BIG BROTHERS BIG NEWS

Big Brothers
OF GREATER VANCOUVER

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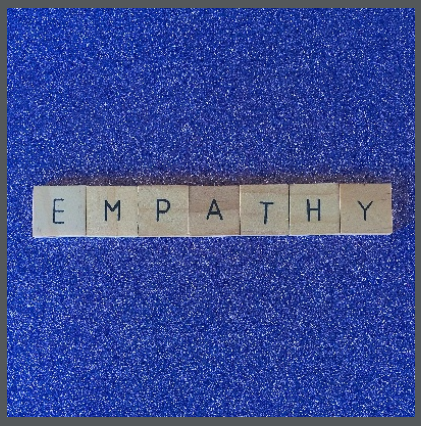
In This Edition...

We Welcome Our New Program Director, Service Delivery & Operations

Your Chance To WIN BIG With The Big BC Lotto!

Move For Mentoring Is Back This Summer!



What Is Mentoring With Empathy?

We Welcome Ekaterina Ungvitskaya as Program Director, Service Delivery & Operations

We are pleased to announce Ekaterina Ungvitskaya as our new Program Director, Service Delivery & Operations. Ekaterina joins Big Brothers of Greater Vancouver (BBGV) with 10 years experience in the non-profit sector. As a member of the management team, Ms. Ungvitskaya will lead the Program Team and manage the strategic direction and delivery of the organization's mentorship programs.

"*We are excited to have Ekaterina join our team as we continue to move forward with our 5 year strategic plan. She brings to us lots of experience in the social services sector including program initiation, team leadership and community outreach. She has interacted at all levels of her previous organization including the Board of Directors,*" says BBGV Executive Director, Valerie Lambert. "*She also brings great passion for our cause of mentorship, having seen the contribution our organization makes to the community from her previous roles.*"

"*Big Brothers has inspiring plans for their mentoring programs and services for children and youth across the Lower Mainland,*" says Ungvitskaya, "*and I look forward to be a part of that future.*"

Ekaterina joins BBGV from working in the Downtown Eastside serving women with multiple barriers and at Immigrant Service Society of BC supporting newcomers and refugees in Canada.

Other than her personal interests in beach volleyball, her dog Lola, and travel, she also shares the following:

What does mentoring mean to you? or who is a mentor who has impacted your life and why?

I can't pinpoint one mentor who would stand out in my life. However, I was lucky enough to have a few in my life who had an impact on me starting from one of my managers to some of my close friends. They all taught me some valuable lessons.

What would you tell yourself at age 13?

Trust your gut. Believe in yourself. Eat more veggies.

What's your favourite thing to do in Vancouver?

Anything outdoors. It's amazing how in this city we can snowshoe in the morning and play beach volleyball in the afternoon.

BIG BC LOTTO - Are You Feeling Lucky?

How would you like to WIN BIG AND support BC youth at the same time?

Today is your lucky day. Eleven Big Brothers Big Sisters organizations across BC are joining together to host the first BIG BC 50/50 Lotto.

Purchasing a ticket bundle enters you into the draw to win 50% of the jackpot!

The more you buy, the more likely you are to win. But most importantly, you'll be helping us support children and youth in your local community.

Tickets are 3 for $25, 8 for $50 or 20 for $100.
The more you buy the more likely you are to win.

BUY TICKETS

Chances are 1 in 21,400 (total tickets for sale) to win grand prize. BC Gaming Event License #128005.

Problem Gambling Help Line: 1-888-795-6111
www.bcresponsiblegambling.ca

Know your limit, play within it. 19+

Move For Mentoring

We're spending a lot of time at home right now – which is a good thing, but we need to keep moving, keep active, and keep motivated. Why not **MOVE FOR MENTORING?**

It's a simple and fun way to make a difference in our community! Challenge yourself (and each other) to be active while raising pledges to support Big Brothers of Greater.

Between June 1- July 16, you can complete your challenge based on the amount of money you raise. For example, do one jumping jack for every dollar raised (25 jumping jacks for $25 raised), 5 burpees for every $5 raised, or you will walk/run 1km for every $10 you raise.

You can record yourself completing your challenge letting everyone know you're **Moving For Mentoring to support Big Brothers of Greater Vancouver** – and why not challenge others to join you! Get active, have fun and help to ignite the power and potential of young people in Greater Vancouver!

NEED SOME INSPIRATION?

FOR THE PUSH-UP CHAMPION: I commit to doing one push-up for every $1 I raise for Big Brothers of Greater Vancouver!

FOR THE CYCLING COUPLE: We commit to riding 1km for every $10 we raise for Big Brothers of Greater Vancouver!

FOR THE JUMPING JACK FAMILY: We commit to doing 1 jumping jack for every $1 we raise for Big Brothers of Greater Vancouver!

FOR THE KIDS CLUB: I commit to jump rope/hopscotch/read a chapter of a book for every $5 I raise for Big Brothers of Greater Vancouver!

To learn more about Move for Mentoring - Stay tuned for our next e-news! If you would like to get in touch a staff member about the campaign, please email our Events Officer, Andrée Nash at anash@bbgvf.com !

Mentoring With Empathy

Empathy is the capacity to understand the feelings and emotions an another. It's an important factor when building a mentoring relationship, especially during this pandemic. Showing empathy can help your relationship with your mentee be more stable and help ensure all people feel heard, and understood.

Below you'll find 2 fantastic articles on the value of empathy with tips and practical examples of how to cultivate empathy with others in your life.

5 Tips For Cultivating Empathy

The Importance Of Showing Empathy To Kids

Along with our volunteers, our generous donors and supporters help make it possible for over 1,100 kids to have positive role models in their lives!

This month our special thanks go to:

Maxwell Munday
Tolko Industries

Canada

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United Way Lower Mainland

Administered by United Way of the Lower Mainland

BRITISH COLUMBIA

We acknowledge the financial assistance of the Province of British Columbia.

At Big Brothers of Greater Vancouver (BBGV), we acknowledge that the land on which we work and mentor is the traditional territory of the Musqueam, Squamish and Tsleil-Waututh; the Katzie, Kwikwetlem, Kwantlen, Qayqayt, Tsawwassen, Semiahmoo and the Stó:lō Nation.

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