

**"Where there is kindness there is goodness.
Where there is goodness, there is magic."**

Cinderella

2020

Annual Report



**Big Brothers
Big Sisters**
OF THE FRASER VALLEY

“Ohana means family. Family means nobody gets left behind.”

Stitch, Lilo & Stitch

412 children and youth served through core mentoring programs

15 served in more than one program and 6 rematched

21 additional served through secondary programs

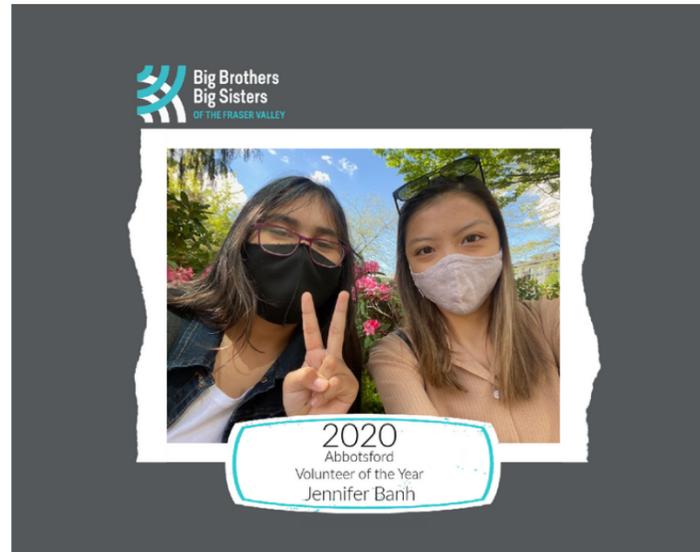
“[my mentor] changed my life. He taught me new things, and always encouraged me to be me. I saw a positive change in myself, such as my outlook and attitude. I was always glowing after our hangouts. It was the best 5 years ever.”

289 volunteers engaged through core mentoring programs

“I really enjoyed observing [my mentee] becoming a man, he is having a significant impact on the people around him. He even wants to become a mentor himself now.”

Volunteers of the Year

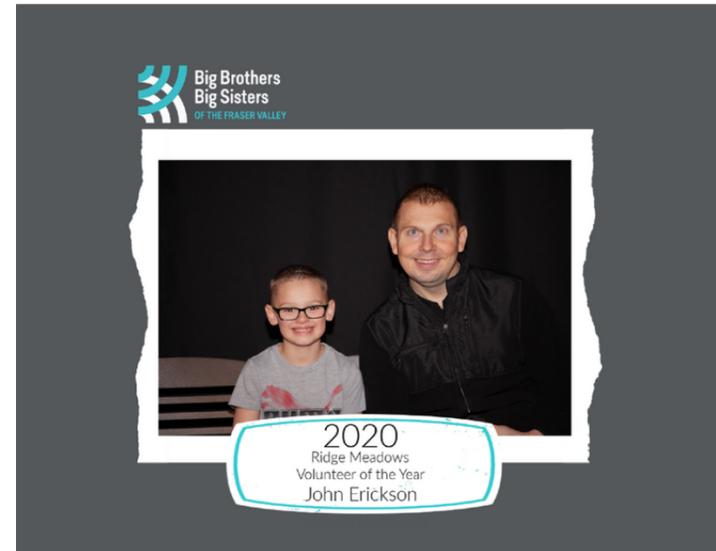
Jennifer Banh



Amanda Gariepy



John Erickson



Madeline Britz

Madeline Britz has grown through BBBS programs; starting as a student of the HSCE Program, a teen mentor and then returning to HSCEP as a University Student. Maddy goes above and beyond, serving on the HSCEP committee as the Mentor representative. When the pandemic hit, Maddy was a big part of the conversation around adapting the program and maintaining mentee connection. Maddy's enthusiasm and passion for mentorship and the HSCEP program is inspiring to everyone around her.

Ann Buchan

Ann Buchan has been a community-based Big Sister in Mission since May 2018. Ann is a warm, empathetic Big Sister who went above and beyond during the covid-19 pandemic, delivering activity kits to her Little Sister's door for them to do activities together/apart. She also put together a journal and encouraged her Little Sister to write down her thoughts and feelings during this challenging time. Ann fosters her Little Sister's self-esteem by encouraging her to take on special tasks like planting flowers in Ann's garden. Ann's Little Sister Jennifer says "Ann to me is a very kind, loving and respectful person, She loves me and looks out for me. I love her as family."

**"Remember, you're the one who can fill the world with sunshine."
Snow White, Snow White And The Seven Dwarves**

Thank you for your financial support...

\$250+

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Abbotsford Centre
Abbotsford Community Foundation
Artex Barn
Deborah Carlow
CI Assante Wealth Management
Benefaction Foundation
ScotiaBank
Boston Pizza- Abbotsford, Mission
CI Investments
Clearbrook Iron Works
Coast Capital Savings
David Dick

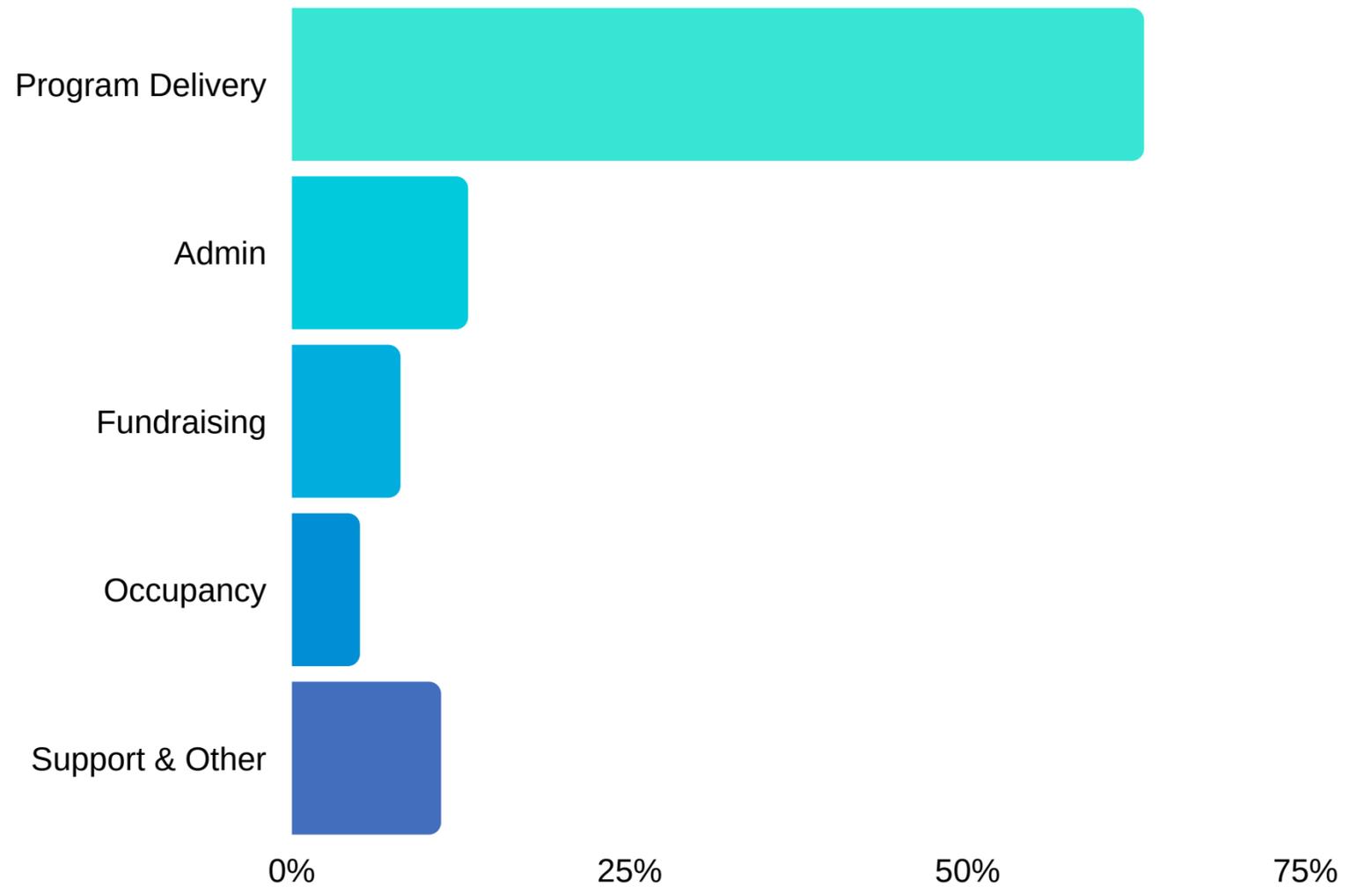
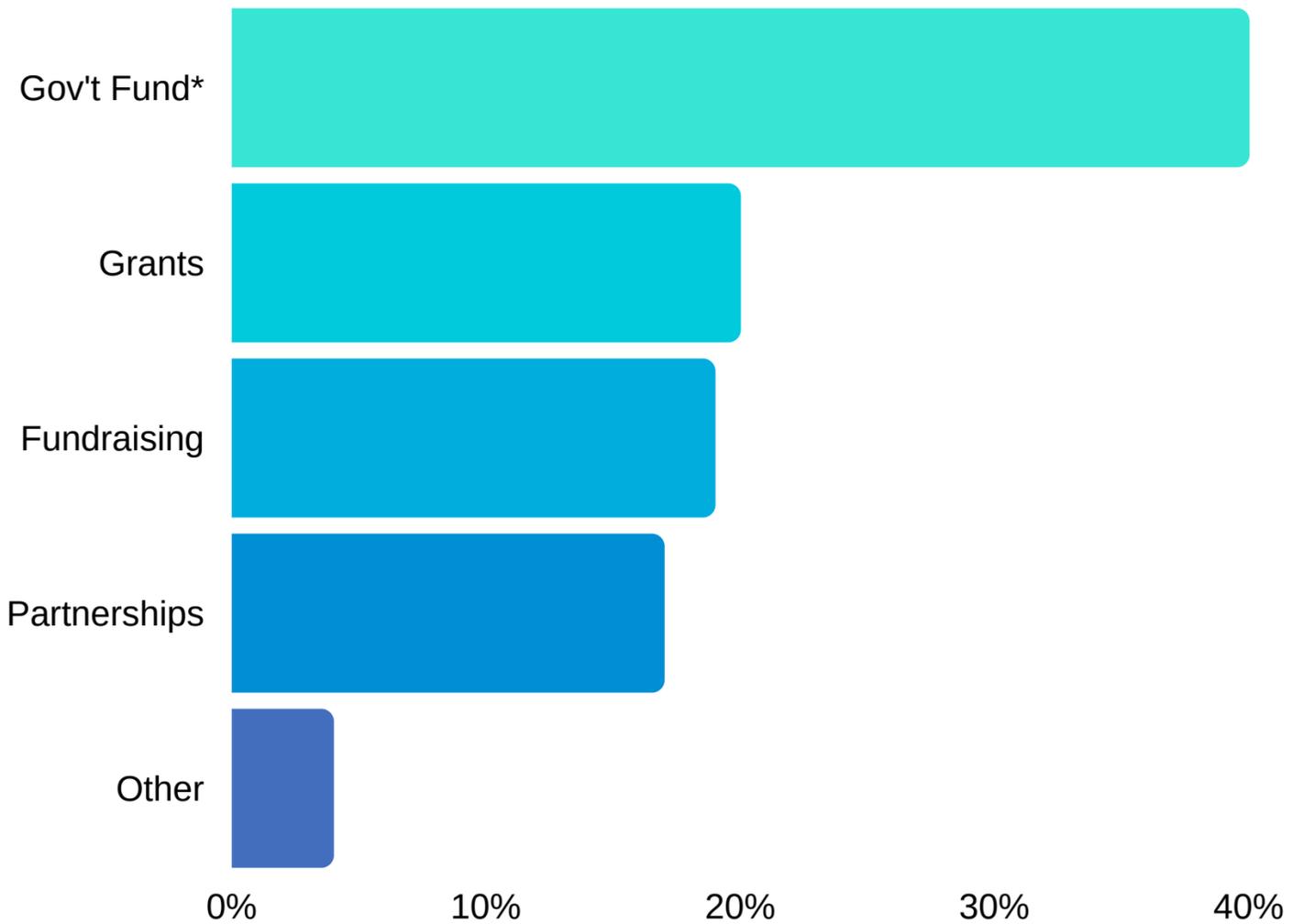
Enbridge
Envision Financial
Fraser Valley Fire Protection
Rick Gendemann
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Knight Road Legacy
Manning Elliott
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Province of BC (Gaming Funding)
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RBC Future Launch

Renew Crew Foundation
Ritchie Smith Feeds
Saxon Mechanical
Daniel Sorensen
Sorenson Smith
Southern Irrigation
T-Lane Transport & Logistics
United Way of the Lower Mainland
Value Village Chilliwack
Vancouver Foundation
Harold Weins
Sheri Yakashiro

"A true hero isn't measured by the size of his strength, but by the strength of his heart."

Zeus, Hercules

2020 Financials



Revenue= \$609,263

*Community Gaming Grant

Other revenue:
 Forgivable portion of long term debt (CEBA)= \$10,000
 Government assistance (CEWS)= 133,070

Expenses=\$593,645

*81% of wages are program staff

2020

We started 2020 as we normally start a new year- working on programming, holding our annual Bowl for Kids' Sake events, applying for funding, and planning our future events.

Then, the world hit the brakes. Suddenly we didn't know what to do next.

But we quickly regrouped with a focus on making sure we continued to support the people in our communities; our Littles, Bigs and their families. They needed to know they had someone in their corner. And that's exactly where we were. Standing with them to get them through.

Support came from every direction. Yes, the situation was unprecedented, but so was the response.

How can we help? What do you need?

Those were the questions the program staff asked families and those were the questions our funders and supporters asked us. We were able to hire a virtual mentoring coordinator and develop online programming. We were fortunate to qualify for the federal wage subsidies that helped us maintain all staffing with no lay-offs. We were given flexibility with our various grant agreements and were successful in securing additional grant funding.

Thank You doesn't seem to be enough for those of you who found **BIGGER** ways of supporting us so we could find even **BIGGER** ways to support children and youth. So in addition to saying Thank You, we promise to continue to do our very best; matching children with mentors and **Igniting Potential** everywhere!

“You can design and create, and build the most wonderful place in the world. But it takes people to make the dream a reality.”

Walt Disney

Mentoring and Covid-19

The more contact a mentee had with their mentor, the less isolated they felt, with 75% of youth who had regular contact, and 23% who had some contact reporting their mentor helped them feel less isolated.

The more contact a mentee had with their mentor, the less worried or anxious they felt, with 69.6% of youth who had regular contact saying their mentor helped them feel less worried or anxious. However, any contact with mentors appeared to help, as 52.1% of youth who had some contact saying their mentor helped them feel less anxious or worried.

Overall, BBBS mentees reported more inequities compared to non-BBBS youth; however, despite these disadvantages, they **reported better mental health overall**. This included **fewer symptoms of depression and anxiety** compared to non-BBBS youth. Further, the more contact BBBS mentees had with their mentor during the pandemic, the less isolated and less worried they felt. That being said, any contact with their mentor was associated with feeling less worried and anxious.

Craig SG, Ames ME, Urusov A, & Baudin, C for Big Brothers Big Sisters Canada. (April, 2021). Building Bigger Connections: Wave 1 Results

"Good friends will help you until you're unstuck."

Pooh, Winnie the Pooh



**Carrie Yargeau retired after 27 years of IGNITING POTENTIAL!
Carrie was one of the most respected and admired Mentoring Coordinators in the
movement.**

**She left a legacy in how she was able to manage everything her job required with a
smile and and easy laugh.**

We wish her the very best with this new chapter in the Okanagan!

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