



Free Virtual Group Mentoring Programs

Information to be shared with Parents/Guardians

Big Brothers Big Sisters of York (BBBSY) is offering free virtual group mentoring programs designed to empower youth while keeping them connected to their peers. Please see information about each program below with links to register your child. If requested, participants may be placed in groups with classmates or friends. If you have any questions, please contact Sara Congiusti at Sara.Congiusti@bigbrothersbigsisters.ca

Virtual Go Girls! is designed to connect and empower female-identified youth between 6-15 years old. Facilitated by trained Mentors, participants are provided with the opportunity to engage in fun and interactive discussions and activities. The program promotes physical activity, balanced eating, self-confidence, and stress management. It is delivered once a week for 6-8 consecutive weeks, depending on the age group, using a secure online platform. Each group will be coordinate so similar aged participants are paired together.

- To enroll your child in *Virtual Go Girls!* please complete our [online registration](#)

Virtual Game On! supports male-identified youth between the ages of 10-15. Facilitated by trained Mentors, participants are provided with the opportunity to engage in fun and interactive discussions and activities. The program promotes physical activity, positive nutrition, stress management, and building relationship skills. The program runs once a week for 8 consecutive weeks and will be delivered using a secure online platform.

- To enroll your child in *Virtual Game On!* please complete our [online registration](#)