

2023

Annual Report





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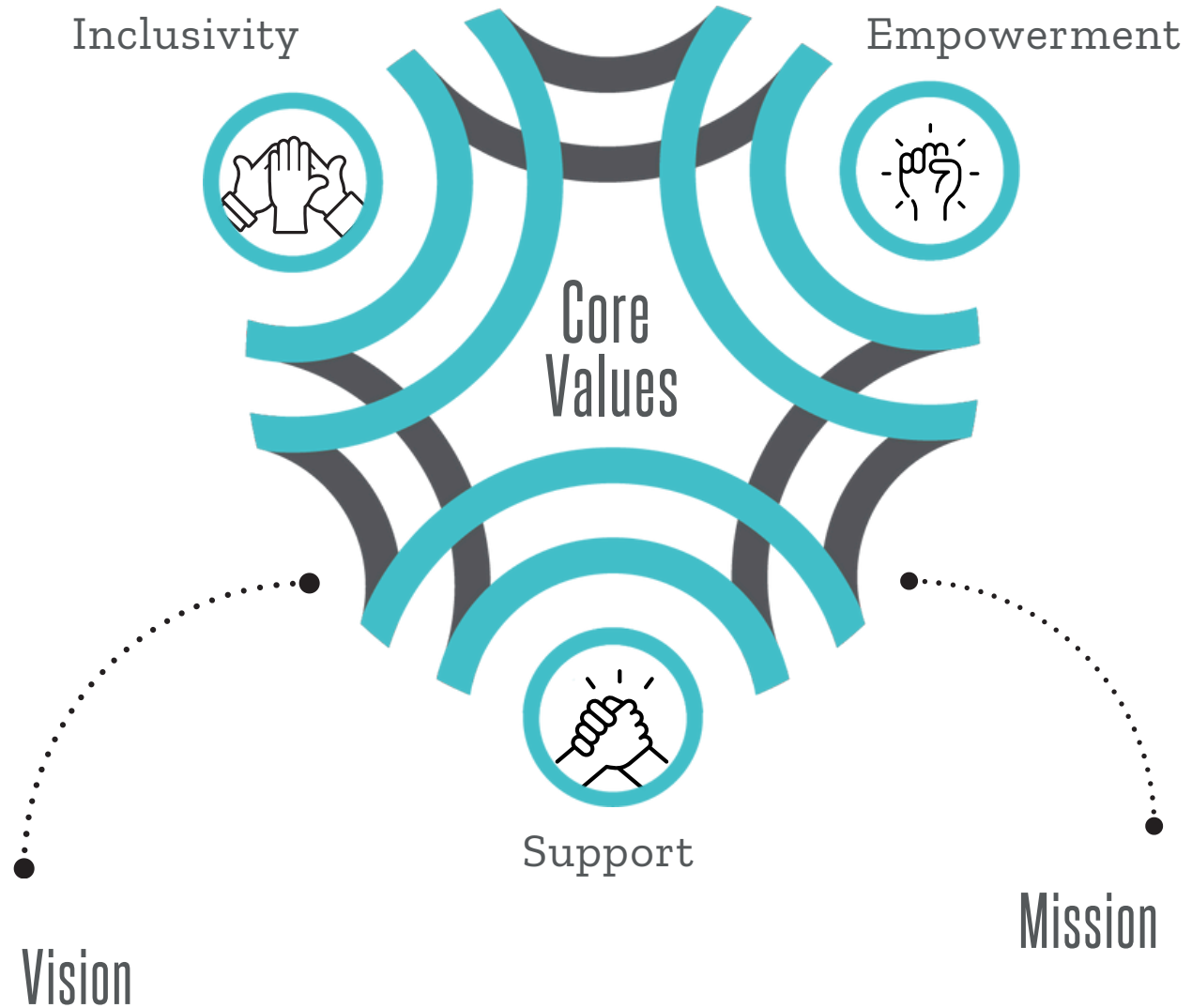
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Vision And Mission



For all young people to realize their full potential

To ignite the potential of youth through mentorship

Executive Director



HELEN BROWNRIGG

PRESIDENT

As we gradually move past the pandemic, we find ourselves deeply committed to supporting the mental health of the youth in our communities. The past few years have been long and challenging, yet as we begin to see a glimmer of hope for the future, we also recognize that new challenges are ever-present. The devastating wildfires in Kelowna have left a lasting impact on both our families and our staff.

Helen Brownrigg

In many of the communities we serve, mental health challenges among youth continue to rise. Our dedicated staff works closely with schools and districts, on the ground, where they observe these shifts and adapt to the evolving needs of the children they support. Not only are mental health challenges on the rise, literacy levels have also been identified as an area in need of our support. Over the last three years, we've experienced significant change, and at Big Brothers Big Sisters of Central and Southern Interior of BC, we remain committed to being flexible and responsive to these changes.

We've been able to continue promoting our core programs, such as Game On, Go You, Social Emotional Learning Strategies, and Roots of Empathy, across schools in Kelowna, Kamloops, and Cranbrook. We're seeing success and growth in the programming we offer, which remains rooted in providing the best possible support to youth in need. Our one-on-one mentoring programs, including in-school support and the Study Buddy initiative, continue to build lasting relationships that foster both academic success and improved mental health outcomes.

We extend our heartfelt sympathy to the families affected by the Kelowna wildfires. Through the generosity of our community partners, including Ashley Furniture, which provided comfort kits to 68 families, and Crowe MacKay LLP, who matched these donations, we have been able to offer tangible support during this crisis. It's the power of community collaboration that allows us to broaden our reach, ensuring our mission of inclusivity, empowerment, and support continues to thrive.

Board of Directors



BRIAN STEEVES
PRESIDENT

We continue to move forward and put the last few years in the rearview mirror. We pride ourselves on prioritizing the needs of the people and families in our communities and supporting the societal and economic challenges they face daily.

Our team's volunteers and program staff continue to step up and deliver much-needed programs to the next generation's youth. We are small but mighty in what we do. I wish to thank each of you for your work supporting the children in our area. We are only as strong as the work you put into the programs you deliver.

Thank you for joining our quest to ignite the power and potential of our children and youth. By doing so, you are assisting in making the new empathetic leaders of the next generation. Your support is key to enabling us to deliver our well-developed programs. Each one of you, whether school staff who work with us to provide programming, volunteer at local fundraisers, donate to the Renew Crew, or offer a financial donation, allows us to pursue our goals for the children and youth of our served areas.

With the ongoing leadership in our Society, we have continued to achieve success and significant progress over the past few years and maintain resiliency to the ongoing changes.

Programs



Mentors meet with their Mentees and engage in activities such as board games, crafts, or hanging out. These activities aid in the building developmental relationships. These relationships build upon the elements of expressing care, challenging growth, providing support, sharing of power and expanding possibilities.



Roots of Empathy **Racines de l'empathie**

The Roots of Empathy program is delivered to elementary school children who are coached to recognize and connect with the vulnerability and humanity of a baby who visits their classroom throughout the school year.

In Roots of Empathy, emotional literacy develops as children begin to identify and label the baby's feelings, reflect on and understand their own feelings, then bridge to understand the feelings of others.



The Study Buddy Program matches students in Grades 2 to 8 with a Teen or Adult Mentor. It is a one-to-one mentoring relationship that focuses on school work and building connections through a once-a-week tutoring session. The program strives to provide an academic role model to increase academic performance, promote the importance of staying in school and increasing attendance, enhance educational goal setting and decrease disruptive behaviour.



Social Emotional Learning Strategies

Social-Emotional Learning (SEL) Strategies is based on the processes by which children and youth understand and manage emotions, feel and express empathy, form and achieve goals, create and maintain positive relationships, and engage in responsible decision making. SEL Strategies is also grounded in the tenants of neuroscience, positive psychology and mindful awareness.

Programs



A Group Mentoring Program for girls in Grades 4 to 6 that focuses on physical activity, balanced eating, and self-esteem. The program's single, most important goal is to positively shape the lives of young women and girls by helping them build a positive self-image - setting them on a path to reach their full potential.

The Go You! program consists of 8 in-person mentoring sessions, each 1 hour long. Each session is structured around three themes: physical activity, balanced eating, and self-esteem.



The main goal of the Game On! is to develop an appreciation of the benefits of an active, healthy lifestyle among boys in Grades 4 to 6. In addition, the program provides participants with the tools they require to implement an active, healthy lifestyle. The Game On! Program includes many games that encompass a wide range of purposes. The Game On! program consists of 8 in-person mentoring sessions, each 1 hour long. Each session is structured around three themes: physical activity, healthy eating, and self-esteem.



Big Possibilities Mentoring

(GRADES 10 TO 12)

BIG Possibilities Mentoring is a career-readiness program offered to high school students. It consists of 5 sessions where students learn about employability, professionalism, soft skills, technology in the workforce, digital footprints, networking, relationship-building, volunteering, and gaining work experience. Students complete self-assessments to evaluate their skills and to see where they could improve.

BIG Possibilities Mentoring benefits students by teaching them important skills to help them build confidence and succeed in their future careers and volunteer experience.



Financial Review

Kemp Harvey completed the review engagement for the Society again this year.

We finished the 2023 fiscal year with an overall deficit of approximately \$49,00. The fiscal year 2023 was much stronger than our expected 2023 budget, although there was a significant swing compared to our 2022 fiscal year. The deficit in 2023 was primarily a result of the increased inflationary costs that we saw across all industries. All private, public, for-profit or not-for-profit sectors saw these increased costs. We also increased our staff remuneration to hire and continue to have the best staff to deliver the programs.

Our society was able to cover the 2023 deficit out of reserve funds from historically successful years and the work of our Renew Crew team. Restricted assets have been determined to assist in implementing new programs in the future or in the potential acquisition of additional real estate to expand existing programs into under-serviced areas.

Looking over the past two years, we maintain a greater than breakeven stance. This would not have been possible without the generous donations from the public, and the ability to continue to obtain grants from BC Gaming. Gaming's contribution along with the success of our Social enterprise, Renew Crew, has allowed us to be able to provide the well developed programs to children and youth in the 16 communities we serve.

Special Thanks



A special thanks to Ashley Furniture for the Hope to Dream partnership that supplied 68 children bedroom sets to local families.



Special Thanks to align dental. Our partnership with align dental has supported two children in the Kelowna area with financial support for dental braces.

Donors



Renew Crew



Renew Crew helps community members reuse and recycle clothing, textiles, and small household goods. Serving Kelowna, Kamloops and surrounding communities. As a business of Big Brothers Big Sisters Central and Southern Interior of BC, we collect donated goods and resell them in the thrift retail market and recycling market. The proceeds from this social enterprise fund our school-based programs that help more than 3,000 children. The Renew Crew is one of the most successful social ventures, generating funds for our vital social services. We collect donations through a combination of home pick-ups, on-site clothing bins for drop-offs, and targeted community clothing drives. Thanks to donors like you, last year Renew Crew collected over 3.5 million pounds of clothing and household and generated over \$200,000 in net profits for our vital social services.



Contact Us



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**Big Brothers
Big Sisters**

**OF CENTRAL AND SOUTHERN
INTERIOR OF BC**