



Keep your daughter connected during isolation



The Go Girls! program is now offered ONLINE!

Virtual Go Girls! is a free group mentoring program for female-identified participants between the ages of 10-15. The program promotes physical activity, balanced eating and self-confidence/self-compassion. It is typically offered in elementary schools but now it is being offered online for free! The online groups will be formed based on ages of participants.

How can it be done online?

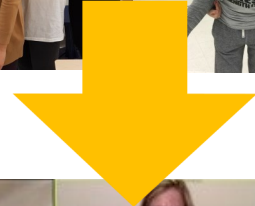
Fortunately, we live in a time where almost anything is possible using modern technology!

Instead of meeting the Mentors in person, participants will use Zoom video conferencing application to stay connected through text chat and video chat as a group of 2 Mentors and 8-10 participants. Zoom is a free platform for users and is easy to use. Sessions will be once a week between 45-60 minutes for 8 consecutive weeks.

What will they be doing online?

Has your daughter been feeling isolated, alone, stressed, etc.?

The online group will provide an opportunity for youth to connect with one another and discuss important topics affecting female-identified youth today. Topics will include, active living, balance eating, social media, and reducing stress and anxiety surrounding COVID-19. Yoga/ meditation sessions, exploring new hobbies, spreading kindness in our community, and expressing gratitude to oneself and others are just a few of the awesome things that will take place in our *Virtual Go Girls!* program.



Each program will be supported and monitored by a BBBS Program Staff.



ONLINE CONSENT FORMS

- Parents/Guardians can now register for our online *Virtual Go Girls!* program here: <https://york.bigbrothersbigsisters.ca/online-go-girls/>



TECHNOLOGY REQUIREMENT

- In order to take part in *Virtual Go Girls!* online, the participant needs access to a **smartphone, tablet, or computer that can download the Zoom app, and has video/audio capabilities** that they can utilize privately during the sessions.

- The participant will also need reliable internet access available at their home.



THE MENTORS: SCREENED AND TRAINED

- Our online Mentors have been fully screened by Big Brothers Big Sisters of York including a Vulnerable Sector Check, an in-person interview, and 3 references.

- The Mentors have been trained in online security, youth engagement and developing Developmental Relationships, and will be checking in regularly with the Program Coordinator in charge of the virtual program.

Questions? Concerns? Please Contact:

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