

## What's in it for you?

Aside from the obvious fact that kids really do keep you young, mentoring children offers enormous benefits to the mentor, too.

You'll get:

- a strong sense of satisfaction
- increased self esteem
- greater social networks
- reduced risk of disease
- a leading role in transforming a child's life

And, most important of all, you'll have more fun than you ever thought possible.

Give back and feel good doing it.  
Become a Big Brother or Big Sister.



With a small amount of time, you can make a **BIG** difference.

It's often the simple things in life that form our favorite memories, yet it is not until we are grown that we realize how those little moments affected our lives, and made us who we are.

Those are the moments a "Big" gives a child. By listening, encouraging and just being there as a friend, a Big Brother or Big Sister can transform a young person's future.



### **BIG BROTHERS BIG SISTERS OF NORTHEAST OHIO**

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## You Don't Have To Change Your Life To Change A Child's



## Who is Big Brothers Big Sisters?



We're a non-profit organization that provides adult mentors to children in Lake, Geauga and Ashtabula counties.

Why are we needed?

It's estimated that there are 16,000 children in our three-county coverage area who do not have a positive role model in their lives. No caring individual who makes them feel they have value, who will listen when they talk and make them feel special.

Our mentoring programs are available to children between the ages to six and 15. We also provide after school mentoring and Lunch Buddy programs in elementary schools, and operate a program for children of incarcerated parents.

All Big Brothers Big Sisters mentoring programs are free to the children and their families.



## What is a mentor?

Mentors are men and women just like you.

Their role is to offer guidance, support, encouragement, understanding, friendship and respect to their Little Brother or Sister.



A mentor's one-on-one attention allows the child to grow and take part in new experiences, to develop self-confidence and strong values so they can become responsible and self-sufficient.

The presence of a mentor reduces the incidences of violence, drug use and alcoholism. It spurs the child to achieve better grades and cut the number of absentee days in school.



A mentor is a friend. Someone to have fun with. Someone to bounce ideas off of. Someone to share hopes and dreams with.

**Someone like you.**

## You don't have to change your life to make a difference.

Just an hour or two of your time a week can make a BIG difference in a child's life.

Because it's not the amount of time or money that a mentor spends, it's what they do with their Little Brother or Sister in the time they share.



To children, having someone care enough to hang out and pay attention to them is the biggest gift they can receive.

Simple things like baking cookies, going for a hike, building a model or playing a video game are the most fun and create the best memories.

By providing our children with positive adult role models, by helping them grow more capable and self confident—together we lay the foundation for a caring, responsible future generation.

