

**BIGGER**TOGETHER  
Annual Report  
2018-2019



**Big Brothers  
Big Sisters**

OF KINGSTON, FRONTENAC,  
LENOX AND ADDINGTON





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# 2018-2019: A Year in Review

The beginning of this year marked the start of the exciting and dynamic partnership between Big Brothers Big Sisters of KFL&A, and the Boys and Girls Club of Kingston & Area! Through this partnership, the Boys and Girls Club was able to provide support in many areas, such as administration and fund development, allowing us to more efficiently work towards our mission to 'provide diverse mentoring programs that meet both the needs and interests of children and youth in our community,' The partnership between both agencies provides an opportunity for our teams to work closely together to ensure that we are providing the best possible programs for children and youth. As an agency, we saw advancements in our reach of group mentoring programs, in our ability to connect with clients and our ability to provide mentoring that meets individual needs.

Over the course of the year, we expanded our reach for in-school group mentoring programs, and we were excited to see that the model of complete class participation proved to be a success. These programs engage children in the pre-adolescent stage in discussing the importance of long term health through physical activity and nutrition, as well as the importance of building healthy relationships, and dealing with the struggles of adolescence. The model of complete class participation in our Game On/Go Girls group programs created an inclusive environment for mentoring to occur that students and teachers really enjoyed. Through these programs we were also able to identify students who could benefit from our in-school 1:1 mentoring programs, and were able to work with the schools to meet their needs.

As the need for 1:1 Traditional Community Based mentoring continued to rise, this year we were excited to develop a new group mentoring program aimed at serving and connecting with the children, youth and families involved in our programs, as well as those who are currently on our waitlist. Bi-weekly, our staff now lead mentoring based games and activities for both the children and youth waiting for a traditional match, and our currently matched clients. These programs allow the staff to mentor the children and youth as soon as they receive their application, and to get to know them before the matching process begins. Our traditional matches are also encouraged to join in on these activities, allowing them to feel more connected with the agency, and resulting in long term positive relationships between all match participants: the agency staff, the mentor, the family, and most importantly the mentee.

Our many fundraising opportunities helped the agency engage with community partners, and foster new and existing relationships with volunteers. Our Annual Charity Gift Wrapping event in December 2018 was a great way to engage with the members of our community, and a fresh new approach to the Bowl For Kids Sake event in March 2019 created a fun, engaging atmosphere for all attendees. This year also marked the addition of the well-known Teddy Bear Picnic Event in August 2018 in support of Big Brothers Big Sisters which provided the opportunity to raise awareness about the programs that we offer while connecting with children, youth and their families.

We are incredibly grateful for the continuous support of our many community partners, including the United Way, the Churchill Foundation, OTF, Kawartha Credit Union, the Estate of Larry Gibson, and many other private donors. We also saw the development of new partnerships, such as the generous support from Tamarack Homes as lead sponsor of the Teddy Bear Picnic, and growing relationships with many student groups at Queen's University and St. Lawrence College. Our programs simply wouldn't be possible without your support.

This has been a tremendous year of learning and discovery, growth and development, and strides towards ensuring the sustainability of our programs, and we look forward to continuing our work to ensure we are meeting the needs of the families in our community, and sharing our vision of 'empowering children and youth to reach their potential and build their futures'.



**Peter Kingston**  
President



**Harold Parsons**  
Executive Director

# Our Programs

Our mentoring programs enable young people to attain employment success, master life skills and be civically engaged. The mentoring effect is far reaching and long-lasting, both to the individual and to society as a whole.

Mentored youth make \$350,000 more over a lifetime of income, breaking the generational cycle of poverty. Over 80% of mentored youth report strong financial literacy, ensuring our society has a solid economic foundation. Mentored young people are 50% more likely to volunteer, creating positive civic engagement that keeps our community united and flourishing. An astounding 90% of young people in our programs reported wellness and confidence, promoting a whole generation of healthy choices and lifestyles. When young ones have positive mental health, bright employment prospects, and a vigorous support system, we contribute to making a more productive and healthy society – today and tomorrow.

## Program Snapshot

Our programs served over 400 young people in our community in 2018/2019.

### Community 1:1 Mentoring

The traditional Big Brothers and Big Sisters mentoring programs provide children and youth with a vetted supportive adult that is available and open to talk to, and to share the experiences of growing up with. Through regular fun activities and outings, a developmental relationship is created between the mentor and the mentee, which is built on trust and common interests; this relationship is supported by our experienced mentoring coordinators.



Matches spend time weekly exploring the community, attending local events, and sharing the numerous experiences our community has to offer. Examples of outings may include going skating, going bowling, playing in the park, cooking and baking, doing arts and crafts, visiting a library, or simply walking around downtown. This year the addition of Big Bunch offered variety for matches by adding in small group physical activity, nutrition/cooking, arts, and science activities out of the West End Boys and Girls Club locations. This allowed matches to socialize and to get to know each other more. With the generous support of some donors, some matches even had the opportunity to see hockey games, plays, and shows in the community.

### Big Bunch



This year, Big Brothers Big Sisters was able to identify the growing need for traditional Big Brothers Big Sisters matches in our community, and created a recreation based small group mentoring program in the evenings. This staff-lead program runs bi-weekly in the evenings and welcomes all children and youth who are waiting to be matched to join our staff in structured physical activities, arts and sciences activities, nutrition and cooking, etc.

The goal of the program is to provide mentoring support as soon as the mentees apply for a mentor, and to connect our staff more often with our current matches. We were able to notice a lot of benefits to this model for both clients awaiting a match, and for those currently matched as it provides variety and

opportunity to all. We hope to be able to expand this program to better serve the children in our community in the coming year.



## Game On and Go Girls!

Our Group Programs (Game On and Go Girls!) are designed for classes of students in grades 5-8, the difficult pre-adolescence phase of development. The programs focus on instilling positive and healthy lifestyles in the students, with a focus on balanced eating, being active, and feeling good about themselves and their relationships. The students are divided based on gender as some of the topics are specific to physical and emotional changes in adolescence.



## Program Snapshot

Within a 1:10 ratio, young adult mentors work with students grades 5-8 for 1-1.5 hours/week for 7 week sessions. With a health snack provided, Mentors help students lead positive and healthy lifestyles

Play based activities encourage discussion around the topics mentioned above, and are catered to the needs of the specific group. Participants can look forward to playing physical activity focused games, sports, teambuilding and leadership activities, as well as in class activities focused on nutrition, dealing

with peer pressure, self-esteem, healthy friendships, open communication, body image, etc. This year, our staff teams ran these programs at 11 different schools reaching over 300 students, instilling a sense of belonging to their school, and connection to a safe adult mentor.

## In-School Mentoring

The In-School Mentoring (ISM) program is designed to assist in the development of self-esteem, decision-making, and positive relationship skills. Mentors and mentees meet on a weekly basis during the regular school day. This time is consistent and stable, week-to-week, and is agreed upon by the Mentor, Mentee, Agency, and School Liaison. ISM meetings serve as a consistent, positive environment in which children and youth can explore personal interests and develop their skills related to their goals in many aspects of their lives.



## Program Snapshot

Within a 1:1 ratio, an adult mentors a child grades 1-8 for 1 hour per week in school. The student learns about healthy choices, positive self-esteem, and enhances their relationship skills. The adult Mentor becomes a champion for that student.

Activities consist of games and activities to stimulate mentor/student relationship building as well as self-reflection and discussions about healthy living and emotional, social, and cultural issues. Often matches play board or card games, play outside/sports, do arts or crafts.



# Fundraising Initiatives

## Tamarack Teddy Bear Picnic 2018

In August of 2018, we were happy to adopt the Tamarack Teddy Bear Picnic as a fundraiser in support of our life-changing mentoring programs. Held at Lake Ontario Park on August 18th, this family friendly event is open to the community at a small cost. Many community partners set up games and activities around the park, with air castles, face painting, a teddy bear hospital, and live entertainment by local artists, etc, for all to enjoy.



### **Cataraqi Centre CHARITY GIFT WRAP CENTRE**

We're working throughout the holiday season, to provide Cataraqi Centre customers with a convenient gift-wrapping service!

Visit Big Brothers Big Sisters of KFLA Volunteers at the Charity Gift Wrapping Centre (Upper Level beside H&M.) on December 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21 & 23rd.

#### CHARITY GIFT WRAP CENTRE NOW OPEN!

**\$3** SMALL GIFT    **\$4** MEDIUM GIFT    **\$5** LARGE GIFT

BOXES ARE AN ADDITIONAL \$1 EACH

 **Big Brothers Big Sisters**  
of Kingston, Frontenac, Lennox and Addington

PROCEEDS GO TO THE CANADIAN CANCER SOCIETY AND BIG BROTHERS AND BIG SISTERS OF KINGSTON

### Gift Wrapping at the Cataraqi Centre

Over the holiday season in 2018, our agency was fortunate enough to be given a store-front space in the Cataraqi Centre to wrap gift items for patrons of the mall in support of our charitable mission. The initiative, made possible by many hours of volunteer service, raised over \$4,000.

Many thanks to our partners and supporters at the Cataraqi Centre and all the guests, both from near and far, who chose our wrapping service for their cherished holiday gifts.

# Kawartha Credit Union Bowl for Kids Sake 2019

With the generous support of the Kawartha Credit Union's title sponsorship of the Big Brothers Big Sisters annual fundraiser; Kawartha Bowl for Kids Sake, we were able to raise over \$21,000 to support critical mentoring programs. Additional sponsors include Wilkinson & Co and Levac Supply Ltd.

This past year's event took place on March 30th from 12:30pm until 3:30pm at Cloverleaf Bowling Centre and the fundraiser's theme was "Fandemonium".

39 teams and over 153 bowlers registered to participate and raise pledges. CORUS entertainment was on air live and provided an MC at the event. Participants enjoyed lunch provided by Domino's Pizza and all Big Brother and Big Sister matches and all children and youth on our waiting list were able to bowl at no cost.



Four supplementary fundraisers ran during the event including; a raffle table, Sherlock's Escapes provided an escape room by donation, a lottery for 2 x West Jet plane tickets, and a closest to the pin golf game.

Prizes were awarded for best dressed, best team score and lowest team score.

Thank you to all who participated in this wonderful and fun annual event!

**kawartha**  
CREDIT UNION

# BOWL

## FOR KIDS' SAKE

in support of

Big Brothers Big Sisters  
of Kingston, Frontenac, Lennox and Addington

**PRIZES FOR:**  
TOP FUNDRAISERS  
TEAM SPIRIT  
BOWLING SCORES

Supported by:

**BIG 96.3** Global KINGSTON **fresh RADIO 104.3**

**CLOVERLEAF LANES** 10 BATH RD.  
**MARCH 30TH 2019**  
**12:30PM - 3:30PM**

**SUPPORTING MENTORSHIP PROGRAMS IN YOUR COMMUNITY**

**TO REGISTER YOUR TEAM & COLLECT PLEDGES:**  
[kingston.bigbrothersbigsisers.ca/bfks](http://kingston.bigbrothersbigsisers.ca/bfks)



# Thank you to our Supporters

Mentorship programming in our community is made possible by the support of community partnerships. Its with the enthusiasm of the staff, volunteers, and management of these partner agencies that Big Brothers Big Sisters KFL&A continues to bring life-changing mentorship services to the Kingston area.

Thank you to the following organizations for their support through 2018-2019 year:



WestJet  
Cares for Kids



WILKINSON  
Integrity, Knowledge, Solutions



Anna & Edward C.  
Churchill Foundation



Boys and Girls Club  
of Kingston & Area



Ontario Trillium Foundation  
Fondation Trillium de l'Ontario



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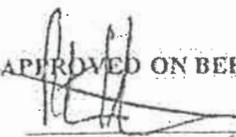
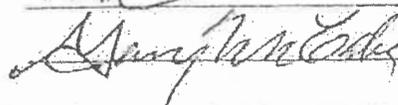
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# Statement of Financial Position

BIG BROTHERS BIG SISTERS KINGSTON, FRONTENAC, LENNOX AND ADDINGTON,  
INCORPORATED

STATEMENT OF FINANCIAL POSITION AS AT MARCH 31, 2019

	2019	2018
	\$	\$
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	97,648	77,721
Short-term investments - Note 3	2,509	2,483
HST receivable	1,035	6,423
Other receivables	14,141	3,959
Prepaid expenses	10,683	10,683
	<u>126,016</u>	<u>101,269</u>
<b>TANGIBLE CAPITAL ASSETS</b>		
Leasehold improvements - cost	6,256	
Accumulated amortization	(313)	
	<u>5,943</u>	
	<u>131,959</u>	<u>101,269</u>
<b>LIABILITIES</b>		
<b>CURRENT</b>		
Accounts payable and accrued liabilities	3,725	10,311
Government remittances payable		3,384
Deferred revenue - Note 4	2,000	5,000
Due to related party - Note 5	31,837	
	<u>37,562</u>	<u>18,695</u>
<b>FUND BALANCES</b>		
General Fund	43,158	31,361
Harley Shaw Scholarship Fund	239	213
Internally Restricted Fund	51,000	51,000
	<u>94,397</u>	<u>82,574</u>
<b>APPROVED ON BEHALF OF THE BOARD</b>		
	Director	
	Director	
	<u>131,959</u>	<u>101,269</u>

The accompanying notes form an integral part of these financial statements

WILKINSON 

This information has been extracted from the full audited statements, which are available upon request.

# In Appreciation of our Volunteers and Mentors

Only with the dedication of our volunteers and mentors is the life-changing work of Big Brothers Big Sisters KFL&A made possible. Your commitment of time, energy, patience, and enthusiasm is truly the heart of this agency; without it there would be a gap in our community not easily healed.

On behalf of the Board of Directors, staff and the Kingston community, we thank you for your dedication to our mentoring programs.



## Big Brothers Big Sisters Re-Brand

Big Brothers Big Sisters organizations across Canada just launched a new brand identity. *Say hello to our fresh new look!*





# Big Brothers Big Sisters

OF KINGSTON, FRONTENAC,  
LENOX AND ADDINGTON



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**United Way**  
Kingston, Frontenac,  
Lennox and Addington  
Partner Agency