



#StartSomething
2016
ANNUAL REPORT



Big Brothers Big Sisters
of the Fraser Valley

Contents

| | | | |
|----------------------------------|---|-------------------------------|---------|
| Diversity Statement | 2 | The Mentoring Effect. | 5 |
| Mission. | 3 | Our Matches | 6 – 7 |
| Vision | 3 | Our Programs | 10 – 13 |
| Message from the Agency. | 3 | Our Volunteers | 17 |
| Board Chair’s Message | 4 | Our Financials | 19 |

Diversity Statement

Big Brothers Big Sisters recognizes the diversity of the communities we serve. We respect and value individual differences and encourage participation from all members of our community.

Our Mission

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

A message from the agency: Our amazing community helps us achieve great things

2016 saw excitement and growth for Big Brothers Big Sisters of the Fraser Valley (BBBSFV), due in large part to our community partners, who helped us increase our revenue from donations, grants, and major gifts.

Our year included two successful annual fundraisers: Bowl For Kids’ Sake throughout the Fraser Valley in the spring and Golf For Kids’ Sake in the summer. In addition, we started 2016 with a pub-night fundraiser in Mission and capped it with a pub-and-trivia night in Abbotsford.

Successful fundraising allowed us to expand our staff. We hired a part-time programs assistant and an office coordinator for Abbotsford, a part-time mentoring coordinator for our In-School Mentoring programs in Maple Ridge and Pitt Meadows, and transitioned our Chilliwack In-School Mentoring coordinator from part- to full-time. We took on three summer students and hired one of them as our part-time administration assistant.

In 2016, we paid it forward and sent one of our mentoring coordinators to help the Big Brothers Big Sisters (BBBS) office in Fort McMurray re-establish their office, files, and systems after their fire disaster. We are also enthusiastic that our Chilliwack-based Human Services Career Enrichment Program (HSCEP) continues to grab attention from our local communities and BBBS organizations across Canada.

In the spring, staff participated in professional development to become certified in MindUp, a program that teaches mindfulness skills to help regulate emotions and manage daily stress in a healthy, positive way. Our mentoring coordinators have now incorporated mindfulness into their programs and mentor training. BBBSFV also mentored three Chilliwack youth in grade 11, who in turn taught mindfulness strategies to a grade-two class.

In the fall, we met the review standards required by our national governing body, Big Brothers Big Sisters of Canada, and successfully completed our accreditation, which is conducted every five years by professionally trained reviewers.

We ended the year with Business Excellence Award nominations for our Abbotsford and Mission offices; our Mission office took the Community Builder Award.

We did this all thanks to our amazing volunteers and supporters, our Board of Directors who are generous with their time and expertise, and our passionate staff of 2016: Maureen Berlin, Collette Bohach, Nikki Dionne, Julie Fisher, Leanne Hilderman, Cherie Martens, Ciara Melhus, Cassie Silva, Whitney Sundman, Cheryl Unger, and Carrie Yargeau.

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.

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Our Staff

(BACK, L – R) LIBBY STRANGWAY, LEANNE HILDERMAN, NIKKI DIONNE, CARRIE YARGEAU, MAUREEN BERLIN, CHERIE MARTENS (FRONT, L – R) CHERYL UNGER, WHITNEY SUNDMAN, CIARA MELHUS, COLLETTE BOHACH, CASSIE SILVA

Message from the Board Chair

It has been, and continues to be, one of my strongest beliefs that *prevention* will always be a far stronger tool than *rehabilitation*. There is an understanding across the province, the country, and beyond that mentorship and strong support networks will allow youth to do remarkable things with their lives—and we are seeing that unfold every day. The fact that we are changing lives, and as a result making our communities much better places to live and to work, is what has drawn me and so many others to become part of Big Brothers Big Sisters of the Fraser Valley.

Our organization is fortunate to not only encourage mentorship and provide support to the children and families we serve, but to also have staff who live out these qualities every day with one another. We continue to see individuals volunteering their time and stepping up to offer their services and provide assistance without hesitation, and it is not only a pleasure but an honour to be able to work closely with them through my involvement in this organization.

I would like to take this opportunity to extend sincere thanks and appreciation to Adam Eason, our past chair, for the service and enthusiasm he gave to this organization. I would also like to thank Maureen Berlin, our past executive director, for all her time, insight, and the passion she brought to our offices. We wish you both all the best in the next stages of your lives. Finally, to all our community partners, funders, volunteers, board members, and staff, we would not be where we are without the unwavering loyalty, faith, and dedication you have shown us over the years. I am truly privileged to be a part of Big Brothers Big Sisters of the Fraser Valley and I am excited to see what this next year has in store.

As always, this organization remains committed to our mission: *Building a child's future through the friendship and guidance of mentoring.*

Yours truly,


Sheri Yakashiro, Acting Chair





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 who did not.

I am returning to the program next year because for one hour a week I can act like a kid again. After having stressful weeks filled with exams, papers and homework, seeing my LITTLE is something I look forward to.

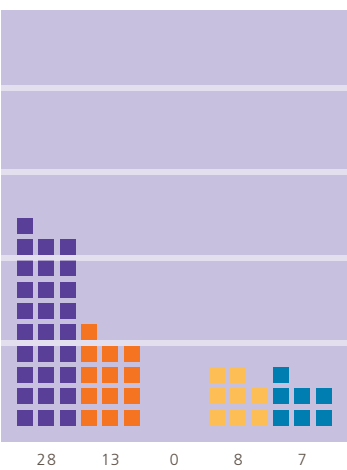
#ThingsMentorsSay

Our 2016 Matches

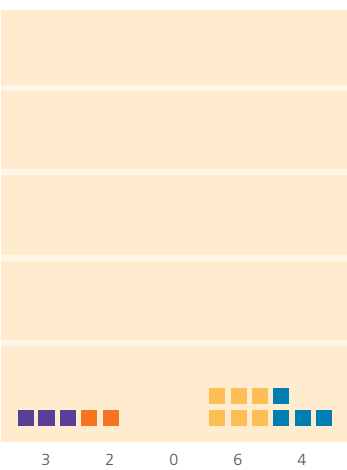
Matches by Program

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.

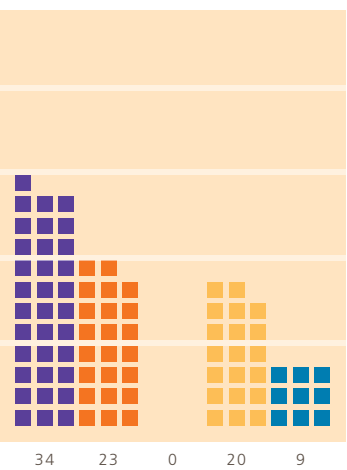
BIG BROTHERS — 56



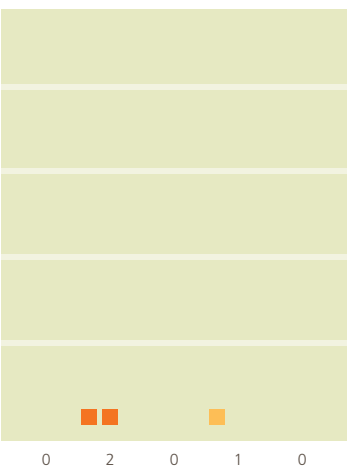
BIG BUNCH — 15



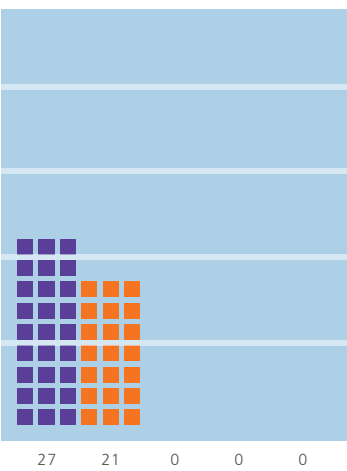
BIG SISTERS — 86



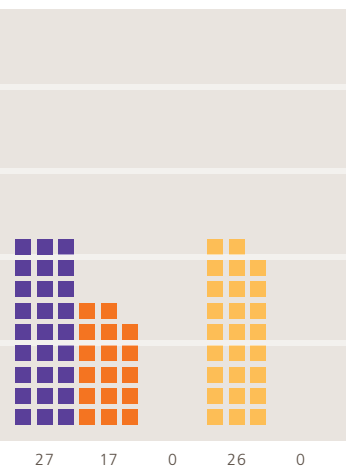
CROSS GENDER — 3



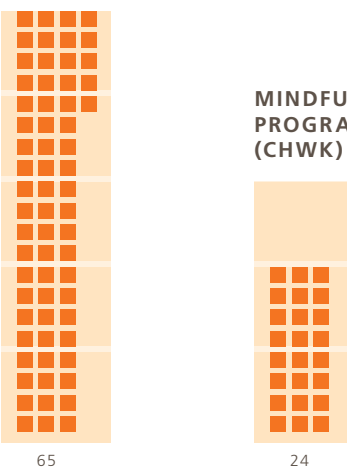
GAME ON! EAT SMART. PLAY SMART. LIVE SMART. — 48



GO GIRLS! HEALTHY BODIES HEALTHY MINDS — 70



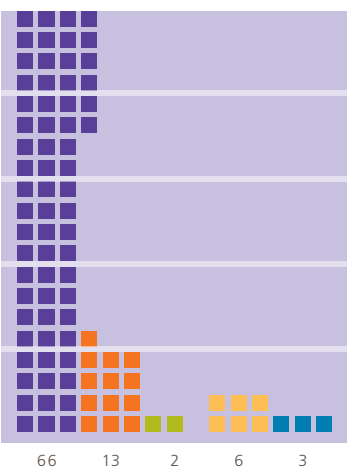
HUMAN SERVICES CAREER PROGRAM (CHWK) — 65



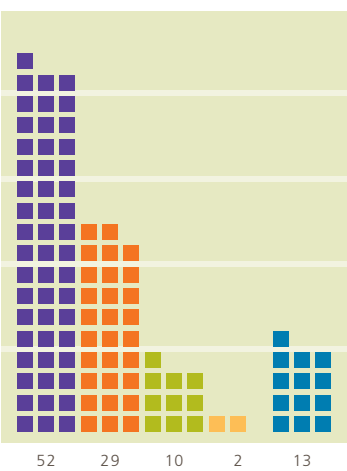
MINDFULNESS PROGRAM (CHWK) — 24



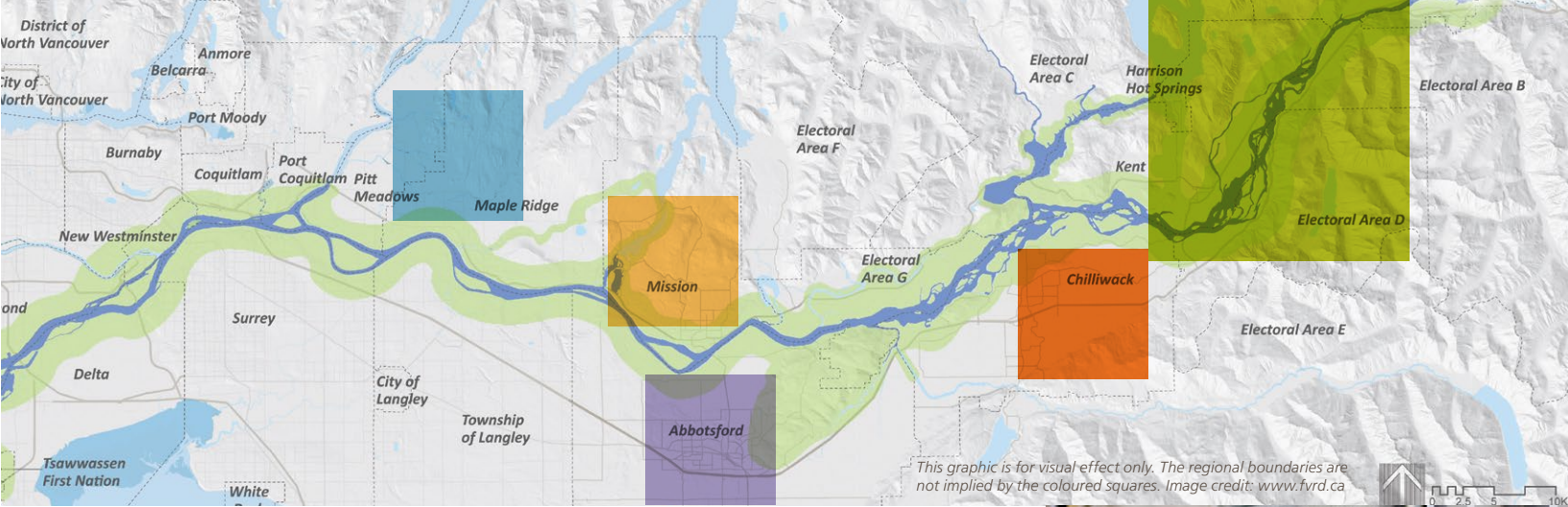
IN-SCHOOL MENTORING (ADULT) — 90



IN-SCHOOL MENTORING (TEEN) — 106

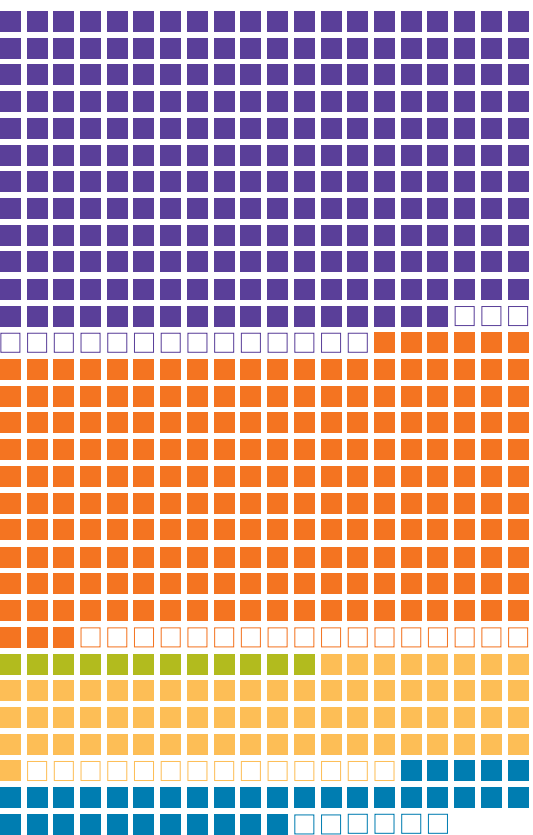


- 1 matched child from Abbotsford
- 1 matched child from Chilliwack
- 1 matched child from Fraser Cascade
- 1 matched child from Mission
- 1 matched child from Ridge Meadows



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 563 LITTLES, with 54 waiting for his or her BIG.



- Abbotsford**
 - matched 237
 - waitlisted 17
- Chilliwack**
 - matched 209
 - waitlisted 17
- Fraser Cascade**
 - matched 12
 - waitlisted 0
- Mission**
 - matched 69
 - waitlisted 14
- Ridge Meadows**
 - matched 36
 - waitlisted 6



464
LITTLES SERVED IN 2015

544
LITTLES SERVED IN 2016

Sarah + Taylor

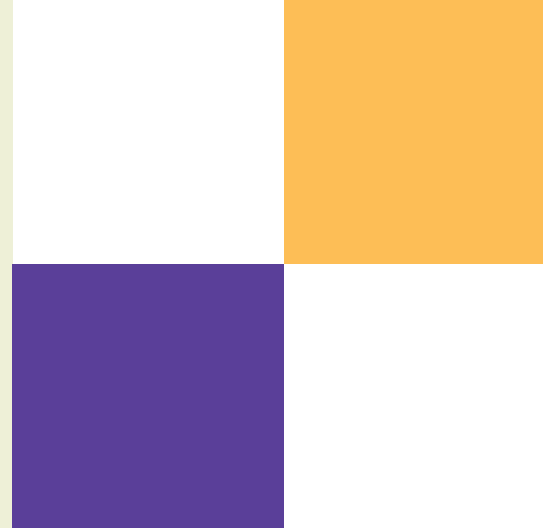
The next chapter of friendship

BIG Sister Sarah was introduced to LITTLE Sister Taylor in September 2012, and this summer they will be graduating from our program. According to mentoring coordinator Cassie, “they were sneaking shy glances at each other and grinning. It was a very special moment and I could tell they would become great friends.”

Taylor says, “Sarah will always be my Big Sister. Sarah is like my best friend.”

Sarah says, “I am so grateful that I had the opportunity to be Taylor’s Big Sister. It has been an amazing experience to watch her grow as a person. We have had many exciting adventures together, from big to small. I love the memories of driving Taylor home and spending an extra 10 minutes driving around because another great song came on that we had to sing to. I love that we can goof around and be completely silly with each other, with no judgement. That’s how our inside joke of peaches came to be, and whenever I see something to do with peaches I think of Taylor.

“We also share a love of horses and have spent many afternoons at the barn riding, grooming, and hanging out with our favourite horse, Teages. Although our match is coming to a close, I’m looking forward to the next chapter in our friendship.”



Sunshine sneaks into dark times

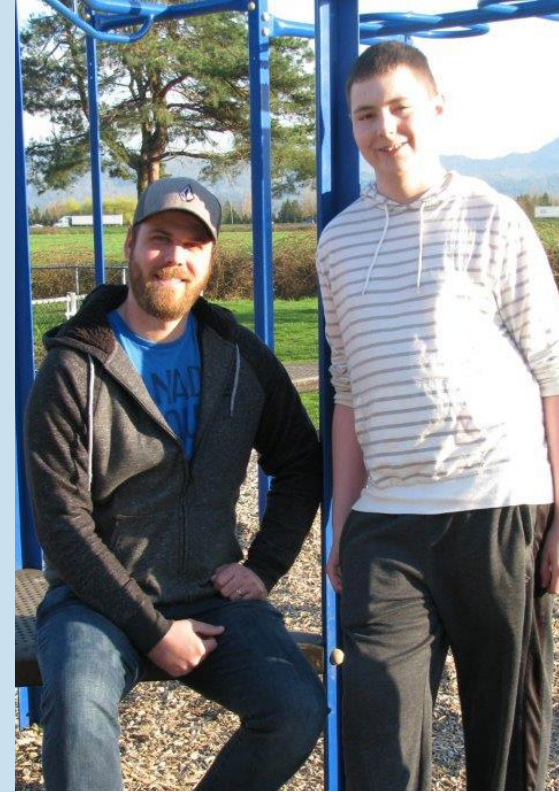
LITTLE Brother Wesley and BIG Brother Sean have walked a very difficult journey together over the past 18 months. They recently celebrated their four-year match and their relationship, overall, has gone better than good—they hit it off quickly and enjoyed each other’s company from the very start.

The test of their relationship came in August 2015 when Wes, age 14 at the time, was diagnosed with Ewing Sarcoma (rare form of cancerous tumor growing on his spine). Wes endured months of painful chemotherapy, invasive surgery, and hours of physiotherapy to learn how to walk again. Adding to his personal health challenges, Wes’ mother was diagnosed with breast cancer in October 2015, and this past fall was diagnosed with brain cancer. She fought a very tough battle.

Wes’s recent life experiences are heartbreaking but the glimmer of sunshine has been his relationship with Big Brother Sean.

Through these tough 18 months, Wes and Sean have remained close even if they couldn’t see each other in person every week; they texted each other regularly, played video games, had visits in the hospital, and Sean brought food over for Wes and his mom on several occasions. One of their favorite memories was going to a Black Sabbath concert together (courtesy of a donor) when Wes was in the middle of chemotherapy—he wouldn’t miss this for the world and somehow found the strength to enjoy a memorable night with Sean.

Wes openly shared that Sean has been a big support system for him; he has always been able to count on him. At a time when he really needed someone to talk with, he felt safe to share his raw and difficult feelings with his Big Brother and Sean could always lift Wes’ spirits. Before Wes’ mom passed away, she described their friendship as being like real-life brothers, counting Sean as part of their family. She was grateful for their brotherly bond and the genuine friendship they share. With tears she stated, “Sean and his wife have been an incredible gift to Wes and myself and I am confident they would be friends for life.”



Wesley + Sean

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 person outside the family circle with whom the LITTLE Brother or Sister can share the experiences of growing up.

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.

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. The result is a life-changing experience for both the mentor and the mentee.



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.

My mentor taught me to not be scared to talk to others.
#ThingsLittlesSay

Human Services Career Program (HSCP)

COMMITMENT + CONNECTION

The Human Service Career Enrichment Program (HSCEP) is in its second year in Chilliwack and its impact continues to grow.

There are two cohorts of youth in the program, which totals 60 students in grades 10 and 11 at Chilliwack Secondary School. The grade 10s are participating in their first year of training with their mentors who are University of the Fraser Valley students. The impact of this is an increased interest in post-secondary education and a commitment to the off-timetable trainings.

These trainings take place on Saturdays, which requires both the high school and university students to give their free time. The grade 11s are working on their second year of training, while contributing to the local elementary schools in a variety of ways.

One way our Grade 11s contribute is by facilitating programs for elementary students in grades two and four right in the classroom. The programs include mindfulness-based activities and mental-health literacy and are delivered in an interactive and fun way that allows the students to feel connected to each other and build relationships. Many of the HSCEP students have an interest in mentoring and, in addition to the other contributions they make to school-age children in the community, have joined us to become teen mentors.

Megan, a grade 11 student in the HSCEP, shared: "The HSCEP is a fantastic program and I love spending time with the people. I have learned so many new ways to communicate and connect with my family and friends."



Go Girls!

SORTING THROUGH SELF-ESTEEM IN MIDDLE SCHOOL

For the second year in a row, we offered our Go Girls! after-school mentoring program to the grade seven girls at Heritage Park Middle School in Mission. The first year of middle school is a key time to encourage young girls to step outside their comfort zones and befriend those they haven't met yet. Go Girls! leader Claire says, "I think it's an essential program. There was so much that came up in terms of self-esteem and mental health issues. Even just to be able to provide a little bit of guidance about relationships felt really meaningful. I wish we had more time together!"

We had a record-breaking 17 girls sign up for the program in 2016, so rather than turn five of them away, we added a third leader.

I love that my son is getting to have new experiences. He loves spending time with his BIG brother and is always excited to tell me about it! #ThingsParentsSay



My mentor has taught me that nothing is or needs to be perfect; it just needs to be the way you make it. #ThingsLittlesSay

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 nine, 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.

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.

This fun program truly makes a difference. It promotes the importance of staying in school and healthy relationships with family and peers; instills self-confidence, which leads to healthy decisions; and encourages both leadership-skill development and independent thinking.



Amrit + Gurpreet



Self-confidence leads to excellence

BIG Buddy Amrit shares her story about her growing relationship with LITTLE Buddy Gurpreet:

I am a very outgoing and confident person and upon meeting Gurpreet, I noticed she was very shy and more reserved. Over our initial few weeks as a match we both opened up about some of the experiences we have gone through, as well as some of our goals and aspirations.

Although no two stories are alike, I saw a lot of similarities: struggling with bullying, stressing over where we wanted to go in life, and how to go about achieving goals.

This year marks three years as a match and we have come such a long way. We have a strong friendship based on mutual trust and understanding. The first year I met Gurpreet she was so shy that the thought of raising her hand in class scared her; today she asks for my help to improve her speech for class so she might have the chance to present it at the assembly.

It is so wonderful to see how improving self-confidence in someone can lead them to achieving overall excellence in their life.

We have met a lot of our goals centered around self-confidence, public speaking, and general goal planning. However, middle school can be a very tumultuous time. I was glad to show Gurpreet some great resources at her school, such as restorative justice programs, to help facilitate healthy relationships and find alternative means to solve complicated issues. These programs are new, so my support and encouragement really opened Gurpreet up to trying new things and being open minded about different forms of problem solving and reconciliation.

The unique experience of being a mentor with Big Brothers Big Sisters includes growing with your Little Buddy. Mentorship is not a one-sided relationship; there is so much I have learned from my Little Buddy. Gurpreet's generation is very different than mine; they have different mindsets and approaches. It is always rewarding to discuss an issue in my own life and be able to have my buddy provide some insight into solutions I have never thought about.

My buddy does not just voice her appreciation, she shows it by remembering little things we do and by constantly providing me with follow-up on how well a plan we developed is going for her.

Both BIG and LITTLE give high marks to In-School Mentoring program

Meet Katie and Bailey, one of Chilliwack's many teen In-School Mentoring (ISM) matches. This is Katie's third year as a LITTLE Sister, and Bailey's first as a BIG Sister. From the beginning, this was an interesting match as Katie's older brother was a LITTLE Brother in the program, matched to Bailey's older brother. Knowing that they had brothers in the program in common, the two girls hit it off right away.

Some of the activities Katie and Bailey love to do together include, playing basketball, colouring, baking, and playing tag.

When asked to rate the match out of 10, Katie said "10! Probably more than 10—she's great, the program is great, and she always does what she says she's going to do!" Bailey shared that she shows Katie that she cares by asking questions about her week, her interests, and by thanking her after visits.

Katie and Bailey have been matched for more than six months already, and become closer with each visit. Although Katie will be moving into middle school next year, she has already requested that Bailey continue to visit her at her new school, as "it would be really nice to already have a friend there."

We look forward to continuing to support this Chilliwack match, and many more like it.



*I know my mentor
cares because she
doesn't have to
come to visit but she
puts in the effort
to come visit me.*
#ThingsLittlesSay

Katie + Bailey

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.



My mentor taught me that I am beautiful and I can be confident in a room of strangers.
#ThingsLittlesSay

Our Volunteers

Our volunteers are the best in the world. Impressive? You bet. In 2016 our volunteer mentors provided more than 20,000 hours of their valuable time to LITTLES who needed them.

My son really considers his BIG brother to be someone he can trust and rely on.

#ThingsParentsSay

2016 Volunteer Awards

Amar Brar from Mission
for his BIG Brother work with LITTLE Brother Alief

Courage Eigbike from Mission
for work BIG Brother work with LITTLE Brother Ali

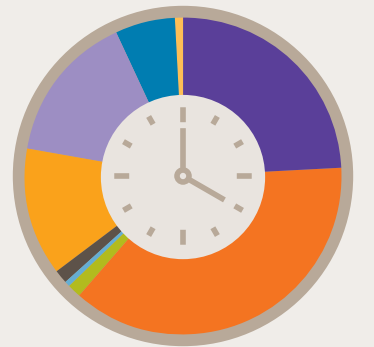
Nicole Cusick from Ridge Meadows
for her BIG Sister work with LITTLE Sister Cassidy

Sheryl Loughlin from Abbotsford
for her BIG Sister work with LITTLE Sister Erica

PJ Retief from Chilliwack (pictured below)
for his work with Game On! Mentoring & more

- Big Brothers — 5,376 hours
- Big Sisters — 8,256 hours
- Cross Gender — 288 hours
- Game On! — 128 hours
- Go Girls! — 288 hours
- HSCP — 2,880 hours
- ISM — 3,392 hours
- Teen ISM — 1,350 hours
- Big Bunch — 150 hours

TOTAL: 22,108 volunteer hours



The Board of Directors acknowledges **Lonny Andrews**, for his ongoing contributions and encouragement of volunteerism.





*I want to be there
for somebody like I
would have wanted
somebody to be there
for me. I want to be
someone's chance.
#ThingsMentorsSay*



2016 Revenue

- Fundraising & community grants (34%) — \$198,238
- Government funding (38%) — \$227,034
- Mentoring grants (17%) — \$103,234
- External agreements (10%) — \$56,210
- Other income & interest revenue (1%) — \$8,302

Our 2016 Financials

2016 Expenses

- Mentoring programs (68%) — \$424,099
- Fundraising (6%) — \$35,176
- Property expenses (6%) — \$34,594
- Support (8%) — \$52,984
- Office expenses (7%) — \$47,161
- Amortization & other (5%) — \$31,070



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.



#MentoringWorks

We acknowledge the financial support
of the Province of British Columbia.



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If you are contacting BBBS for a donation
of gently used clothing and other household
items, please call **1-866-521-4393**.

Visit mentoringworks.ca to learn more.



Big Brothers Big Sisters
of the Fraser Valley