

BIG BROTHERS BIG NEWS



Big Brothers
OF GREATER VANCOUVER

[Volunteer](#) | [Donate](#)

In This Edition...



Help Us
WIN \$20,000!



[Move For Mentoring
Extended!](#)



[What Is Active Listening?](#)



Help us WIN \$20,000

#GivingChallengeCA



Help us win \$20,000!

Every \$1 donated online to Big Brothers of Greater Vancouver in the month of June earns us a chance to win the \$20,000 grand prize from CanadaHelps!

At a time when many young people in our community are feeling isolated and disconnected from important aspects of their life, your support now is more important than ever.

With our peer-to-peer summer fundraising campaign 'Move for Mentoring' underway, we are doing everything possible to ignite the power and potential of young people in Greater Vancouver!

Thank you so much for your support!

[Donate](#)

Move For Mentoring Extended to July 31st



MOVE FOR
MENTORING

PRESENTED BY

Scotiabank

Big Brothers
OF GREATER VANCOUVER

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 31st, 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 jumping 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 with a staff member about the campaign, please email our Events Officer, Andrée Nash at anash@bbgvf.com !

[Sign Up/Donate](#)

Active Listening



Active listening is an important component of mentoring. This means you are carefully listening to not only the words they speak but also observing non-verbal cues and paraphrasing. Paraphrasing and asking questions is an important step in active listening. With active listening, the goal is not necessarily offering solutions or advice but helping the mentee feel heard and engaged in conversations in a positive way. Creating positive mentoring relationships and experiences includes having everyone feel heard when they are speaking.

See the links below for further information and tips on communication and active listening with your mentee.

[Listening and Communication Tip Sheet](#)

Active Listening to Your Mentee

THANK YOU!



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:

Al Roadburg Foundation
CKNW Kids' Fund
Hamber Foundation

Canada

Funded by the
Government of Canada



Administered by United Way
of the Lower Mainland



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.

Big Brothers of Greater Vancouver
102 - 1193 Kingsway, Vancouver, BC V5V 3C9
604.876.2447

This email was sent to {{ contact.EMAIL }}
You received this email because you are registered with Big Brothers of Greater Vancouver

[Unsubscribe here](#)

© 2021 Big Brothers of Greater Vancouver