



United Way
Sarnia-Lambton
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Big Brothers Big Sisters of Sarnia-Lambton

2022-23 United Way Funding

Matching Program - \$80,000

Go Girls Game On Program - \$30,000

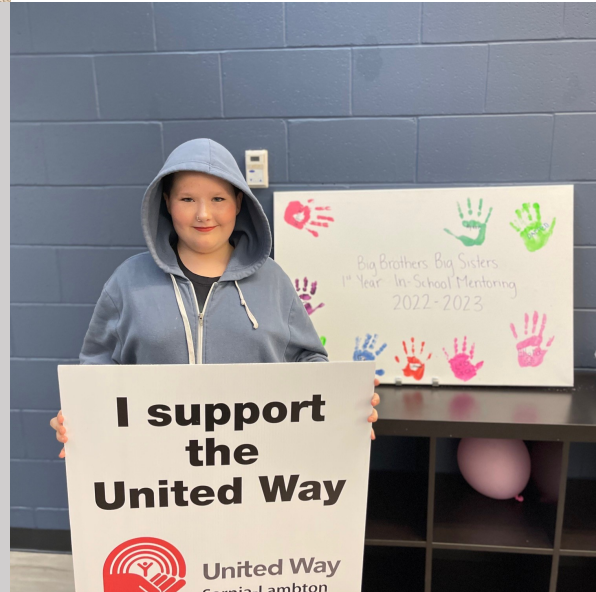
Big Bunch Program - \$20,000



**Big Brothers
Big Sisters**
OF SARNIA-LAMBTON



Children helped by Big Brothers Big Sisters in 2022-23



Matching – 129 youth

Go Girls Game On – 282 youth

Big Bunch – 56 youth

Program Descriptions

The Matching program provides friendship and consistent stabilizing support to children and youth in our community through being matched with a positive adult influence. Often at the point of referral the children in the program have seen people come and go in their lives through various circumstances including family breakdown.

Go Girls Game On serves adolescent girls and boys through a group mentoring program based around physical activity, healthy eating, self-esteem, and communication. Sessions take place weekly in schools during school hours.

Big Bunch was created specifically in demand to an identified gap in service as there are many children on the waiting list for a Big Brother or Sister match. In Big Bunch 3 Littles are matched to 1 mentor and meet bi-weekly as a group.



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Program Results



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Matching Program

92% of parents surveyed felt that since being matched there has been an improvement in their child's mental health

100% of Littles surveyed feel that they can openly talk to their mentor and/or other adults in his/her life

88% of Littles surveyed have gained confidence in trying new things and new experiences

Go Girls Game On Program

94% of participants indicated they have made healthier food choices based on what they have learned

78% of participants indicate they have become more active

83% of participants indicate that they feel better about their overall mental health and can identify one or more ways to discuss and cope with their mental health

Big Bunch

100% of Little's exhibit confidence as observed by volunteers, family and/or coordinator

93% of Little's interact more with peers without being prompted

87% of Little's react more positively to challenges



Testimonials

Parent of a Little Sister:

“Her Big Sister is always reliable, she can count on her for anything, she has been supporting my daughter emotionally for awhile now, from family members passing away to cancer diagnosis. Her Big Sister has made herself available to my daughter anytime, even if she just needs to call and talk.”

Grade 7 Go Girls participant:

“Go Girls was something I looked forward to every week. It was a good place to go and talk and learn about different ways to keep healthy. I think it was good because it gave the girls a chance to talk about what was bothering them in a safe place. Our leaders always gave good advice and listened.”

Big Bunch Volunteer Mentor:

“Big Bunch is a fantastic program. Although there are not enough Big Brothers at this time, it helps fill the void that so many kids are having.”



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