



Big Brothers Big Sisters

Big Brothers Big Sisters (BBBS) agencies in Canada provide life-changing mentoring relationships to ignite the power and potential of young people. Through one-on-one and group mentoring services, agencies across the country reach more than 40,000 children and youth in 1,100 communities. Many young people face adversities in their lives, resulting in toxic stress that can negatively impact their development. With the support of a mentor, young people can overcome these adversities and reach their full potential.

Both researchers and health professionals are increasingly warning that all children require nurturing and consistent relationships with adults in order to thrive. Positive and strong relationships with adults stimulate brain development and provide skill-building opportunities that result in resiliency and safe passage to adulthood.

This pandemic has caused fundamental shifts to education, social connections, employment, and financial situations for Canadian families. As stress levels rise, BBBS agencies across the country keep mentors connected to their mentees to ensure that young people have access to critical support during this challenging time.

Recently, Big Brothers Big Sisters of Canada conducted a National COVID-19 Impact Survey that indicated that BBBS mentees feel less isolated, anxious, and depressed than non-BBBS mentees. Results also showed that when there was an increase in contact from a BBBS mentor, the mentee reported a decrease in stress and worry.

BBBS mentors can be a lifeline for some kids by promoting their mental well-being, supporting their social development, and encouraging their engagement with school.

As educators, you see first-hand how adversity can impact growth and potential. BBBS agencies work with schools across Canada to match young people with a trained mentor in their community.

BBBS mentoring programs can be within a school or outside of school in the community. With over 95 local BBBS agencies reaching rural, remote, Indigenous and urban communities, BBBS agencies welcome a partnership with local schools and school boards.

Please visit the National website to search for your local BBBS agency. Start the conversation that will ensure all young people can reach their potential.



At Big Brothers Big Sisters, we enable life-changing mentoring relationships to ignite the power and potential of young people.

We're Bigger Together. Find your local agency at: bigbrothersbigsisters.ca

