

Go Girls!



Women needed to volunteer for a mentoring program for girls.

Big Brothers/Big Sisters of St. Thomas-Elgin has partnered with local schools to offer an exciting program called *Go Girls! Healthy Bodies, Healthy Minds*. *Go Girls!* is presented in the schools either over the lunch hour or right after school. Programs run throughout the school year.

Are you (or do you know) a Woman:

- 18 to 30 years of age?
- Interested in volunteering 3 hours per week for 7 weeks?
- Enthusiastic, caring and energetic?
- Passionate about healthy eating and physical activity?
- Interested in helping grade 7 & 8 girls build self-esteem?

You can make a difference in a girl's life!

Go Girls! Healthy Bodies, Healthy Minds is a mentor-led, seven session program, designed to provide girls, aged 12 to 14, with information to help them make informed choices about healthy active living. Mentors support the girls in dealing with the emotional and social issues they may face. Two mentors and 8 girls form each *Go Girls!* group.



As a mentor you will receive:

- Valuable, transferable experience preparing and facilitating seven, 2 hour classes focused on balanced eating, active living and feeling good.
- Ten hours of training, focused on group and trust building.
- The satisfaction of making a difference in the lives of teenage girls.



For more information on how to apply as a *Go Girls!* volunteer mentor, contact:

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