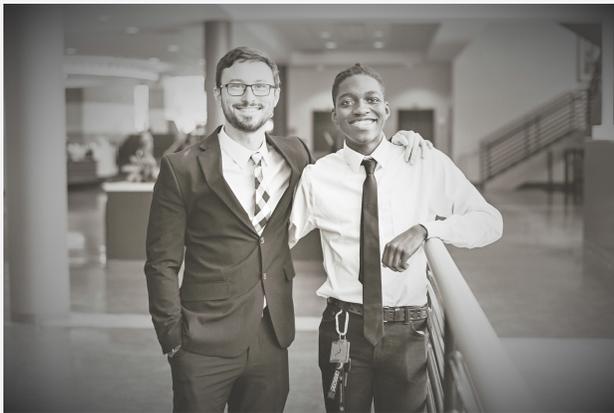




OCTOBER 2021 • VOL. 10

MATCH SUPPORT NEWSLETTER

BIG BROTHERS BIG SISTERS OF METRO ATLANTA



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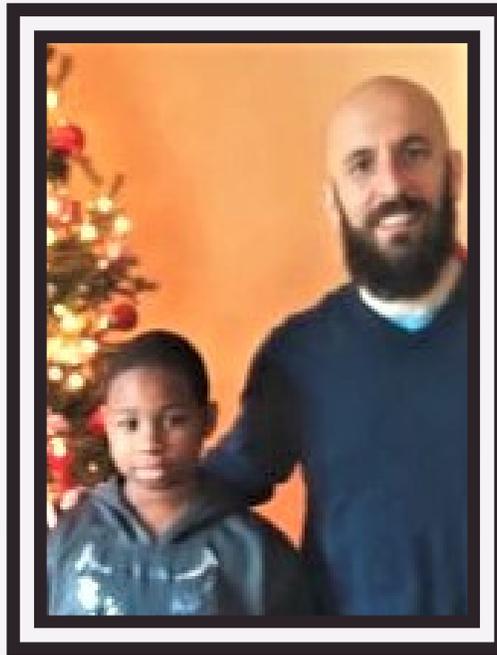
The Process of Mentoring

BY SUSAN STUBBS, EDITOR

The most important part of being a mentor is to be a trusted advisor and supporter to someone, in this case, a Little, and to deliver that support in a way that makes sense to them and always keeps the child's best interests in mind. A mentoring relationship is like any other relationship- has a beginning, middle, and end phase and can be a long or short-term relationship depending on where the child is in their life and what their needs are. When you mentor a Little for the long-term, you really get to know and understand their personality, learning style, aspirations, and goals, and experience the Little's transition into young adulthood which is a very critical and important time and can set the mentor up to offer wiser and more profound advice over time. As with any relationship, it is very important for Bigs and Littles to consistently evaluate their relationship every year to ensure they are getting more from their time together!

The following fundamental steps will help keep the relationship on track:

- Understand what both of you are looking for in the relationship
- Help set and shape goals with one another
- Keep each other accountable
- Provide feedback and suggestions for progress
- Conclude the relationship and know when to say goodbye after the mentorship is complete, is no longer needed or desired by the Little



Match Highlight of the Month

BY SHAHEIM PAGE, MATCH SUPPORT SPECIALIST

LITTLE BROTHER DEANDRE AND BIG BROTHER ZACHARY have been matched for two years and have developed a strong brotherly bond. They meet in person every other weekend and are constantly trying something new together from trying different types of foods such as veggie burgers and Mexican food to talking about sports, DeAndre's video game reviews, grades, and goals they have. DeAndre already feels Zachary is his brother and this attests to the supportive relationship they have formed. DeAndre shared that Zachary is always encouraging him to do his best which he appreciates and said, "He always makes sure to ask me how I am doing and this makes me feel cared for". DeAndre has nominated Zachary for Big of the Year because he wants everyone to know how great he is. Zachary has also nominated DeAndre for Little of the Year because he is very thoughtful, caring, and a great Little to him. He said, "I am always impressed with how he views the world and one of his favorite sayings is, 'no dog is a stray, because their home is in nature.' Every time we hang out, he teaches me how to view the world through a kinder lens. He has a deep connection with his family and is always talking about ways he can help them. When we first met, I remember him telling me the best day of his life was the day his niece was born." Zachary has also stated that DeAndre might be the most stylish tween in Atlanta because his shoe game is always on point and has rocked blue hair!



Match Tip of the Month: Supporting Little's Education

One way a mentor can do so is by asking Little's parent(s) to view their progress reports to get a better understanding of how they are doing in school and support Little in the areas that they may be struggling in.

MATCH ACTIVITIES IDEAS

V Virtual Event

O Ongoing BBBSMA Partnership

I In Person

● BBBSMA's The Big Blitz

Join us on Saturday, October 23rd from 9:00 am– 1:00 pm for a day of community service and partnership. Bigs and Littles can participate in a tree-planting project with Trees Atlanta or a neighborhood cleanup with our friends at The Westside Future Fund. Click [here](#) to register. **I**

● "Pumpkin Patch" Paint Party

Bigs and Littles can paint together and join the artist as she leads you step by step in this creative space to paint in the comfort of your own homes. Click [here](#) for more info. **V**

● Freaky Movie Night

Get into the Halloween season and enjoy watching a movie together. Ensure that Little is of appropriate age and ask for parent permission. Click [here](#) for a list of movies based on Little's age. **V I**

● BBBSMA's Match of the Year Nomination

Do you have an amazing match that you want to recognize? Here's your chance to nominate a Big or Little or both for Match of the Year. Click [here](#) to submit your nomination by Oct. 25.

● Make Spooky Boo Brownies

What can make trick or treating more spooky than making freakyghost brownies together. Between the ooey, gooey brownies, creamy frosting, and marshmallow surprise, this is a Halloween brownie idea you have to make. Click [here](#) for the recipe. **V I**

● Georgia State Fair

Attend the annual state fair at the Atlanta Motor Speedway from October 1-10 with family-friendly entertainment, music, shows, animals, fairground food, carnivals, children's activities, and more. Click [here](#) for more info. **I**

Mentoring Resources to Empower Bigs

ARTICLES

- [What is My Role as a Mentor?](#)
- [Expressing Gratitude in Mentoring](#)
- [Bisexuality+ 101: Understanding & Supporting People Who Are Bi+ Video](#)
- [Helping Children Cope with Traumatic Events](#)
- [50 Things to Do with Your Mentee](#)
- [Building Relationships: A Guide for New Mentors](#)

WEBSITES

- [BBBSMA's Match Resources](#)
- [ATL Bigs](#) on Facebook- Join to engage with other Bigs
- [MENTOR](#)
- [Mentorga](#)
- [The Search Institute](#)
- [PFLAG](#) (supports LGBTQ+)



TEEN CENTRAL

Teen Central is a resource page supported by the Big Futures program that contains valuable resources available in the community including scholarships, career programs, workshops, and more to support BBBSMA's teens and their future.

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V Virtual Event

O Ongoing BBBSMA Partnership

I In Person

★ **BBBSMA's College Financial Aid Workshop**

Learn about the financial aid process, FAFSA application, and more! All junior and senior high school matches are encouraged to attend and will take place on Saturday, 10/23 at 11 am. Click [here](#) to register. **V**

★ **United Way's Youth United**

Youth United (YU) develops and nurtures the next generation of philanthropic leaders by creating unique leadership and community engagement opportunities for youth in grades 9- 12. YU is led by a trained youth board and committees of high school students who have a passion for serving the community, and want to develop leadership skills. Teens boys are especially needed. Click [here](#) for more info and [here](#) to apply. **O**

★ **AKA's College Admission Process Program (#CAP)**

In partnership with BBBSMA, the [#CAP](#) program assists high school juniors and seniors navigate through the college admission process. The next session is on 10/21 at 6:30 pm. Click [here](#) for the Zoom info. or use the meeting ID: 82053489015 and passcode: 509561 to join. **V**

★ **College Readiness Workshops**

Urban League of Greater Atlanta's College Readiness Series to Prepare Students for College Life and Academic Success. Click [here](#) for more info and [here](#) to register. **V** **O**

★ **STEP- FORWARD**

WorkSource Atlanta's Step Forward program provides services to eligible in-school youth (ISY) ages 14-21, and out-of-school (OSY) youth ages 16-24 to help them succeed in school and work. If you are interested in the (OSY) Program, click [here](#). For the (ISY) Program, click [here](#). **O**

★ **Year Up Career Program**

In partnership with BBBSMA, Year Up is a career readiness program for high school seniors to partake after graduation and before or while starting college. The focus areas are in the information technology and business management fields and consist of intensive workforce and career training, professional skills development, and wraparound support for one year. Participants who complete the program will receive up to 31 college credit hours that can be applied toward a degree when enrolled at Atlanta Metropolitan State College where the program takes place. Click [here](#) to sign up for a free informational session. **I** **O**

IMPORTANT REMINDERS

Communication with your Match Support Specialist

Maintaining consistent communication with us is vital to the success of the match relationship. Please inform of any challenges that you are experiencing so we can work through them together and ensure to schedule your appointment on a timely basis. A lack of communication will lead to match closure.

Survey Completion

The Strength of Relationship survey is important for you to complete because it allows us to better understand how your match is progressing. It is a short survey to complete and is automatically sent to your email 45 days before they are due. Please ensure to complete it as they provide us with valuable feedback so we can better support your match.

Important Update Regarding Overnight Stays

Please be advised that overnight stays will no longer be permitted between Bigs and Littles as of 1/1/2022. The National Big Brothers Big Sisters' office has decided this is in the best interest for our matches. Please talk to your Match Support Specialist if you have any further questions regarding this change.

***Note: this change is only relevant for matches made prior to 1/1/2018. If you were matched after this date, overnight stays were never permitted.**

COVID-19 Match Safety Checklist

Safety and health will always be our main priorities for our community-based matches. If your match decides to meet in person, we strongly encourage all matches to follow the [CDC](#) guidelines:

- ✔ monitor your health daily and be aware of any symptoms
- ✔ discuss the level of exposure and comfortability in the community for all parties in the match
- ✔ get vaccinated to protect you and others
- ✔ wear a mask, use hand sanitizer and wash hands often
- ✔ choose to do an activity that provides social distancing
- ✔ meet in an open and well-ventilated area away from groups of people



If you feel uncomfortable, please do not meet in person and you can continue to maintain phone or virtual chats. Reach out to your MSS for further support.

GET TO KNOW US



Bryncia Milam
Match Support Specialist

MEET BRYNCIA!

Bryncia has been with the BBBSMA's family for 2 months and has also been a proud Big Sister for over 2 years. She earned her Bachelors in Psychology from Agnes Scott College and has worked in non-profit and youth development for over 8 years. Her experience includes community engagement, non-profit volunteer management, social and emotional learning, anti-human trafficking/CSEC, and other youth development programs. She feels that the greatest reward you can give is to help and support others. In her spare time, she is an avid art enthusiast and advocate and loves attending concerts, art, fashion, culinary experiences, museums, and all things creative. She also loves to travel the world and has visited 8 countries and is eager to see many more. Bryncia is immensely grateful to be a part of the incredible work BBBSMA continues to do and we are very happy to have her!