



NEW VIRTUAL MENTORING PROGRAMS

Presented by Big Brothers Big Sisters of York

INTERACTIVE GROUP PROGRAM

Virtual Go Girls! is a free group mentoring program designed to connect and empower female-identified youth between 10 and 15 years old. Facilitated by trained Mentors, participants are provided with the opportunity to engage in fun and interactive discussions and activities via *Zoom*. The program runs once a week for 8 consecutive weeks and promotes physical activity, balanced eating, self-confidence, and stress management. Registration is now open for the fall session.



- To enroll your child in **Virtual Go Girls!** please click [here](#) and complete our online registration.
- If you know of another family or child who could benefit from this program, please feel free to pass the information along.

INTERACTIVE ONE-TO-ONE PROGRAM

Virtual Mentoring is a free 1:1 program designed to promote social emotional competence and well-being in young people between 6 and 15 years old. Young people are paired with an adult Mentor with whom they can connect virtually (i.e. phone, text, video chat, etc.). Matches will establish a developmental relationship through open communication and participation in specifically curated activities. Matches will connect up to 2 hours per week.



- To enroll your child in **Virtual Mentoring** please click [here](#) and complete our online registration form.
- It is important to mention that we currently have more female Mentors than male. If you have a son who would be comfortable being matched with a female Mentor, please note that on the registration. If, on the other hand, your son would only be comfortable with a male Mentor, we ask for your understanding as this may make it more difficult to match your child.

INTERACTIVE ONE-TO-ONE PROGRAM WITH ACADEMIC SUPPORT

Virtual In-School Mentoring+ is a free 1:1 program that provides elementary aged children with a uniquely suited Mentor to meet with an hour each week. Just like the traditional *In-School Mentoring* program, Mentors will promote social emotional competencies and educational engagement through fun and interactive activities and genuine rapport building. However, unlike the traditional program, matches will meet via *Zoom* while the child is at home. The added and unique bonus with this new virtual adaptation is that Mentors will incorporate academic support for Mentees and have received formal training to do so effectively.



- To enroll your child in **Virtual In-School Mentoring+** please click [here](#) and select “educational support” on the registration form.
- This program is open to all families, but may be particularly useful for families opting for homeschooling or distance learning.
- As stated above, there are more female Mentors available than Male.