG + LITTLE program provides one-on-one mentoring, while others take on a group format. Some of our programs take place in the community at large, while others take place on-site. Some mentors are adults, while others are youth mentoring the younger set. So you see, it does take all kinds!

## Community-based Mentoring: BIGs + LITTLES

**GUIDANCE. CONNECTION. CARING.**

This mentoring model, the familiar BIG Brother and BIG Sister mentorship, which has been offered in our service areas for more than 45 years, matches boys and girls with a role model, a friend to talk to and with whom the LITTLE Brother or Sister can share the experiences of growing up with someone who is outside the family circle.

Through regular outings, the BIG mentor and LITTLE mentee develop a relationship that is built on trust and common interests, and is supported by our experienced case workers.

The result is a life-changing experience for both the mentor and the mentee. And our mentees are youth who can benefit from the guidance, connection, and example of a caring adult friend who is genuinely interested in their well-being and personal development.



## Game On!

**EAT SMART. PLAY SMART. LIVE SMART**

Game On! is a group mentoring program providing boys and young men with information and support to make informed choices about a range of healthy lifestyle practices. Through non-traditional physical activities, complemented with healthy eating support, participants are engaged in life skills, communication, and emotional health discussions designed to engage participants in the pursuit of life-long healthy lifestyles.

*I learned as much from these boys as they learned from my Game On! partner and me. #GameOn*

## Human Services Career Program (HSCP)

**INNOVATIVE. LIFE-CHANGING. PARTNERSHIPS.**

HSCP is an innovative collaboration between BBBSFV, Chilliwack Senior Secondary School, Ministry of Children and Families, and the University of the Fraser Valley with the objective of keeping kids in school. The program has been developed for students whose strengths are not always easy to measure.

Grade 10 students have the opportunity to be partnered with a university-student mentor from UFV, and delve into the studies of the human condition (psychology, leadership, mentoring, family management, and social justice and law). In Grade 11 they volunteer in elementary schools as a 'buddy' to younger students; in Grade 12 they participate in partnerships within the community. This program has the potential to be life-changing.

### UFV breaks the process down into 10 easy sections:

1. University students are teamed up in a mentor relationship with Grade 10 students from Chilliwack Secondary.
2. They participate in voluntary Saturday sessions designed to help prepare the Grade 10s to be peer helpers to elementary students.
3. Sessions include Peer Counselling, Resiliency and Anxiety Prevention, Mindfulness, Aboriginal Awareness, and Human Rights.
4. Grade 10 and university students participate together, interpreting the material and learning from one another.
5. Graduate students enrolled in master's programs in counselling help both the Grade 10s and the UFV students.
6. Grade 10 students have the chance to shadow their university mentor for part of a school day and observe their UFV classes.
7. When the Grade 10 students enter Grade 11, they will volunteer in one of the five inner-city elementary schools, offering mental health literacy programs and acting as a buddy to younger students.
8. When the Grade 11 students enter Grade 12, they will have meaningful work experiences within community agencies
9. The mentorships will emphasize fun, one-on-one informal interaction, conversation, and encouraging the younger student to try new things and develop skills.
10. When the current Grade 10 students are in Grade 12 or university, they will have the chance to mentor a new group of Grade 10 students.



## In-School Mentoring

**TRUST. SELF-CONFIDENCE. HEALTHY DECISIONS.**

This program provides girls and boys with a role model and friend at school, someone with whom they can talk and share the experiences of growing up. For one hour a week, a mentor meets with his or her mentee and engages in activities such as board games, crafts, or just hanging out in the playground.

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.

The program strives to:

- 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.

*What if children in the Fraser Valley took a step on the right path, right now? #WhatIf*



*I don't have much to do after school but play videogames and at Go Girls! I get to meet new friends so I really like it. #GoGirls*

## Teen Mentoring

**TWO-WAY STREET. RELATIONSHIPS. ACCOMPLISHMENT.**

The Teen Mentoring program at Big Brothers Big Sisters of the Fraser Valley matches teen volunteers with children in middle school. Through consistent one-on-one contact a teen mentor makes a positive difference in the life of their middle school buddy, one hour at a time.

*My BIG Buddy makes me feel safe to be myself and she has given me more confidence which has helped me make more friends. I now have somebody older to talk to about my problems and school so I am not so stressed out.*

But the impact of mentoring is not one way. The teen mentor's confidence can receive a boost, too, when his or her efforts show the LITTLE Buddy a path to accomplishment.

With this type of encouragement and mentoring, middle school students are better prepared for high school, say parents.

*My daughter, who is going into Grade 9, is no longer anxious and stressed about entering high school. Her mentor has done so much more to help prepare her than I or the school could.*

Teachers also recognize the impact of mentors on students.

The middle school student has opened up and began to feel more comfortable speaking. The mentor has helped the student with homework, which has built his self-esteem. In class he is a little calmer and not as anxious. Through the mentoring relationship the student has learned how to work with different people and build relationships.



## Go Girls!

**PHYSICAL ACTIVITY. BALANCED EATING. SELF-ESTEEM.**

This group mentoring program is designed to shape the lives of young women and girls (12 – 14 years) by helping them build a positive self-image, setting them on a path to reach their full potential in life.

We identified the Grade 7 girls at Heritage Park Middle School in Mission as those who would benefit most from this program, as they were starting a new middle school and were at risk to feel separated and limited by school cliques.

## Alex + Gurv

**MAGICAL MENTORING MOMENT**

## What's in it for me?

For Gurv, a criminology student studying at the University of the Fraser Valley, the reasons he became a mentor seemed pretty clear: help kids stay out of trouble, provide a child with a safe, positive outlet, and have an opportunity to give back to the community. What he didn't expect to get out of it has been the best part of it so far — a true friendship.

Alex has found in Gurv a teacher, coach, and role model. Alex can turn to Gurv, without hesitation. "I look up to him," he says.

Gurv encourages Alex to try new things and grow his skills and talents. Of their newest adventures, cooking is a favourite for both the BIG and LITTLE.

The Big Brothers Big Sisters Community Match program has provided the opportunity for both Alex and Gurv to find connection and meaning within a friendship that will grow and last.



# Our Alumni

Many of our BIG + LITTLE matches continue a friendship for life. Others — the very kids and youth who benefitted from a BBBSFV program — come back to mentor the next generation.

*Being a mentor inspires me to be a better person and makes me excited about the simple things in life.*

**#ThingsMentorsSay**

**POSITIVE IMPACT. ONGOING INFLUENCE. TRICKLE-DOWN.**

## Much More than Four

Caitlyn is active as a teen mentor. The funny thing is, she was mentored herself, by a teen named Alexis. And before that, Alex Mitchell mentored Alexis for three years.

Alex and Alexis recently reunited over a cup of coffee. Even though they had not seen each other in some time, they fell into their own familiar pattern and chatted freely — just like best friends would. They shared stories and laughs and talked about university and career options.

Alexis was proud to share with Alex that she had become a teen mentor, too, and was happy to give to Caitlyn the very thing that was so beneficial to her. Alex was touched to hear that when Alexis walks the hallways of her high school, the same high school Alex attended, and seeing Alex's pictures on the wall helps her get through tough times. Alexis feels that Alex is still with her and asks herself "what would Alex do in this situation."

Alexis and Alex have stayed in touch with each other since that cup of coffee and Alex remains Alexis' source of encouragement.



**WHERE ARE THEY NOW: TROY + MARK**

## Lessons to Last a Lifetime

Former BIG Brother Mark talks about his match with LITTLE Brother Troy.

*Our friendship wasn't just about doing things together. I think it was mainly about being together and having a different influence and a different point of view.*

*I was one of the first people Troy called when he got his driver's licence.*

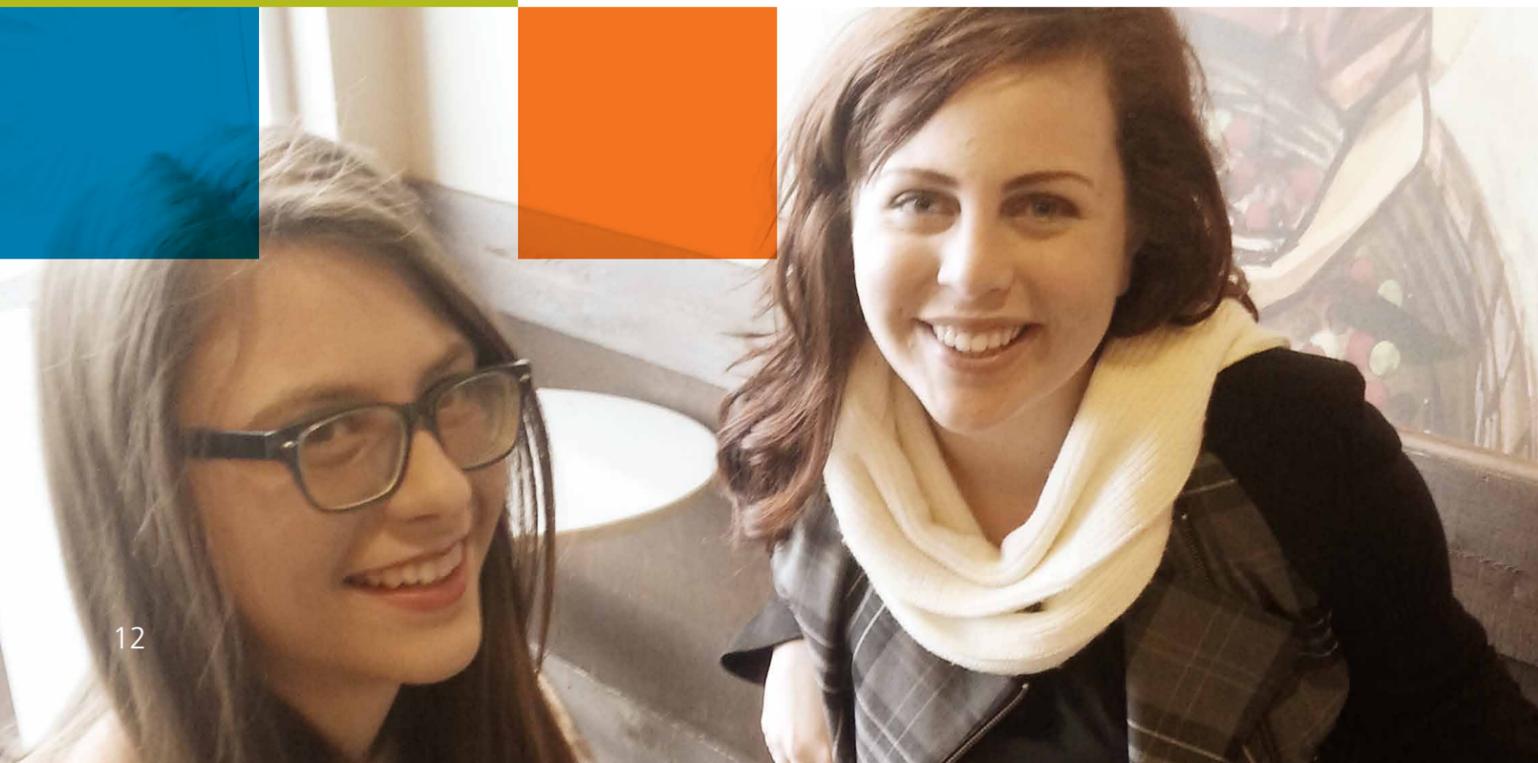
*I watched him grow from a little kid, to a grown man who went away to university where he met the girl of his dreams. I was at his wedding, and he and his wife have purchased their first home. He is way ahead of what I was doing when I was his age.*

*And, he has completed his law degree, has just written the bar exam, and is working for a law firm in the Fraser Valley. Wow! Time sure flies.*

*I am truly pleased to have played a part in Troy's journey thus far and although I may not have told him, I am extremely proud of what he has accomplished and of the man who he has become.*

*Although he aged out of the program many years ago, we stay in touch and get together periodically. I look forward to seeing what the next 15 years bring and to watching how the rest of his life unfolds.*

*What if each child in the Fraser Valley had the opportunity to fulfill his or her potential? #WhatIf*



# Our Volunteers

Our volunteers are the best in the world. Impressive? You bet. In 2015 our volunteer mentors provided more than 20,000 hours of their valuable time to LITTLEs who needed them.

*My Big Sister taught me that self-love is more important than the other kinds of love.*  
**#ThingsLittlesSay**

## 2015 Volunteer Awards

**Nancy Klaassen** from Chilliwack  
*for her BIG Sister work with LITTLE Sister Heather*

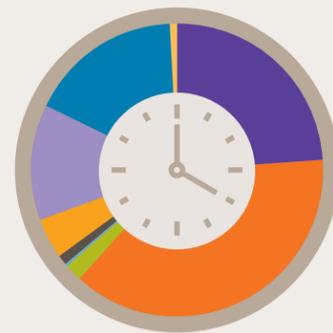
**Matt McMeeking** from Ridge Meadows  
*for his work with Big Bunch Mentoring*

**Loa Duncan** from Mission  
*for her In School Mentoring*

**Nuria Li** from Abbotsford  
*for her BIG Sister work with LITTLE Sister Chayse*

**Mary Erickson** from Chilliwack  
*for her BIG Sister work with LITTLE Sister Sasha*

- Big Brothers — 4,823 hours
- Big Sisters — 7,536 hours
- Cross Gender — 384 hours
- Game On! — 70 hours
- Go Girls! — 245 hours
- HSCP — 864 hours
- ISM — 2,574 hours
- Teen ISM — 3,399 hours
- Big Bunch — 120 hours



**TOTAL:** 20,015 volunteer hours

The Board of Directors acknowledges our Distinguished Corporate and Community Supporters, **Fred and Ella Strumpski**, for their ongoing contributions.

## Finding her voice.

In-School mentor Brielle and Kayla started their match while Kayla was a student in middle school. This year they chose to stay matched for Kayla's first year in high school. They describe and laugh about the awkward silences during their first visits but through their mutual love of music they developed a strong, trusting friendship. They got to the point where Kayla trusted Brielle enough to play guitar in front of her. Kayla describes how Brielle taught her to breathe through her anxiety about performing publicly. Because of Brielle's encouragement and mentoring, Kayla is now confident enough to not only play guitar in front of Brielle, but in front of others — and sing, too. She even entering into singing competitions.

Now Kayla is working on getting Brielle comfortable enough to sing for her.

MAGICAL  
 MENTORING  
 MOMENT

Kayla + Brielle



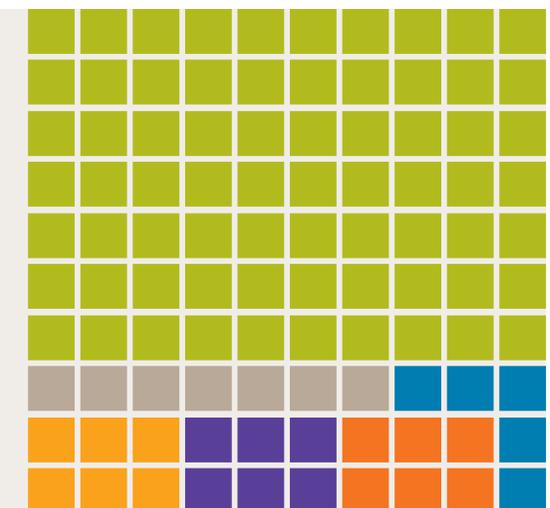
## 2015 Revenue

- Fundraising + community grants (40%) — \$259,010
- Government funding (38%) — \$241,970
- Mentoring grants (10%) — \$67,290
- External agreements (9%) — \$54,980
- Other income (3%) — \$21,430

# Our Financials

## 2015 Expenses

- Mentoring programs (70%) — \$389,480
- Fundraising (6%) — \$33,100
- Property expenses (6%) — \$36,340
- Office expenses (6%) — \$32,450
- Support (7%) — \$39,440
- Amortization & Other (5%) — \$25,320



## We're a great investment...

Where else can you get such a value-packed human return on investment (HROI)? Your generosity helps us guide kids so they learn to make good choices — the sort of choices that afford them an opportunity for a brighter future.

# Our Donors

We gratefully acknowledge the support of the following individuals, families, and organizations:

We acknowledge the financial support of the Province of British Columbia

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Abbotsford Bingo	Maple Ridge Lions Club
Abbotsford Community Foundation	Mission Community Foundation
Abbotsford Veterinary Clinic	NATG
Aldergrove Credit Union	Ms Claire Newell/Travel Best Bets
Mr & Mrs Lony Andrews	Optimist Club Chilliwack
Assante Wealth Management	Panago Pizza
Ms Satwinder Bains	Mr & Mrs Darren Postma/Polar Electric
Odlum Brown	Private Donor
Canadian Western Bank	Prospera
CHPA	Mr & Mrs D Ratzlaff
Chris Spencer Foundation	Ratzlaff Development Corp
CI Investments	RBC
City of Abbotsford	RBC Dominion Security
CKNW Orphans Fund	Mr & Mrs John Redekopp
Clearbrook Iron Works	Saxon Mechanical
Convergys	Sentry Investments Corp
Coretech Industries	Mr & Mrs Vern Siemens
District of Mission	Mr Daniel Sorensen
Mr Randy Dyck/Eximus Realty	Mr & Mrs Fred Strumpski
Envision	Sunlife Financial
Founders Cup Charity Foundation	Sunrise Toyota
Mr Albert Heinrichs	TD Canada Trust
Mr & Mrs Dave Holmberg	TD Commerical Bank
Home Hardware Abbotsford	Ms Betty Tough
Mr Jeffrey Hunt	Mr & Mrs Alvin Unger
Mr Todd Kessler	Valley Alert Lifeline Society
Knight Road Legacy Association	Waterstone Law Group
KPMG	Mr & Mrs Brad Williems
Loyal Protestants Association	WKB Financial Services
Maple Ridge Community Foundation	Woodtone
Maple Ridge Legion	

If you are contacting BBBS for a donation please call **1-866-521-4393**.  
Visit [mentoringworks.ca](http://mentoringworks.ca) to learn more.

#MentoringWorks



**Big Brothers Big Sisters**  
of the Fraser Valley